KIDS' MENU

Available for
aged 10 & under

CREATE YOUR PERFECT MEAL

CHOOSE YOUR MAIN

SMALLER BITES

VEGGIE FINGERS (V)
Three Bird's Eye® Green Cuisine veggie fingers

FREE-RANGE SCRAMBLED EGGS (V)
On wholemeal toast

CHICKEN BREAST STRIPS
Simple is sometimes best!

FISH FINGERS#
Three Birds Eye® fish fillet fingers

SIMPLY PASTA (Ve)
With a yummy tomato sauce

Recommended for under 5s

BIGGER APPETITES

VEGGIE FINGERS (V)
Four Bird's Eye® Green Cuisine veggie fingers

MINI BURGER
Choose either a beef burger or half a chicken breast in a bun with lettuce and tomato, with burger sauce on the side

BUTTERMILK-FRIED CHICKEN
Strips of chicken breast in a buttermilk batter

SOUTHERN-FRIED CHICKEN-FREE STRIPS (V)
Three pieces of southern-fried chicken-free strips

FISH FINGERS#
Four Birds Eye® fish fillet fingers

CAULIFLOWER MAC 'N' CHEESE (V)
With Cheddar cheese and hidden veg

CHICKEN BREAST
Simple is sometimes best!

HARVESTER RECOMMENDS

ROTISSERIE CHICKEN
Quarter of our British Red Tractor Assured rotisserie chicken with our secret-blend rub

4oz* RUMP STEAK
Grilled 21-day aged rump steak

GRILLED SALMON#
With a wedge of lemon

HALF RACK OF RIBS
Our slow-cooked ribs brushed with BBQ sauce, with grilled pineapple

BUILD YOUR OWN CHICKEN FLATBREAD
Soft flatbread, grilled chicken, lettuce, tomato salsa, sour cream and grated cheese

COD FILLET#
Hand-battered with a wedge of lemon

BBQ CHICKEN
Grilled chicken breast glazed in our BBQ sauce and topped with melted cheese

CHILLI NON CARNE (Ve)
With vegan mince, kidney beans, sweet potato and jackfruit

CHOOSE YOUR SIDES

1 side + 1 veg OR 2 veg

SIDES

- **Golden rice** (Ve)
- **Jacket potato** (Ve)
- **Chips** (Ve)
- **Mash** (V)
- **Sweet potato fries** (Ve)

VEG

- **Heinz® Baked Beans** (Ve) no added sugar
- **Half A Corn on the Cob** (Ve)
- **Garden Peas** (Ve)
- **Fresh Vegetable Sticks** (Ve)
- **Pepper, cucumber and carrot batons**
- **Steamed green beans** (Ve)

DESSERTS & SUNDAES

BUILD YOUR OWN ULTIMATE COOKIE
Chocolate chip cookie cup, vanilla mousse and marshmallows. Just waiting for you to decorate with strawberries, blueberries, banana and chocolate sauce

MELON & STRAWBERRIES (Ve)
Slices of juicy melon and fresh strawberries

BAKED VANILLA CHEESECAKE (V)
A mini portion of our cheesecake topped with berry compote

BELGIAN CHOCOLATE BROWNIE (V)
A mini portion of our Belgian Chocolate Brownie

TROPICAL FRUIT LOLLY (Ve)
Made with piptastic organic fruits - apple, banana, pineapple, grape, orange & mango, and no added sugar

FRUITYPOT JELLY (Ve)
Peach pieces in peach-flavour jelly

BUILD YOUR OWN SUNDAE
Real dairy ice cream sundae with a crispy cone. Just add your own chocolate fudge pieces, chocolate sauce, Oreo® biscuit crumb and mini marshmallows

ROCKY HORROR SUNDAE (V)
Real dairy ice cream with warm chocolate fudge brownie, fluffy cream and a crispy cone

SUNDAE BEST (V)
Real dairy ice cream, a crispy cone and Belgian chocolate, strawberry, raspberry or toffee sauce

VEGAN SUNDAE BEST (Ve)
Scoops of vanilla non-dairy iced dessert drizzled with your choice of raspberry or strawberry sauce

DRINKS

ALL OUR KIDS' DRINKS ONLY CONTAIN GOOD STUFF: YOU WON'T FIND ANY ADDED SUGAR, ARTIFICIAL COLOURS OR ARTIFICIAL FLAVOURINGS HERE.

FRUIT SHOOT®
Apple & Blackcurrant or Orange

PIP ORGANIC SMOOTHIES
Pineapple & Mango or Strawberry, Banana & Purple Carrot

GLASS OF FRESH MILK
Semi-skimmed milk

FRUIT JUICE
Orange, apple or pineapple

SOFTAILS

HENRY'S SAINT CLEMENTS
Orange juice mixed with sugar-free lemonade

HOLLY'S APPLE FIZZ
Apple juice mixed with sugar-free lemonade

HELPING YOU MAKE BETTER CHOICES

= One of your 5-a-day. A portion of fruit or veg is based on a minimum 60g serving size and 80g edible pulp and/or 150ml pure fruit juice. = Lower in salt (mains or sides). Contains at least 30% less salt per 100g compared to salt content of all main meals and sides with comparable components. = Lower in sugar (desserts) contains at least 30% less sugar per 100g compared to sugar content of all desserts with comparable components.

ALLERGEN INFORMATION: Our easy-to-use allergen guide is available for you to use on the food section of our website or on our Glass Onion app. We keep it online so that it's always as up to date as possible and you can filter out dishes containing any of the 14 major allergens. If you can't access the internet, we will be happy to provide you with the information. Our food and drinks are prepared in food areas where cross contamination may occur and our menu descriptions do not include all ingredients. If you have any questions, allergies or intolerances, please let us know before ordering.

(V) = made with vegetarian ingredients, (Ve) = made with vegan ingredients; however, some of our preparation and cooking methods could affect this. If you require more information, please ask your server. #Our fish has been carefully filleted however some small bones may remain. Any tips you're kind enough to give are kept by our team. All dishes are subject to availability. Photography is for illustration purposes only. *All weights stated are approximate and prior to cooking. OREO® is a registered trademark of Mondelez UK Limited. Heinz® is a registered trademark of H J Heinz Company, Fruit Shoot® is registered trademarks of Robinsons Soft Drinks Limited. Birds Eye® is a registered trademark of Nomad Foods Europe Limited Our kids' menu is available for kids aged 10 years and under. © Mitchells & Butlers 2021.

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