

FORKS AND GREEN

BREAKFAST | LUNCH | DINNER

Appetizers

OLIVES (V) / 2.5

GRILLED HALLOUMI (V) / 3.5

HOME MADE FETA CHEESE PASTRY (V) / 3.8

HUMMUS / 4.2

Topped with olive oil, served with sourdough

On Sourdough

Eggs are served as poached, please request for scrambled or fried

EGGS YOUR WAY / 6.9

Fried, poached, scrambled

Add Beans 2 / Add Smashed Avocado 2.5 / Add Bacon 2.5

Add Sausage 2.5 / Add Hollandaise Sauce 1.8

EGGS BENEDICT / 11.5

Poached eggs, bacon, mixed leaves & hollandaise sauce

Halal Option available

SMOKED SALMON / 13

Smashed avocado, baby rocket, poached eggs,

smoked salmon, homemade red onion pickle,

black sesame seeds, micro greens & sumac

Add hollandaise / 1.8

EGGS FLORENTINE (V) / 12.5

Poached eggs, grilled halloumi, baby spinach &

hollandaise sauce

MUSHROOM & FETA (V) / 11.5

Portobello mushroom, hummus, feta cheese,

cherry tomato, mixed leaves & sumac

Add scrambled eggs / 3

CHICKEN OR VEGGIE SOUP / 9

Served with toasted sourdough

Pastas

SPAGHETTI BOLOGNESE / 11.5

Slow cooked beef in a rich Bolognese sauce topped with Parmesan

CREAMY CHICKEN &
RATATOUILLE PENNE PASTA / 11.5

Topped with parmesan & fresh parsley

PORTOBELLO MUSHROOM &
PESTO PASTA (V) / 10.5

Topped with olive oil, spinach, fresh parsley

Add a grilled chicken / 2.5

Signature Breakfasts

FORKS AND GREEN BREAKFAST / 14.3

Toasted sourdough, smoked streaky bacon, beans, Cumberland sausages, scrambled eggs, golden potatoes, roasted cherry tomatoes, Portobello mushroom, topped with micro greens

