
SYLVAN POST

Forest Hill SE23

STARTERS

Padron Peppers , garlic chili dip (v/vg) <small>604kcal</small>	6.00
Sumac & Chickpea Hummus , crudites & bread (v/vg) <small>948kcal</small>	7.00
Salt & Pepper Squid , sriracha mayo <small>1778kcal</small>	8.50
Halloumi Fries , honey, yogurt & pomegranate (v) <small>728kcal</small>	7.50

MAINS

All our Sunday Roasts are served with yorkshire puddings, roast potatoes, honey parsnips, sauteed carrots, hispi cabbage & lashings of gravy

Roast Strip Loin of British Beef <small>1106kcal</small>	18.00
Roast Chicken Supreme <small>967kcal</small>	15.00
Roast Pork Belly <small>1335kcal</small>	16.00
Squash & Spinach Wellington , vegetarian (v/vg) <small>1057kcal</small>	14.00
Kids Roast – a smaller version with all the same trimmings	8.00
Beer Battered Cod & Hand Cut Chips , tartare sauce & mushy peas <small>1310kcal</small>	15.00

SIDES – £ 4.50

Cauliflower Cheese 219kcal

Sausage Meat Stuffing Balls 261kcal

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