



v = vegan vo = vegan option

Hey - kitchen staff are volunteers so play nice, tip heavy and clear your own dishes away.

Sometimes we don't speak English and some food has nuts in it, so be careful, OK? We may not like you but we don't want to kill you.

We believe in slow food so take deep breaths and go read a book. We'll call you when it's ready. Love: Forest XX

## DAILY SPECIALS

see the specials board and the fridge window for details

v **Curry or chilli with rice £5.35**

v **Soup**

with salad **£5.30**  
on its own **£3.10**

vo **Wraps £3.10**

tortillas filled with vegetables and other things, made by the best (w)rappers in Edinburgh

Look out for other special things including vegan sausage sandwiches, nut roast, sushi and Vietnamese spring rolls.

## VALUE MEALS

vo **Beans & cheese on toast £2.55**

v **Falafel burger £3.10**

v **Olives & pitta £3.05**

vo **Pasties £2.55**

v **Chips & salsa £2.45**

corn tortilla chips and homemade salsa

v **Pitta & hummus £2.45**

## MAIN MEALS

vo **Burrito £5.40**

refried beans, salsa, rice and kidney beans, with a cheese topping (or not), salad and sour cream

**Nachos £3.10 / £6.20**

'small' or large plate of corn tortillas, covered in salsa and melted cheese, served with jalapeños and sour cream

v **Falafel meal £5.40**

3 giant falafel balls, with homemade hummus, pitta and salad

v **Salad plate £5.30**

generous helpings of 3 Forest salads with pitta bread

## EXTRAS

cheese / salsa / sour cream / hummus 65p  
salad portion £1.35

## SWEET THINGS

People with good skin, flapjacks and round cakes with icing are vegan, brownies and other sweet things are not, but are oh, so delicious.

cake **£1.85**

slice **£1.25**

fruit **60p**

## HOT DRINKS

### Coffee

Black coffee	£1.35
White coffee	£1.55
Cappuccino	£1.85
Espresso	£1.25
Latte	£1.85
Macchiato	£1.30
Mocha	£2.25

We don't have decaff coffee, but we do have hot chocolate and herbal tea...

**Hot chocolate** £2.25

### Tea

Cup of tea	£1
Pot for one	£1.45
Pot for two	£2.45
Pot for three	£3.40

Assam  
Chai  
Chamomile  
Darjeeling  
Earl Grey  
Echinacea  
English Breakfast  
Fennel  
Jasmine green  
Lemon and ginger  
Madagascar Vanilla Red  
Nettle  
Orange and coconut  
Peppermint  
Raspberry leaf  
Spiced Delight

Maté by the gourd £3.10 & £3 deposit

## COLD DRINKS

### Fruit juice

Half pint	£1.15
Full pint	£2.05

apple  
grapefruit  
orange  
pineapple  
red grape  
white grape

### Sparkling drinks

*Whole Earth*

*Organic Sparkling Drinks* (cans) £1.45

cola  
elderflower  
ginger  
lemonade

## BYOB CORKAGE

small beer/cider (pint or less)	65p
large beer/cider (over one pint)	£1.30
cider twin size (over 1L)	£3.20

wine £1.40

Forest has no liquor licence, so get yourself to the shop and buy some wine or beer (no spirits please). People who dodge corkage are stealing from the mouths of starving artists, so be nice.  
No underage drinkers or unhappy drunks.