Add smashed avocado 2.5

MEDITERRANEAN BREAKFAST / 14.3

Scrambled eggs, garlic beef sujuk sausages, grilled halloumi,

olives, feta cheese pastry roll, hummus dressed with olive oil &

sumac, honey butter, served with toasted sourdough

KIND BREAKFAST (VF) / 14.3

Toasted sourdough, vegan sausage, smashed avocado,

golden potatoes, ratatouille, beans, roasted cherry tomatoes,

Portobello mushroom, hummus, topped with micro greens

SHAKSHUKA (VF) / 14.4

Poached egg on mildly spiced tomato sauce, grilled peppers

& cheese, served with toasted sourdough

Add sujuk sausage 3 / Add feta cheese 2

CANADIAN BREAKFAST / 14.9

Homemade fluffy pancakes, smoked streaky bacon, grilled

Cumberland sausage, scrambled egg, smashed avocado, maple syrup

drizzle and mixed fruit

CHICKEN & WAFFLE / 14.9

Southern fried chicken, fried egg, homemade waffles & maple syrup

Add Bacon 2.5

All breakfast are available with halal options

Salads

GRILLED CHICKEN & HALLOUMI SALAD 12.5

Mixed leaves topped with grilled chicken and halloumi,

olives, tomato, cucumber & creamy avocado cilantro sauce

Add avocado 2.5

CHICKEN CAESAR SALAD / 12.5

Grilled chicken, romaine lettuce, Parmesan cheese &

Caesar dressing, croutons

BELUGA LENTIL SALAD (V) / 11.5

Golden potatoes, feta cheese, cherry tomato, mixed leaves,

creamy avocado cilantro sauce & balsamic glaze

SMOKED SALMON SALAD / 13.2

Cucumber, red onions, olive oil & lemon dressing

Burgers & Baguettes

NEW YORK DELI BEEF BURGER / 14.9

Beef patty on salad, tomato, turkey bacon, cheddar cheese,

cajun mayonnaise, gherkin mustard sauce & onion rings,

served with chips

Add fried egg 2

CAJUN CHICKEN BURGER / 13.9

Chicken fillet on salad, tomato, topped with cheese, cajun

mayonnaise, caramelised onion, served with chips

BEYOND BURGER (V) (VF) / 13.9

Plant based patty topped with vegan cheese, smashed avocado,

fried onion ring, tomato, lettuce, vegan mayo,

served with chips

LAMB STEAK BAGUETTE / 13.9

With peppers, cheddar cheese, mexican salsa, served with chips

CLASSIC TUNA MELT / 12.5

Tuna and sweet corn mixed with red onion, mayonnaise and

melted cheese in a baguette, served with chips

Sides

TOASTED SOURDOUGH (V) / 2.5

GLUTEN FREE BREAD (V) / 2.5

CHIPS (V) / 3.5

CHEESY CHIPS / 4.5

DISCO CHIPS / 6

Cheesy chips, topped with fresh Mexican salsa & beef sujuk

BEANS (V) / 2

MIXED SALAD (V) / 3.8

HASH BROWNS / 2

F&G Desserts

APPLE CRUMBLE FRENCH TOAST / 8.9

Cinnamon apples, homemade crumble, custard

SIMPLE FRENCH TOAST / 8.2

Maple syrup, Chantilly cream & berry compote

F&G SWEET PANCAKES / 9.5

Mixed berry compote, fresh fruit, ice cream,

almond flakes, mapple syrup

CREAMY BISCOFF PANCAKES / 9.3

Biscoff biscuit crumbs, salted caramel sauce,

Chantilly cream & Biscoff Biscuit

NUTELLA & BANANA PANCAKES / 8.8

CARROT CAKE / 4.5

VEGAN BLUEBERRY & LEMON CAKE / 5.5

HOMEMADE CHOCOLATE BROWNIE / 5.9

With ice cream or custard

NUTELLA CHURROS / 4.8

ICE CREAM SELECTION

One scoop 3.9

Two scoop 5.3

Discretionary 10% service charge is added to the bill.

If you suffer from any food allergies or intolerances, please notify your waiter before placing your order.

Please note, all our prices include 20% VAT.

FG

Most of our dishes can be made gluten free with substitutes, please ask.

(V) Vegetarian (VF) Vegan Friendly

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F&G X Union Coffee

ESPRESSO / 3

AMERICANO / 3

FLAT WHITE / 3.5

LATTE / 3.5

CAPPUCINO / 3.5

ESPRESSO MACCHIATO / 3.5

MOCHA / 3.8

ICED COFFEE / 3.5

SYRUPS / 0.5

Caramel, Hazelnut, Vanilla, Honey

ALTERNATIVE MILK AVAILABLE

Soya, Oat, Almond, Coconut

Soft Drinks

COKE / 3

COKE ZERO / DIET COKE / 3

SPRITE / 3

FANTA / 3

STILL WATER SMALL / 2.5

SPARKLING WATER SMALL / 2.5

FRESH ORANGE JUICE / 4.5

FRESH APPLE JUICE / 3.5

ROSE LEMONADE / 3.5

VICTORIAN LEMONADE / 3.5

OREO MILKSHAKE / 6

F&G X Novus Tea

ENGLISH BREAKFAST / 3.5

EGYPTIAN MINT / 3.5

DRAGONWELL GREEN / 3.5

EARL GREY / 3.5

CHAMOMILE / 3.5

Free hot water top up

Smoothies

MERRY BERRY / 6

Blackberry, strawberry, raspberry,
blueberry, banana

STRAWBERRY SPLIT / 6

Strawberry, banana

TROPICAL CRUSH / 6

Passion fruit, papaya, mango, pineapple

AVO-GO-GO / 6

Avocado, mango, spinach, broccoli,
coconut, ginger, lime

F&G Specials

HOT CHOCOLATE / 3.5

SALTED CARAMEL CHOCOLATE / 4

MATCHA LATTE / 4

CHAI LATTE / 4

STRAWBERRY CHOCOLATE / 4.4

ADD ESPRESSO / 0.5

Classic Cocktail

PORNSTAR MARTINI / 9.2

Absolut Vanilla Vodka, Passoa, Passion Fruit Puree, Vanilla Syrup, Lime
Juice, Shot of Prosecco

LYCHEE MARTINI / 9.2

Raspberry Vodka, Lychee Liqueur, Lemon Juice, Simple Syrup

APEROL SPRITZ / 7.5

Aperol, Soda Water, Prosecco

BELLINI / 7.5

Choose between Strawberry, Passion Fruit, Peach or Lychee flavours

MARGARITA / 9

Tequila, Cointreau, Lime Juice, Agave Syrup

ESPRESSO MARTINI / 9

Vodka, coffee liqueur, and espresso

MIMOSA / 7.2

Blend of champagne and fresh orange juice

Spirits

VODKA

Absolut / S 6 / D 8

Ciroc / S 7 / D 9

GIN

Beefeater / S 6 / D 8

Hendricks / S 7 / D 9

RUM

Bacardi / S 5.5 / D 7.5

COGNAC

Hennessy / S 7 / D 9

WHISKEY

Jack Daniels / S 6 / D 8

MIXERS

Soft drink mixers / 1.5

Red Bull mixer / 2

Mocktails

FRUIT FUSION / 6.5

Caramel Syrup, Apple juice, Pineapple Juice, Cranberry Juice, Lemon

VIRGIN COLADA / 6.8

Pineapple Juice, Lime Juice, Coco Coconut Cream, Double Cream

VIRGIN FROZEN DAIQUIRI / 6.8

Choose between Strawberry, Peach or Passion Fruit

VIRGIN BLOODY MARY / 6.5

Chilli tomato juice, celery & salt

Beers

MORETTI / 4

PERONI / 4

CORONA / 4

*For a delightful wine selection to
complement your meal,
kindly ask your waiter for
our complete wine list.*

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