

APPETIZERS

- BROCCOLI & CHEESE BITES** 10
Six circular bacon, broccoli and cheddar bites
- COCONUT SHRIMP** 12
Six battered shrimp served with Thai dipping sauce
- DEEP FRIED PICKLES** 10
Six pickle spears served with ranch dipping sauce
- ESCARGOT** 12
Five mushrooms served in garlic butter and topped with broiled mozzarella and parmesan cheeses
- FOREST NACHOS** 14
Tri-colour corn chips oven-baked with marble cheese bacon, green onions & tomatoes, served with a side of salsa and sour cream | Add jalapenos 2
- IRISH NACHOS**  14
Lattice fries oven-baked with marble cheese, bacon & green onions, served with our famous creamy honey dijon dipping sauce made in-house | Add jalapenos 2
- PEROGIES** 10
Classic cheese and potato stuffing topped with a bacon crumble
- STARTING LINE-UP** 21
Two pieces of cheesy garlic toast, half dozen wings of your choice, deep fried pickles, coconut shrimp & lattice fries

WATERFRONT WINGS

HALF DOZEN 9, DOZEN 16

The Best Wings in Town! Choose from:

WET WINGS

BBQ, Blueberry Habanero, Frank's Hot Sauce, Honey Garlic, Second Degree, Sriracha, Thai

DRY WINGS

Cajun, Chipotle Mango, Lemon Pepper, Maple Bacon, Salt & Pepper, Sriracha

Dip options: Blue cheese, Blueberry Habanero, BBQ, Ranch

On Thursdays: \$4 off the dozen, celery & carrots served with half dozen only

MAIN COURSES

- BABY BEEF LIVER** 18
Two 5 oz liver fillets topped with two slices of bacon & onions. Served with a side of vegetables and your choice of side | Light-portion 15
- BBQ PORK RIBS**  23
Half-rack of slow cooked ribs with a BBQ drizzle on top. Served with a side of vegetables and your choice of side
- COCONUT SHRIMP MEAL** 19
Eight coconut shrimp served with a thai dipping sauce and side of your choice
- CHICKEN STRIPS** 16
Five breaded chicken breast strips served with a dipping sauce and your choice of side
Dip options: BBQ, Honey, Honey Dill, Honey Mustard, Plum, Sweet & Sour, Ranch
- CHICKEN PARMIGIANA** 19
Crispy chicken breast covered in marinara sauce and broiled mozzarella cheese. Served with a side of our creamy fettuccine alfredo and a side of vegetables
- GRILLED SALMON** 27
Thick 8 oz salmon fillet covered in a tangy dill sauce made in-house. Served with a side of vegetables and your choice of side
- HERB CRUSTED CHICKEN** 16
Chicken breast coated in an aromatic herb crust. Served with a side of vegetables and your choice of side
- FETTUCCHINE ALFREDO**  18
Fettuccine pasta tossed in our creamy alfredo sauce made in-house, mixed with fresh vegetables and topped with parmesan cheese. Includes a piece of garlic toast on side | Add chicken 5
- SZECHWAN STIRFRY**   19
Angel hair noodles, grilled chicken, egg & fresh vegetables tossed in a mild szechwan sauce and garnished with green onions | Veggies only 16
- RIBEYE** 34
Fresh-cut 10 oz Ribeye topped with sauteed mushrooms, onions & peppers. Served with a side of vegetables and your choice of side | Add (4) coconut shrimp 9



The Forest

Bar & Grill
EST. 1997

SALADS

SMALL 8, LARGE 12
ADD GRILLED CHICKEN 5, SALMON 12

CAESAR

Romaine - Bacon Bits - Homestyle Croutons - Parmesan Cheese - Caesar Dressing

GREEK

Romaine - Black Olives - Cucumbers - Feta Cheese - Red Onions - Tomatoes - Greek Dressing

GARDEN

Iceberg Lettuce - Carrots - Green Onions - Tomatoes

Dressing options: Avocado Ranch, Balsamic vinegar, Caesar, French, Greek, Honey Mustard, Ranch, Thousand Island,

