

THE OLD FORGE

community pub

STARTERS

Soup of the Day (v/vga/gfa) £7.50

Served with warm bread & butter.

Cullen Skink (gfa) £12.50

Traditional Scottish creamy soup with locally sourced smoked haddock, leeks & potato.

Scottish Potato Skin (va) £9

Haggis, neeps & tattie in a crispy skin, topped with whisky sauce.

Crispy Chilli Squid £11

Calamari in a crispy chilli & lime batter, served with sweet chilli sauce.

Bruschetta (vg) £9

Warm toasted bread topped with olive oil pesto, tomato, red onion, fresh basil & balsamic glaze.

FORGE CLASSICS

Fish & Chips (gfa) £19

Locally sourced fresh haddock in a crispy batter, served with chips, peas & homemade tartare sauce.

Forge Pie £18.50

Homemade pie of the day served with mash & seasonal vegetables.

Mac & Cheese (v/vga) £14.50

Oven baked cheesy macaroni served with house salad & garlic bread. *add crispy bacon £1*

Pan-seared Cod (gf) £22

Locally sourced cod fillet, crushed potatoes, crispy broccoli & veg, capers & lemon butter sauce.

Bangers & Mash (va/vga) £14.50

Sausages or Veggie Sausages on a bed of mash potatoes, caramelised onion gravy & broccolini.

vg/a - vegan / vegan option available
v/a - veggie / veggie available
gf/a - gluten free / gluten free available

Please inform your server of any allergies or dietary needs.

Check out our chalk board for today's tasty specials.

BURGERS & WRAPS

The Stalker (gfa) £19

6oz seasoned venison patty, homemade burger sauce served with pickles. *add cheese £1*

The Walker (vg) £17

Triple cooked sweet potato & chickpea in a crunchy coating, gochujang mayo & BBQ Korean glaze.

All served on a warm brioche bun with chips & homemade slaw.

Halloumi Wrap (v/gfa) £16.50

Pan seared halloumi on a warm toasted Turkish style wrap with hummus, shredded cabbage, harissa peppers, pickled red onion & sriracha sauce.

KIDS MEALS

Mini Mac & Cheese (v/vga) £8

Fish & Chips (gfa) £8

Bangers & Mash (va/vga) £8

Flatbread Pizza (v) £8

SIDES

Chips small £3.50 large £5.50

Cheesy Chips small £4.50 large £6.50

Garlic Bread £3

House Salad £5.50

Seasonal Veg £5

Halloumi £4.50

DESSERTS

Sticky Toffee Pudding (v) £9

Homemade sticky toffee pudding with vanilla ice cream

The Forge Sundae (v/vga/gfa) £9

See our special's board for today's flavour

Affogato (v/vga/gfa) £6.50

Knoydart Coffee Espresso served over vanilla ice cream & biscuit. **Add a liqueur** - ask your server

Rhubarb Cheesecake (vg/gf) £9

OUR SUPPLIERS

Knoydart Wild Venison

Whenever possible, we source our venison from right on our doorstep. Wild deer are managed across the 17,500 acres of community owned Knoydart Foundation land – keeping the deer numbers low protects and enhances habitats, biodiversity and community, allowing natural regeneration, peatland restoration and native woodland expansion. Knoydart Wild Venison is delicious, completely natural, nutritious and low fat as well as being a sustainable source of food and income– a truly ethical meat experience.

Knoydart Farm

The Knoydart Farm Community Interest Company was established in 2023. A full range of vegetables are now grown organically with as little impact on the environment as possible, and can now be eaten at the pub. Come and enjoy fresh food grown only 500 meters away from your plate! The Old Forge works in conjunction with the Knoydart Farm; all of our food waste is turned into compost that is then utilised to grow the herbs and vegetables that we use for our salads and specials.

The Bread Factory & Wildfarmed Burger Buns

Made with Wildfarmed grains, each bun is part of a regenerative cycle that enriches the soil and nurtures the environment. Wildfarmed was formed in 2018; a business designed to change lives and landscapes by producing delicious, healthy and regenerative flour and bread to bring the buzz of the birds, bugs and bees to fields across the land.

Keeping it Local

We strive to keep our food miles as low as possible, and support independent producers where possible. Our fish & seafood are supplied by Iain Stewart Fish Sales; and we source our meats from Lochaber Larder butcher.

OUR STORY

The Old Forge coined it's name from a past life as a smiddy's forge, and has been a place of public gathering, in one form or another, for the last 60 years or so. Check out the sign-in book in the Wee Bar from it's days as a members club. After many years of private ownership, the pub was purchased on behalf of the community in 2022 by The Old Forge Community Benefit Society Ltd. You can read more about our story at www.theoldforgecbs.org

Our vision is for the Forge to be a vibrant and environmentally conscious community-owned pub, welcoming to all and investing in the regeneration and stability of Knoydart.

Community ownership means that the community have a direct say in the business, and we can tailor it's services and operations to suit the needs of the community and our many visitors.

Allergies: Our kitchen team uphold excellent levels of hygiene & food safety, but please be aware that allergen ingredients are prepared in our kitchen. If you have an allergy, please notify a member of our team and we will do our very best to cater to your needs.

Service Charge: Please note that a 10% service charge will be added to bills for groups of 10 or more.