

# SYLVAN POST

Forest Hill SE23

## SMALL PLATES 3 FOR £18

<b>Padron Peppers</b> , garlic chilli dip (v/vg) 604kcal	6.00
<b>Sumac &amp; Chickpea Hummus</b> , crudites & bread (v/vg) 948kcal	7.00
<b>Boa Buns</b> , Crispy chicken or Cauliflower (v/vg) 694kcal/574kcal	8.00
<b>Halloumi Fries</b> , honey, yogurt & pomegranate seeds (v) 728kcal	7.50
<b>Salt &amp; Pepper Squid</b> , sriracha mayo 1778kcal	8.50
<b>Buttermilk Popcorn Chicken</b> , pickled chilli, maple gravy 939kcal	7.50
<b>Truffle &amp; Parmesan Fries</b> 828kcal	6.00

## MAINS

<b>Sylvan Post Cheese &amp; Bacon Burger</b> , burger sauce, pickle, lettuce, fries 1270kcal	14.50
<b>Buttermilk Chicken Burger</b> , lettuce, tomato, sriracha mayo, fries 969kcal	14.50
<b>Vegan Hot Dog</b> , crispy shallots, remoulade, fries (v/vg) 1445kcal	13.00
<b>Beer Battered Cod &amp; Hand Cut Chips</b> , tartare sauce, mushy peas 1310kcal	15.00
<b>Flat Iron Steak</b> , fries, chimichurri, salad 1158kcal	17.00
<b>Cumberland Sausage &amp; Mash</b> , green beans, gravy 1430kcal	13.50
<b>Vegan Sausage &amp; Mash</b> , green beans, 1354kcal	13.50

## SHARING

<b>Cheesy nachos</b> , jalapenos, soured cream, tomato salsa, guacamole, 1506kcal	14.00
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## LUNCH until 3pm

<b>Fish Finger Sandwich</b> , lettuce, tartare sauce, fries 1545kcal	7.50
<b>Sausage &amp; Red Onion Marmalade</b> , fries 1164kcal	7.00
<b>Veggie sausage &amp; Red Onion Marmalade</b> , fries 1557kcal	7.00
<b>Smashed Avocado on Sourdough</b> , poached egg 424kcal	7.50

## DESSERTS

<b>Vegan Chocolate Brownie</b> , vanilla ice cream 574kcal	6.00
<b>Sticky Toffee Pudding</b> , toffee sauce, vanilla ice cream 949kcal	6.00
<b>Vegan Ice Cream</b> , chocolate or Vanilla (Per scoop) 134kcal/172kcal	1.50

All our food is locally sourced and cook fresh daily, if you have any questions about or dishes please ask a member of the team. Please inform your sever of any allergies when placing an order.

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