SPINACH WALNUT 16

Spinach - Romaine - Beets - Carrots - Cranberries - Cucumbers - Feta - Red Onion - Walnuts - Honey Mustard Dressing | Add Chicken 5, Salmon 12

TEXAS RANCH 16

Romaine - Bean, Corn & Rice Slaw - Carrots - Cucumbers - Deep Fried Avocados - Feta Cheese - Red Pepper - Avocado Ranch Dressing | Add Chicken 5, Salmon 12

Spinach Walnut and Texas Ranch come in one size only

SANDWICHES

BEYOND MEAT BURGER 17

Vegetarian/Vegan-friendly Patty (Made with Pea Protein) - Lettuce - Mayonnaise - Red Onion - Tomato - Cheese - Sesame Bun. Served with your choice of side

BLUEBERRY FIRE BURGER 17

Sirloin Burger - Mayonnaise - Lettuce - Tomato - Onion Rings - Blueberry Habanero Hot Sauce - Monterey Jack Cheese - Sesame Bun. Served with your choice of side

CHEDDAR BACON SIRLOIN BURGER 17

Sirloin Burger - Mayonnaise - Lettuce - Red Onion - Tomato - Cheese - Sesame Bun. Served with your choice of side

FOREST INN STEAK SANDWICH 24

Open-faced 8 oz striploin steak sandwich, topped with sauteed mushrooms, onions & peppers. Served with a side of vegetables and your choice of side

ROAST BEEF DIP 21

Open-faced slow roasted beef sandwich, topped with mushrooms, onions, peppers & melted mozzarella. Served with au jus, a side of vegetables and your choice of side

SPICY CHICKEN SANDWICH 17

Herb Chicken Breast - Deep Fried Pickles - Mayonnaise - Lettuce - Red Onions - Frank's Hot Sauce - Dill Lemon Drizzle - Ciabatta Bun. Served with your choice of side

TUSCAN CHICKEN SANDWICH 17

Herb Chicken Breast - Pesto - Spinach - Deep Fried Avocados - Red Onions - Tomato - Ciabatta Bun. Served with your choice of side

LEGEND



SPICY



STAFF PICK



VEGETARIAN-FRIENDLY

Please be aware that we use a common fryer, flat-top and grill. Due to these circumstances, we are unable to guarantee that any of our menu items be completely free of allergies

All prices are subject to applicable HST

For your convenience, an 18% gratuity is added for parties of 6 or more. Gratuities are shared amongst servers, hosts and kitchen staff

SIDES

Prices listed are for items on their own

| | |
|------------------------|----|
| CAESAR SALAD | 8 |
| GARDEN SALAD | 6 |
| GREEK SALAD | 8 |
| GARLIC MASHED POTATOES | 5 |
| FRIED RICE | 5 |
| FRENCH FRIES | 7 |
| LATTICE FRIES | 8 |
| ONION RINGS | 8 |
| POUTINE | 10 |
| SRIRACHA FRIES | 7 |
| YAM FRIES | 8 |

No added charge sides: Garlic mashed potatoes, fried rice, french fries, sriracha fries

Extra 2: Lattice fries, poutine, salads

Extra 3: Onion rings, yam fries

DESSERTS

| | |
|---|---|
| CARROT CARAMEL CHEESECAKE | 9 |
| Rich cheesecake with pieces of moist carrot cake layered inside, topped with a caramel drizzle | |
| CHOCOLATE ERUPTION CAKE | 9 |
| Decadent chocolate cake, stuffed with pieces of gnache, topped with a chocolate caramel drizzle | |
| TURTLE CHEESECAKE (GLUTEN-FREE) | 9 |
| Creamy cheesecake with a chocolate crust, topped with pecans and a chocolate caramel drizzle | |

Ask us if we have a seasonal cake or dessert!

