

LUNCH MENU

AVAILABLE FROM
11.30—2pm

CHEFS HOMEMADE SOUP OF THE DAY
£4.95

LIGHT LUNCH

SOUP OF THE DAY + SANDWICH
£7.95

SANDWICHES

CHOOSE FROM ANY OF THE FOLLOWING
FILLINGS ON EITHER WHITE OR BROWN BREAD

EGG MAYONNAISE

HONEY BAKED HAM

CHEESE & GALLOWAY LODGE CHUTNEY

TUNA MAYONNAISE

ROAST BEEF

£5.25

ALL SANDWICHES SERVED WITH SIDE
SALAD & CHEF'S COLESLAW

ON TOAST

FOR A LIGHT SNACK OR ORDER A COUPLE TO SHARE,

CHOOSE FROM OUR

"ON TOAST" SELECTION.

SERVED ON TOASTED CIABATTA

PATE ON TOAST

OUR OWN CHICKEN LIVER PATE ON TOAST

£4.45

CHEESE ON TOAST

MATURE CHEDDAR CHEESE ON TOAST

£3.95

TUNA & CHEESE MELT

FLAKES OF TUNA, TOPPED WITH MATURE
CHEDDAR CHEESE & GRILLED

£4.95

ADD A MUG OF SOUP OF THE DAY
FOR **£2.95**

MAINS

AVAILABLE FROM
12noon—2pm

LOCAL CUMBERLAND SAUSAGE
ON A BED OF MASH,
FINISHED WITH ONION GRAVY
& BEER BATTERED ONION RINGS
£10.95

BEER BATTERED COD
SERVED WITH CHIPS,
PEAS & TARTAR SAUCE
£12.95

FILLET OF SCOTTISH SALMON
SERVED WITH EGG NOODLES
ON A PLUM SAUCE
£10.95

ROASTED VEGETABLE & LENTIL GATEAU (V)
SERVED WITH TOMATO COULIS
£10.95

HAM, EGGS 'N' CHIPS
HONEY BAKED HAM
TOPPED WITH TWO FRIED EGGS
SERVED WITH CHIPS
£9.95

SIDE ORDERS

FRENCH FRIES
SWEET POTATO FRIES
SIDE SALAD
ALL **£3.00**

FORUM CAFE BAR



OPEN

7 DAYS A WEEK

SUKI TEA

Big Leaf Flavoured Teas in Pyramid Bag - Fairtrade

TEA

English Breakfast Tea. A traditional breakfast tea made from a blend of African and Indian single estate teas. Bright, crisp, light. **£2.75**

Earl Grey Blue Flower. Nothing could be more civilised than a cup of Earl Grey in the afternoon, our blend of the best fairtrade and organic East African leaf with organic Italian bergamot oil and vibrant blue cornflowered make this Earl Grey stunning, delicate, bergamot dry. **£2.75**

Green Tea Sencha. Sencha translates as steamed and in a very traditional technique of keeping the flavour packed in the tea. Unlike roasting which brings out other characteristics this is a light and froth cup. **£2.75**

House Blend Tea **£2.25**



COFFEE

For more than **152** years people have enjoyed the special taste of John Watt & Son coffee.

It all began way back in **1865** with the opening of a shop in Carlisle city centre, moving to Bank Street location in 1897, where it remains to this day as the home of Carlisle's Oldest Coffee Roasters.

Our unique coffee blends have evolved over the past century and half were first created in 1865 and we continue to day to provide freshly roasted coffee for our customers.

In 2015, Peter and Carol Johnston bought John Watt & Son and have built on the legacy and traditions of the business of providing freshly roasted coffee across Cumbria and Southwest Scotland and are excited to be working in partnership with Dumfries Premier Hotel.

Americano, Cappuccino, Latte, Mocha, Espresso, White **£2.95**

Large Cappuccino, Double Espresso, Cafetiere **£3.25**

Hot Chocolate **£2.75**

Black Forest Hot Chocolate **£3.25**

SOFT DRINKS

Simply Fruity, Cordials (orange,lime,blackcurrant), Glass of Milk **£1.25**

Still/Sparkling Water **£2.25**

Pepsi, Irn Bru, 7up, Tango **£2.00**

Britvic 55, Appletiser, J20 Fruit Drinks, Lucozade Sport **£2.25**

Fentimans, Bottle Green Presse, Pago Juices **£2.25**

Milk Shakes (Strawberry, Chocolate, Banana) **£3.25**

Fruit Smoothies/ Frappes/ QNT Protein Shakes **£3.25**

CHILDREN'S MENU

SAUSAGE & MASH
With Peas & Gravy

FRESHLY BREADED HADDOCK
OR CHICKEN GOUJONS
Served with Chips & Peas

MACARONI CHEESE
With Garlic Bread

All **£6.95**

CREAM O'GALLOWAY ICE CREAMS

The best things in life are usually the simplest, which is why the pure, natural and simple ingredients of Cream o' Galloway ice cream make it so deliciously tasty.

