

KIDS MENU

Choose 2 courses and a drink for

£5.50

DRINKS



FRUIT SHOOT IS AVAILABLE AS PART OF THE MEAL DEAL.

Please ask at the bar for flavours.

MAINS

Older kids with a bigger appetite?
Increase your portion for an extra £1.

CHOOSE YOUR MAIN,
THEN PICK EITHER TWO VEGGIES
OR ONE SIDE AND ONE VEGGIE

CHEESE & TOMATO PIZZA **V** 4.50
(453kcal/3.1g Sugar/1.38g Salt)

TWO FISH FINGERS **T** 4.50
(144kcal/0.8g Sugar/0.43g Salt)
Make it four fish fingers
(288kcal/1.6g Sugar/0.86g Salt).

2OZ* BEEF BURGER 4.50
(291kcal/2.6g Sugar/0.77g Salt)
Make it a double beef burger +1.00
(445kcal/2.6g Sugar/1.08g Salt).

TWO PORK SAUSAGES & GRAVY 4.50
(238kcal/5.4g Sugar/2.34g Salt)
Make it three sausages +1.00
(344kcal/8.2g Sugar/2.9g Salt).

FOUR CHICKEN NUGGETS **T** 4.50
(218kcal/0.2g Sugar/0.67g Salt)
Make it six chicken nuggets +1.00
(326kcal/0.2g Sugar/1.01g Salt).

TOMATO PASTA **VE** 4.50
(229kcal/3.3g Sugar/0.53g Salt)

Veggies

CARROT & CUCUMBER VEG STICKS **VE** **A**

(23kcal/3.6g Sugar/0.05g Salt)

GARDEN PEAS **VE **A****
(60kcal/6.0g Sugar/0.0g Salt)

BAKED BEANS **VE**
(82kcal/4.0g Sugar/0.40g Salt)

Sides

MASH **V**
(132kcal/0.0g Sugar/0.72g Salt)

GARLIC CIABATTA **V**
(139kcal/0.2g Sugar/0.54g Salt)

VEGETABLE RICE **V **VE****
(142kcal/2.3g Sugar/0.14g Salt)

CHIPS **V** (222kcal/0.0g Sugar/0.30g Salt)

V Vegetarian **VE** Vegan **T** May contain bones **A** One of your five a day

Terms & Conditions: Ask a member of the team to view our allergen information. Please advise the team of any dietary requirements before ordering. (V) Suitable for Vegetarians. (VE) Suitable for Vegans. Please note that we do not operate a dedicated vegetarian/vegan kitchen area. **T** Fish, poultry and shellfish dishes may contain bones and/or shell. Scampi may contain one or more tail per piece. *All stated weights are approximate before cooking. Our dishes are prepared in kitchens where nuts and gluten are present as well as other allergens; we cannot guarantee that any food item is completely free from traces of allergens, due to the risk of unexpected cross contamination. We do not include 'may contain' information. Our menu descriptions do not list all ingredients. Dishes may contain alcohol. Calorie counts are correct at the time of printing. This information has been provided to allow you to make an informed choice when dining with us. Children between 5-10 years old need around 1,800 calories a day, but this will vary by age and level of activity and some children will need less, and some will need more. Full nutrition information is available on our website. 1 of your 5 a day = 40-60g of fruit or vegetables, or 150ml pure juice. To ensure our customers have choice, temporary product substitutions may be required which can affect the calorie content listed for our dishes on the menu. Fruit Shoot is a trademark of Britvic Soft Drinks Limited.

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STARTERS

CARROT & CUCUMBER VEG STICKS **VE **A**** 2.00
With a tomato dip (41kcal/5.1g Sugar/0.29g Salt).

GARLIC CIABATTA **V** 2.00
(139kcal/0.2g Sugar/0.54g Salt)

SUNDAY*

ROAST BEEF 5.99
Hand-carved beef served with roasties, seasonal vegetables, sage and onion stuffing, a Yorkshire pudding and gravy (512kcal/6.0g Sugar/2.03g Salt).

