

Menu



THE FOREST

STARTERS

Calabash Shrimp \$12
Tender local shrimp, dipped in a seasoned seafood crust, flash fried and served over vegetable slaw.

Pretzels \$9.5
Cheddar ale sauce or spicy mustard

Chicken Tenders \$10.5
Breaded Chicken. Choice of dipping sauce

Chips & Dips \$6
Corn tortillas served with salsa and queso.
(Add guacamole \$2)

Wings \$13
Ten jumbo cut wings. Choice of hot, BBQ Mild, or Thai chili. Celery, bleu cheese or ranch.

Cheese Quesadilla \$10
Pepper jack, crispy jalapeno tortilla.
(Add chicken \$2)

"Totchos" \$8
Crispy tater tots topped with cheddar jack cheese, crispy bacon bits and drizzled with a chive ranch sour cream.
(Add guacamole \$2/ jalapenos or salsa \$.50 each)

SOUP & SALAD

Soup Du Jour cup \$4 | bowl \$7

French Onion \$7.5
House made with caramelized onions, croutons and provolone gratin

House or Caesar Salad \$9
Add Chicken \$2
Add Salmon, Tuna* or Shrimp \$3

Cobb Wedge Salad \$14
Iceberg lettuce wedge, grilled chicken, baby Heirloom tomatoes, crispy bacon, hard boiled eggs, crumbled Bleu cheese and Naan bread.
(Substitute Chicken with Salmon, Tuna* or Shrimp for \$3)

Creole Shrimp Salad \$13
Blackened shrimp over Iceberg lettuce, vegetable slaw, roasted corn and black beans, tomatoes, cucumbers and pickled okra. (Substitute chicken at no charge.)
(Substitute Salmon or Tuna* for \$3)

Chicken Caprese Salad \$13
Grilled chicken pesto over romaine with roasted tomatoes, fresh mozzarella, cucumbers, balsamic glaze drizzle and Naan bread (Substitute Chicken with Salmon, Tuna* or Shrimp for \$3)

SANDWICHES

All Sandwiches come with your choice of one side item.

Complimentary Side Items: French Fries, house chips, fresh fruit, vegetable du jour, coleslaw, house or Caesar salad.

Signature Sides: Sweet potato fries, tater tots onion rings, soup du jour and French onion soup for an additional \$1.50

Forest Wrap \$12
Grilled or blackened chicken on flour or jalapeno tortilla with mixed greens, tomatoes, shredded pepper jack cheese and avocado ranch.
(Substitute Salmon, Tuna, Shrimp for \$3)*

BYO Eagle* \$11.5
Grilled steak-burger* or chicken breast on a grilled ciabatta bun, with lettuce, tomato, onion and choice of cheese. Ask your server about our beyond burger option. *(Add-ons: egg*, mushrooms, grilled onions or jalapenos \$1.50 avocado or bacon \$1 each)*

Cape Fear Melt \$12.5
Hot ham, turkey, bacon and sliced tomatoes. Open faced on grilled Naan bread and topped with seriously sharp white cheddar cheese.

Fish* Nicoise Sandwich \$14
Lemon pepper seared Ahi tuna* on toasted ciabatta with olive tapenade spread, sliced eggs, roasted tomatoes and mixed greens. *(Sub salmon or shrimp)*

Buffalo Chicken \$12
Chicken cutlet buffalo sauce cheddar iceberg ranch and tomatoes on toasted hoagie.

Loaded French Dip \$13.5
Shaved prime rib, caramelized onions and bacon, topped with provolone on a toasted hoagie with au jus for dipping.

Half and Half \$8
Create your own combo by selecting two of the following:
Soup, house salad, Caesar salad, fruit, or half deli sandwich. *(French onion soup \$1.5)*

Croissant Deli Sandwich \$9
Your choice of chicken salad, tuna salad, turkey, ham or pastrami on buttered croissant or choice of bread.

Rueben \$13
Pastrami or Turkey sliced thin and topped with Thousand Islands Sauerkraut and swiss cheese on grilled rye bread.

THE FOREST'S FAVORITES

(Forest's Favorites available at 4pm served with your choice of house or Caesar salad)

Chicken Mediterranean \$19
Boneless chicken breast topped with Feta cheese and baked served over pasta tossed with olives roasted tomatoes red onions and garlic in a light lemon oregano sauce.

Steak Marsala \$25
Marinated tenderloin steak pan seared and simmered in a portobello mushroom sauce served with roasted potatoes and vegetable du jour.

Baked Pasta Verdure \$19
Pasta tossed with spinach portobello mushrooms roasted red peppers and tomatoes in a creamy brie cheese sauce topped with provolone and baked served with grilled butter milk naan bread.
Add Chicken for \$3 or add shrimp tuna or salmon for \$5

Catch du Jour \$24
Atlantic haddock fillet and fresh shrimp sauteed with spinach mushrooms and white beans tossed with pasta in a white wine lemon sauce.

Ask your server about our daily special

*These items may be cooked to order. Consumption of under cooked meat, poultry, eggs, or seafood may increase the risk of food borne illness