Caffe Latte, Double Chocolate, Gingerbread, Honeycomb, Peppermint Choc Chip, Real Raspberry, Salted Caramel, Sticky Toffee, Strawberries & Cream Caramel Shortbread, & Luxury Vanilla



£2.25

SUGAR N' SPICE MUFFINS

Sitting plump on the counter top, these muffins are irresistible impulse buys. And there's a new muffin in town—Raspberry and White Chocolate which is sure to be a winner!

Chocolate Muffin

Raspberry & White Chocolate (New) £2.25

SCONES

Plain or Fruit Scone with Butter & Jam £2.25

THE FINE COOKIE CO

Take a dollop of inspiration from the USA and mix it up with 100% natural ingredients, pop in the oven with baking experience from the rolling hills of Derbyshire to create the giant soft baked cookies. Cookies subject to availability:-

Rocky Mountain Road, Salt Lake Caramel, Chocolate Box Power Breakfast, All that Jazz £1.75

(Gluten Free Bars)

BRODERICK'S BARS

Crunchy, crumbly, tasty. Broderick's range is as tempting as ever-but did you know that Road Rocking Choc Block and Caramental have gone Gluten Free? Proof that dropping the gluten doesn't mean ditching the joy!

Caramental £1.95

A Slab of crumbly shortbread, chewy caramel and smooth chocolate. Classic recipe-decadent result!

BOTTLE GREEN

Bottle Green Sparkling Presse is created by bottling the finest natural ingredients with naturally sparkling spring water—and quite simply, that's it! No artificial flavours, colours, sweeteners or preservatives. So relax, share and enjoy a range of crisp, clean soft drinks that always refresh and invigorate the palette. **Cox Apple, Elderflower, Cranberry & Orange, Ginger & Lemongrass £2.25**



FENTIMANS

Botanically Brewed Beverages Est 1905



Victorian Lemonade With the juice of one and a half lemons in every bottle, for real refreshment cloudy Victorian lemonade takes some beating.

"The brewing adds delicious complexity"- The Sunday Telegraph
Mandarin and Seville Orange Jigger 'Jigger' is an old English term for a good measure, which is used when combining the juice of eight mandarins and the zest of Seville orange in every bottle.

"Utterly splendid" - The Financial Times

Curiosity Cola This curiously invigorating cola inspired by traditional colas from yesteryear is made using infusions of the finest herbal ingredients. *"The world's best cola" - The Guardian*

Wild English Elderflower A pale, verdant liquid. Sweet on the nose, with a light aroma and delicate floral flavours, delivering a clean, full-bodied taste. *"The quintessentially British drink. Perfection"* **£2.25**

PAGO JUICES

Whether you choose an original classic, a tempting exotic, a refreshing citrus or berry flavour, a sip of Pago juice always feels like a luxurious treat. With the most intense variety of tastes, we invite you to discover your own personal favourite. One character they share: Pago Juices are only produced from natural ingredients, sourced from the worlds best producers. **Orange, Mango, Tomato £2.25**

BOTTLED BEERS/CIDERS

Corona (330ml 4.5%), Stella (330ml 4.8%) Becks (275ml 4.8%),

Budweiser (330ml 4.8%)

Magners (568ml 4.5%)

£3.50

£4.00

WINES

STOWELLS 'SIGNATURE' WINES

Colombard - Chardonnay (White)

£4.50

A typical tropical-fruits-flavoured oaked Aussie white using the zingy Colombard, with 20% Chardonnay. 175ml 12.5% vol

Cabernet - Shiraz (Red)

£4.50

A deep coloured and juicy red wine with classic blackcurranty flavour and soft, easy tannins 175ml 13% vol

Zinfandel (Rose)

£4.50

A light bodied, medium sweet rosé, full of summer fruit pudding flavours with a hint of white pepper to finish. 175ml 10%

SPARKLING

Freixenet Cordon Negro (200ml 11.5%)

£6.95

Cordon Negro is Freixenet's stylish, sparkling little black number. Made using the same traditional techniques as Champagne, this superior Cava from Catalonia has an unmistakable flavour. A sparkler this good doesn't even need a special occasion.

Freixenet Cordon Rosado (200ml 12%)

This beautiful Rosé delivers a soft glass of bubbly with an appealing colour and a delightfully long finish. The Trepas grape is only planted over 1000 acres, unique to the soil and climate of the Penedès region of Catalonia. £6.95

Bolla Prosecco Extra Dry (200ml 11%)

The grapes for this soft and fruity Prosecco are sourced mainly from the Treviso region in north-east Italy. Shows characteristic apple aromas, a refreshing but not overly dry finish. £6.95

**Please Note That We Are Unable To Serve Alcohol
to Non Residents Before 11am
(12.30pm Sundays)**

WOODEN SPOON KITCHEN CLASSICS

All Butter Mini Shortbread Rounds

75p

Made by a small family bakery, these all butter shortbread rounds are slow baked for a soft eat.



PROPERCORN POPCORN

When flavours are this good - and no more than 130 calories per pack— Propercorn elevates this humble buttery kernel to the ultimate in guilt-free gourmet snacking. Vegetarian, Gluten free and naturally delicious Sour Cream & Black Pepper, Sweet & Salty.

£1.50