ROAST TURKEY 5.99
Hand-carved turkey served with roasties, seasonal vegetables, sage and onion stuffing, a Yorkshire pudding and gravy (477kcal/6.0g Sugar/2.60g Salt).

MAC & CHEESE **V** 5.99
Served with roast potatoes, seasonal vegetables, sage and onion stuffing, Yorkshire pudding and gravy (627kcal/8.0g Sugar/3.74g Salt).

*Available on Sundays only.
Not part of the meal deal.

DESSERTS

TRIPLE CHOCOLATE BROWNIE **V** 2.00
Warm chocolate brownie with a scoop of clotted cream ice cream (379kcal/35.2g Sugar/0.23g Salt).

FRUIT SALAD **VE **A**** 2.00
Peach, pear and strawberry pieces (96kcal/20.6g Sugar/0.0g Salt).

Ice Cream **V**

**CHOOSE FROM 1 SCOOP 1.00
OR 2 SCOOPS 1.50**

Calories are shown per scoop

STRAWBERRY (138kcal/15.0g Sugar/0.13g Salt)

CLOTTED CREAM (126kcal/12.4g Sugar/0.11g Salt)

CHOCOLATE (146kcal/16.9g Sugar/0.14g Salt)

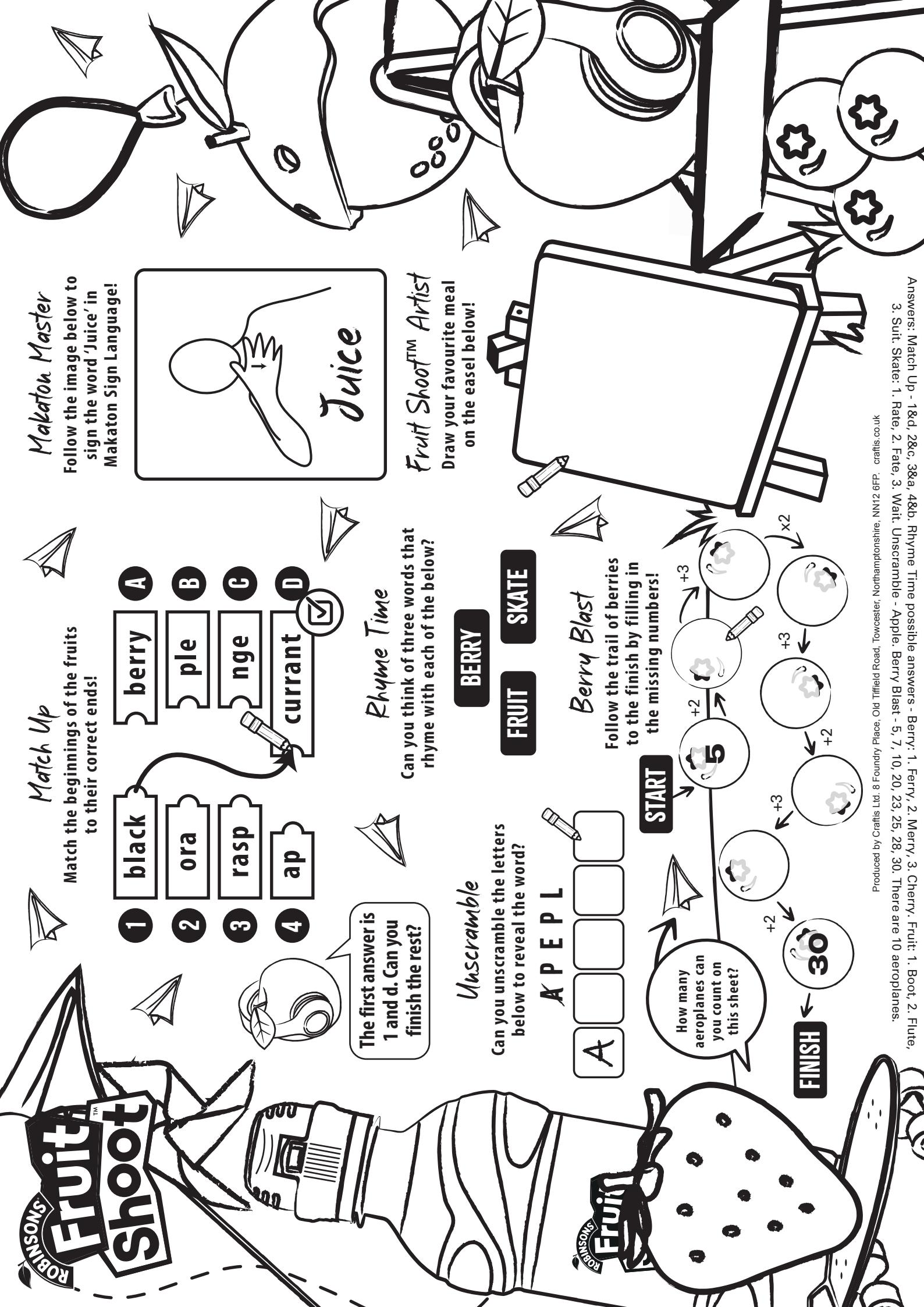
SAUCES...

