

# Build YOUR OWN MEAL

..... CHOOSE A MAIN .....

## SMALLER *bites...*

RECOMMENDED FOR UNDER 5s

### SCRAMBLED EGGS

Scrambled free-range eggs on wholemeal toast

### FISH FINGERS<sup>#</sup>

Three breaded cod fish fingers

### SAUSAGES & YORKIE

Two outdoor-reared pork chipolata sausages, a Yorkshire pudding and gravy  
*Vegetarian option available *

### SIMPLY PASTA

Pasta shapes served with a yummy tomato sauce

### CHICKEN BREAST STRIPS

Simple is sometimes best!

## BIGGER *appetites...*

RECOMMENDED FOR UNDER 7s

### 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

### FISH FINGERS<sup>#</sup>

Four breaded cod fish fingers

### SAUSAGES & YORKIE

Three outdoor-reared pork chipolata sausages, a Yorkshire pudding and gravy  
*Vegetarian option available *

### SOUTHERN-FRIED QUORN<sup>®</sup> BITES

Two pieces of southern-fried Quorn<sup>®</sup>

### CAULIFLOWER MAC 'N' CHEESE

With Cheddar cheese and hidden veg

### CHICKEN BREAST

Simple is sometimes best!

### BUTTERMILK-FRIED CHICKEN

Strips of chicken breast in a buttermilk batter

## Harvester RECOMMENDS

FOR AGED 10 AND UNDER

### ROTISSERIE CHICKEN

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

### 4oz\* RUMP STEAK

Grilled 21-day aged rump steak

### BUILD YOUR OWN CHICKEN WRAP

Soft flour tortillas, tomato salsa, sour cream and grated cheese on the side

### BBQ CHICKEN

Chicken breast glazed in our BBQ sauce and topped with melted cheese

### CHILLI NON CARNE

With vegan mince, kidney beans, sweet potato & jackfruit

### COD FILLET<sup>#</sup>

Hand-battered cod with a wedge of lemon

### HALF RACK OF RIBS

Our slow-cooked ribs brushed with BBQ sauce, with grilled fresh pineapple

### GRILLED SALMON<sup>#</sup>

Tasty grilled salmon with a wedge of lemon

..... CHOOSE 2 VEG OR 1 SIDE & 1 VEG .....

## VEG

### GARDEN PEAS

### HEINZ<sup>®</sup> BAKED BEANS

Reduced salt and sugar

### GRILLED TENDERSTEM BROCCOLI

### HALF A CORN ON THE COB

### FRESH VEGETABLE STICKS

Batons of peppers, cucumber and carrots

### STEAMED VEGETABLES

Peas, green beans and carrots

## SIDES

### JACKET POTATO

### TRIPLE-COOKED CHUNKY CHIPS

### SUNSHINE VEGETABLE RICE

### SWEET POTATO FRIES

### MASH

HELP YOURSELF TO UNLIMITED SALAD

## 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

### BAKED VANILLA CHEESECAKE

Cheesecake topped with strawberry compote

### BLACKCURRANT MOUSSE

Tangy blackcurrant mousse on a light biscuit base

### FRUIT LOLLY

Organic tropical fruit ice lolly made with apple, banana, pineapple & mango

### BELGIAN CHOCOLATE BROWNIE

With Belgian chocolate sauce

### TUTTI FRUTTI SALAD

A salad of melon, orange, mango, pineapple and apple, served with a strawberry yoghurt dip

### FRUITYPOT JELLY

Peach pieces in peach-flavour jelly

### BUILD YOUR OWN SUNDAE

Real dairy ice cream sundae with a crispy cone and a Cadbury<sup>®</sup> Flake. Just add your own chocolate fudge pieces, chocolate sauce, Oreo<sup>®</sup> biscuit crumb and mini marshmallows

### SUNDAE BEST

Real dairy ice cream, a Cadbury<sup>®</sup> Flake, a crispy cone and Belgian chocolate, strawberry, raspberry or toffee fudge sauce

### ROCKY HORROR SUNDAE

Real dairy ice cream with a warm chocolate fudge brownie, fluffy cream, a Cadbury<sup>®</sup> Flake and a crispy cone

### VEGAN SUNDAE BEST

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<sup>®</sup>

Choose from Apple & Blackcurrant or Orange

### FRUIT SHOOT HYDRO<sup>®</sup> SPARKLING

Choose from Strawberry & Raspberry or Orange & Peach

### RIBENA MINIS<sup>®</sup>

Choose from brilliant blackcurrant or amazing apple & mango

### FRUIT JUICE

Orange, apple, cranberry or pineapple

### GLASS OF FRESH MILK

Semi-skimmed milk

## SOFTAILS

### HENRY'S SAINT CLEMENTS

Orange juice mixed with sugar-free lemonade

### HOLLY'S APPLE FIZZ

Apple juice mixed with sugar-free lemonade

**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.

 = 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 (main courses 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.  = 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. <sup>#</sup>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<sup>®</sup> is a registered trademark of Mondelez UK Limited. Heinz<sup>®</sup> is a registered trademark of H J Heinz Company, Cadbury<sup>®</sup> Flake is a registered trademark of Cadbury Limited, Fruit Shoot<sup>®</sup> and Fruit Shoot Hydro<sup>®</sup> are registered trademarks of Robinsons Soft Drinks, Limited Ribena Minis<sup>®</sup> is a registered trademark of Lucozade Ribena Suntory Limited. Quorn<sup>®</sup> is a registered trademark of Marlow Foods Limited. Our kids' menu is available for kids aged 10 years and under. © Mitchells & Butlers 2019.

