

FREE  
DESSERT  
WITH EVERY  
MEAL

# KIDS' MENU

Available for  
aged 12 & under

  
Harvester

# KID APPROVED MEAL DEALS

CHOOSE A MAIN, SIDES & FREE DESSERT. EASY AS 1, 2, 3!  
+ FREE UNLIMITED SALAD

## 1. CHOOSE YOUR MAIN

### SMALLER BITES 6.49

**FREE-RANGE SCRAMBLED EGGS**    
On wholemeal toast 174kcal

**CHEESE & TOMATO PIZZA**

Topped with tasty tomato sauce and 4 cheeses 228kcal

**CHICKEN BREAST STRIPS**

Simple is sometimes best! 74kcal

**FISH FINGERS**<sup>†</sup>

Three Birds Eye® omega 3 fish fillet fingers 258kcal

**SIMPLY PASTA**  

With a yummy tomato sauce 238kcal

**VEGGIE FINGERS** 

Three Birds Eye® Green Cuisine veggie fingers 167kcal

Smaller Bites is recommended for under 6's

### BIGGER APPETITES 7.49

**VEGGIE FINGERS** 

Four Birds Eye® Green Cuisine veggie fingers 223kcal

**MINI BURGER**

Choose either a beef burger 182kcal or half a chicken breast 212kcal in a bun with lettuce and tomato

**CHICKEN BREAST GOUJONS**

Strips of chicken breast in crispy breadcrumbs 132kcal

**FISH FINGERS**<sup>†</sup>

Four Birds Eye® omega 3 fish fillet fingers 344kcal

**CHICKEN BREAST**

Simple is sometimes best! 176kcal

**PASTA & MEAT-FREE MEATBALLS** 

Penne in tomato sauce with meat-free meatballs 344kcal

### HARVESTER RECOMMENDS 8.49

**BBQ CHICKEN**

Grilled chicken breast glazed in our BBQ sauce and topped with melted cheese 245kcal

**ROTISSERIE CHICKEN**

Quarter of our British Red Tractor Assured rotisserie chicken with our secret-blend rub 154kcal



**4oz<sup>#</sup> RUMP STEAK**

Grilled 21-day aged rump steak 204kcal +£1 supplement

**HALF RACK OF RIBS**

Our slow-cooked ribs brushed with BBQ sauce for extra flavour 315kcal +£1 supplement

**HADDOCK FILLET**<sup>†</sup>

Hand-battered with a wedge of lemon 334kcal

**CHILLI NON CARNE**    

With meat-free mince, kidney beans, sweet potato and jackfruit 330kcal

## 2. CHOOSE YOUR SIDES

Pick 1 Side & 1 Veg OR Pick 2 Veg


### SIDES

**Golden rice**   124kcal

**Jacket potato**  273kcal



**Chips**  191kcal

**Mash**  82kcal

**Sweet potato fries**  202kcal

### VEG

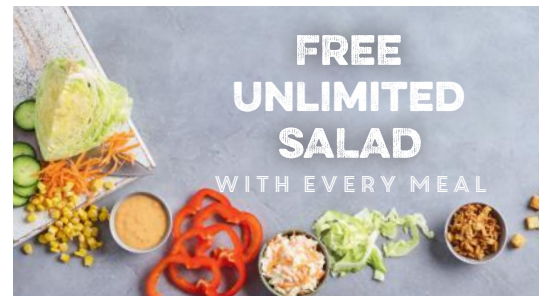
**Heinz® Baked Beans**   no added sugar 50kcal

**Corn Cob**   88kcal

**Garden Peas**   67kcal

**Fresh Vegetable Sticks**    

Pepper, cucumber and carrot batons 44kcal



FREE UNLIMITED SALAD WITH EVERY MEAL

## 3. CHOOSE YOUR FREE DESSERT

**FRESH FRUIT BOWL**    

Fresh strawberries, blueberries, banana & melon 110kcal

**BELGIAN CHOCOLATE BROWNIE**  

A mini portion of our Belgian Chocolate Brownie with chocolate sauce 284kcal

**PIP BERRY FRUITY SQUEEZER LOLLY**  

Made with pipstastic organic strawberry, blackcurrant and apple and no added sugar 31kcal

**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 337kcal

**SUNDAE BEST** 

Real dairy ice cream and a crispy cone with a choice of Belgian chocolate, Sicilian lemon, strawberry, raspberry or toffee sauce 178kcal

**VEGAN SUNDAE BEST** 

Scoops of vanilla iced dessert drizzled with your choice of Belgian chocolate, raspberry or strawberry sauce 447kcal

## 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 8kcal or Orange 17kcal 2.10

**PIP ORGANIC SMOOTHIES** 

Pineapple & Mango 104kcal or Strawberry, Banana & Purple Carrot 79kcal 2.25

**CAWSTON PRESS CAWSTON** 

Pressed fruit and water with no added sugar or sweeteners Apple & Summer Berries 50kcal or Apple & Mango 52kcal 2.25

**GLASS OF FRESH MILK**

Semi-skimmed milk 123kcal 99p

**FRUIT JUICE** 

Orange 115kcal, apple 113kcal or pineapple 133kcal 99p



**HENRY'S SAINT CLEMENTS**

Orange juice mixed with sugar-free lemonade 76kcal 1.90



**HOLLY'S APPLE FIZZ**

Apple juice mixed with sugar-free lemonade 70kcal 1.90

## 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 sugar (desserts) contains at least 30% less sugar per 100g compared to sugar content of all desserts with comparable components.  
Our kid's main meals now contain no more than 1.7g of salt and comply with Government Salt Targets for children.

**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.

 = made with vegetarian ingredients,  = 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 12 years and under. Calories correct at time of print. Live nutrition information is available online. © Mitchells & Butlers 2024

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