Strawberry flavour (32kcal/7.5g Sugar/0.0g Salt)
Chocolate flavour (28kcal/4.7g Sugar/0.0g Salt)

Toffee flavour (27kcal/3.9g Sugar/0.02g Salt)

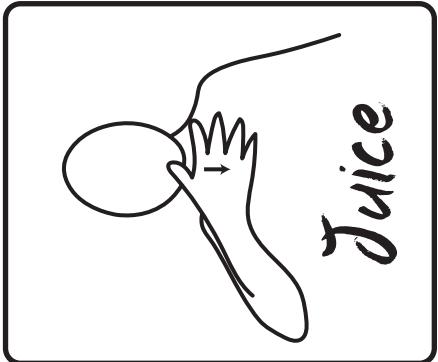
Vegan option available **VE**

(180-360kcal/22.0-44.0g Sugar/0.07-0.13g Salt).



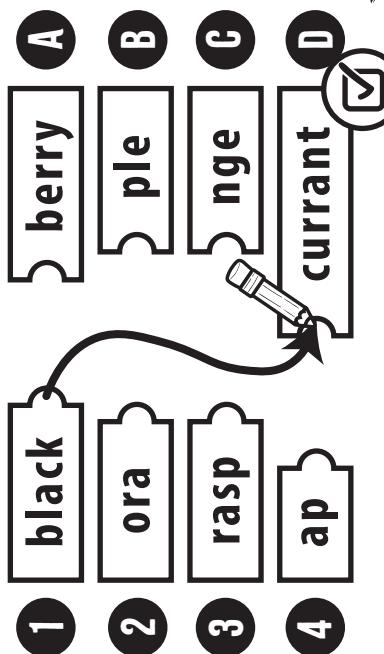
Makaton Master

Follow the image below to sign the word 'Juice' in Makaton Sign Language!



Match Up

Match the beginnings of the fruits to their correct ends!



**The first answer is
1 and d. Can you
finish the rest?**

Rhyme Time

Can you think of three words that rhyme with each of the below?

Unscramble

Can you unscramble the letters below to reveal the word?

APPENDIX

How many aeroplanes can you count on this sheet?

FINISH

Fruit Shoot™ Artist
Draw your favourite meal
on the easel below!



Follow the trail of berries
to the finish by filling in
the missing numbers!

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SKATE FRUIT

FRUIT

Answers: Match Up - 1&d, 2&c, 3&a, 4&b. Rhyme Time possible answers - Berry: 1. Ferry, 2. Merry, 3. Cherry. Fruit: 1. Boot, 2. F. 3. Suit. Skate: 1. Rate, 2. Fate, 3. Wait. Unscramble - Apple, Berry Blast - 5, 7, 10, 20, 23, 25, 28, 30. There are 10 aeroplanes. Produced by Cbeans Ltd. 8 Ebury Street, Old Street, London EC1V 9AF. Tel: 020 7278 6994. Email: cbeans@btconnect.com