ALCOHOL DRINK MENU

WEEKLY DRINK SPECIALS

| | |
|-----------|---|
| MONDAY | \$1 OFF BOTTLED BEER |
| TUESDAY | \$1 OFF ANY BAR RAIL SPIRITS |
| WEDNESDAY | \$1 OFF ANY HOUSE WINE, \$5 OFF BOTTLES |
| THURSDAY | \$1 OFF ANY LOTW BEER |
| FRIDAY | \$1 OFF COCKTAILS |
| SATURDAY | \$1 OFF CAESARS |

WINE

BY THE GLASS

8 oz 8 | 1/2 L 15 | 1L 25

Jackson Triggs Cabernet Sauvignon

Jackson Triggs Pinot Grigio

Jacob's Greek Moscato

BY THE BOTTLE

Josh Cellars Legacy | 40

Sandbanks Baco Noir | 35

Yellowtail Shiraz | 30

Josh Sauvignon Blanc | 40

Sandbanks Riesling | 35

Yellowtail Chardonnay | 30

COCKTAILS

Forest Favourites

CHERRY KEY LIME SODA | 7

Vodka or whiskey, cherry brandy, bar lime, club soda

PARALYZER | 7

Vodka, kahlua, milk, pepsi

SPICED MULES | 7

Spiced rum, your choice of cranberry, peach, pineapple or lime, topped with gingerale or ginger beer

Try Something New!

MELON MOJITO | 7

Malibu rum, melon liqueur, club soda

JUNGLEBIRD | 7

Dark rum, bitters, triple sec, pineapple juice

GRAPEFRUIT FIZZ | 7

Vodka or gin, grapefruit juice, club soda

TWISTED CRAN | 7

Vodka, triple sec, cranberry juice

BUTTERSCOTCH WHITE RUSSIAN | 7

Vodka, kahlua, butterscotch schnapps, milk

FOREST BEACH ICED TEA | 7

Long island mix, cranberry juice, bar lime

Kick Back with a Classic

FOREST CESAR | 7

COSMO | 7

DARK N' STORMY | 7

LONG ISLAND | 7

MARGARITA | 7

PALOMA | 7

MANHATTAN | 7

OLD-FASHIONED | 7

WHISKEY SOUR | 7

MARTINI | 7

BEVERAGES

| | |
|---|---|
| COFFEE | 2 |
| TEA | 2 |
| English Breakfast, Earl Grey, Green, Orange Pekoe, Peppermint | |
| JUICE | 3 |
| Apple, Cranberry, Orange, Peach, Pineapple | |
| POP | 3 |
| Pepsi, Diet Pepsi, 7up, Gingerale, Club Soda | |
| ICED TEA | 3 |
| LEMONADE | 3 |
| MILK | 3 |
| SHIRLEY TEMPLE | 3 |

Ask us about our mocktails!

BEER & COOLERS

| DOMESTIC | PREMIUM | COOLERS |
|--------------------|------------------|---------------------|
| Bud Light 5 | Corona 5.50 | Strongbow 8 |
| Budweiser 5 | MGD 5.50 | Somersby 8 |
| Blue 5 | Rickard's 5.50 | Palm Bay 5.50 |
| Canadian 5 | | Smirnoff Ice 5.50 |
| Coors Light 5 | | |
| Michelob Ultra 5 | | |

Proudly Pouring
Lake of the Woods Beer

DRAFT

20 oz Pint | 8

Pitcher | 17.50

TALL BOYS

CHANNEL MARKER LIGHT LAGER

FORGOTTEN LAKE BLUEBERRY ALE

NAUTICAL DISASTER DRY HOPPED IPA

SULTANA GOLD BLONDE ALE

LAKESIDE KOLSCH

SPIRITS

BAR RAIL

Gin | Rum | Vodka | Rye | Tequila | 5.50

PREMIUMS

Bombay | 7

Bulleit Bourbon | 7

Chivas Regal | 7

Crown Royal | 7

Jack Daniels | 7

Kraken | 7

Tanqueray | 7

Glenlivet | 8.50

Grey Goose | 8.50

Patron | 8.50

Try our signature
'Black Forest Cake Shot'



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