

# KIDS

## MENU



## Pick & Mix

Pick either:

Main + 2 Veggies

or

Main + Side + Veggie

## Mains

### Cheese & Tomato Pizza V

Topped with a tomato sauce and grated mozzarella & Cheddar

(457 kcal/ 3.6g sugar/ 1.41g salt)

### Omega-3 Fish Fingers †

Three breaded fish fingers

(216 kcal/ 1.2g sugar/ 0.65g salt)

### Two Pork Sausages

Served with gravy (246 kcal/ 5.4g sugar/ 2.84g salt)

ADD AN EXTRA:

**Pork Sausage** (107 kcal/ 2.7g sugar/ 0.57g salt)

### Two Meat-free Sausages VE

Served with gravy (247 kcal/ 2.0g sugar/ 2.73g salt)

ADD AN EXTRA:

### Meat-free Sausage VE

(112 kcal/ 1.0g sugar/ 0.76g salt)

### Beef Burger

Two 2oz\* beef burgers with lettuce in a bun (445 kcal/ 2.6g sugar/ 1.08g salt)

ADD AN EXTRA:

**Cheese slice** (39 kcal/ 0.4g sugar/ 0.4g salt)

### Chicken Nuggets †

Five chicken nuggets

(272 kcal/ 0.2g sugar/ 0.84g salt)

### Tomato Pasta VE

Rigatoni tossed in a tomato sauce

(423 kcal/ 3.6g sugar/ 0.58g salt)

ADD AN EXTRA:

### Grated Cheese V

(100 kcal/ 0.0g sugar/ 0.48g salt)

### Meat-free Sausage VE

(112 kcal/ 1.0g sugar/ 0.76g salt)

## Veggies

### Corn on the Cob VE

(101 kcal/ 3.2g sugar/ 0.0g salt)

### Carrot and Cucumber Sticks VE

(23 kcal/ 3.6g sugar/ 0.05g salt)

### Baked Beans VE

(77 kcal/ 5.4g sugar/ 0.72g salt)

### Garden Peas VE

(60 kcal/ 6.0g sugar/ 0.00g salt)

## Sides

### Jacket Potato VE

(194 kcal/ 4.0g sugar/ 0.03g salt)

### Mashed Potato VE

(164 kcal/ 1.5g sugar/ 1.05g salt)

### Garlic Bread V

(217 kcal/ 1.1g sugar/ 0.52g salt)

### Chips V

(245 kcal/ 0.0g sugar/ 0.12g salt)

Add a dessert for

LOTS OF OUR DISHES CONTAIN 1 OR 2 OF YOUR 5 A DAY!

LOOK OUT FOR THIS SYMBOL  1 OF YOUR 5 A DAY = 40-60G FRUIT OR VEGETABLES.

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.

# Bigger Appetites

## Hunter's Chicken 🍗

Chicken topped with cheese, BBQ sauce and streaky bacon served with chips, garden peas and corn on the cob

(674 kcal/ 21.9g sugar/ 2.68g salt)

**Why not swap your chips for a jacket potato?**

(614 kcal/ 22.0g sugar/ 2.85g salt)

## Bolognese 🍝

Beef Bolognese tossed with rigatoni, served with garlic ciabatta, corn on the cob, cucumber and carrot sticks and a wedge of tomato

(852 kcal/ 14.3g sugar/ 1.16g salt)

## Fish & Chips 🐟

Hand-battered cod served with chips, garden peas, cucumber and carrot sticks and a wedge of tomato

(573 kcal/ 10.0g sugar/ 0.53g salt)

## Vegetable Curry VE 🍛

A mild sweet potato, cauliflower and chickpea curry simmered in coconut milk and tomatoes served with basmati & wild rice, cucumber and carrot sticks and a wedge of tomato

(427 kcal/ 8.8g sugar/ 1.25g salt)

**Glass of Milk Semi-skimmed** (134 kcal/ 14.0g sugar/ 0.56g salt)

## Desserts

### Strawberry Sundae V

Two scoops of Jersey clotted cream ice cream topped with strawberry pieces, strawberry flavour sauce and cream

(391 kcal/ 36.5g sugar/ 0.24g salt)

**Vegan option available VE**

(275 kcal/ 29.3g sugar/ 0.04g salt)

### Chocolate Sundae V

One scoop of Jersey clotted cream ice cream and one scoop of chocolate ice cream, topped with chocolate brownie pieces, rainbow shelled chocolate drops and cream

(547 kcal/ 48.9g sugar/ 0.34g salt)

### Chocolate Brownie V

With chocolate sauce and Jersey clotted cream ice cream (405 kcal/ 39.4g sugar/ 0.23g salt)

### Ice Cream V

#### 1 Scoop

#### 2 Scoops

**Your choice of flavours:**

(calories shown per scoop)

**Jersey clotted cream**

(126 kcal/ 12.4g sugar/ 0.11g salt)

**Strawberry** (138 kcal/ 15.0g sugar/ 0.13g salt)

**Chocolate** (146 kcal/ 16.9g sugar/ 0.14g salt)

**Mango sorbet VE** (103 kcal/ 21.6g sugar/ 0.1g salt)

**Raspberry sorbet VE**

(88 kcal/ 19.0g sugar/ 0.07g salt)

**Vegan Vanilla VE** (113 kcal/ 9.1g sugar/ 0.02g salt)

**Your choice of sauce:**

**Chocolate** (28 kcal/ 4.7g sugar/ 0.0g salt)

**Strawberry flavour VE**

(32 kcal/ 7.5g sugar/ 0.0g salt)

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.

V - Vegetarian VE - Vegan

You can review our allergen information if you download the Greene King app or visit our website.  
Please refer to main menu for web link

**Terms & Conditions:** Our menu descriptors do not include all ingredients. Full allergen information on the ingredients in the food we serve is available on request, please speak to a team member. Please advise the team of any dietary requirements before ordering. Please note that we do not operate a dedicated vegetarian/vegan kitchen area. \*All stated weights are approximate before cooking. Metric equivalent 16oz = 1lb = 454g. †Fish, poultry and shellfish dishes may contain bones and/or shell. Calorie counts are correct at time of print. We serve food 12noon-9pm (as a minimum) Monday to Sunday, selected sites will have extended hours. All cash and credit/debit card tips are paid in full to our team members. Products & offers are subject to availability at the price point advertised. All prices are in GBP and are inclusive of VAT. Should the VAT rate change, menu pricing will be adjusted accordingly. If you have any comments, suggestions or queries please do not hesitate to contact us at: Greene King Brewing and Retailing Ltd, Sunrise House, Ninth Avenue, Burton upon Trent, Staffordshire, DE14 3JZ.