



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)rapers 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 **Felafel 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 **Felafel meal £5.40**

3 giant felafel 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.