

# FOLLY KIDS

Lots of our dishes contain 1 or 2 of your 5 a day! Look out for this symbol 🍏

## Starters £1.29

### MINI CORN ON THE COB (ve) 🍏

Served with a tomato dip  
(109 kcal | 4.3g Sugar | 0.25g Salt)

### CRUNCHY VEGGIE DIP STICKS (ve)

Cucumber and carrot with  
a tomato dip  
(43 kcal | 5.2g Sugar | 0.29g Salt)

### GARLIC BREAD (ve) 🍏

Garlic bread fingers  
(219 kcal | 1.4g Sugar | 0.60g Salt)

## MAINS

### OUR SIGNATURE CHAR-GRILLED CHICKEN SKEWER 🍏🍏 6.99

Char-grilled chicken breast on a skewer with char-grilled peppers, served with corn on the cob, flatbread, chips, tomato dip and sour cream (689 kcal | 12.1g Sugar | 1.80g Salt)

All the below mains are served with your choice of 2 veggies or 1 veggie and 1 side

### MEAT-FREE SAUSAGES (ve) 5.49

2 meat-free sausages with vegan gravy  
(247 kcal | 2.0g Sugar | 2.73g Salt)

### PORK SAUSAGES 5.49

2 pork sausages with gravy  
(246 kcal | 5.4g Sugar | 2.84g Salt)

### CHICKEN-NUGGETS<sup>†</sup> 5.49

4 chicken nuggets  
(214 kcal | 0.0g Sugar | 1.07g Salt)

Upgrade to 6 nuggets add 99p  
(321 kcal | 0.0g Sugar | 1.61g Salt)

### CHEESE AND TOMATO FLATBREAD PIZZA (v) 4.49

(296 kcal | 2.3g Sugar | 1.38g Salt)

### TOMATO PASTA (v) 🍏 4.49

Pasta tubes in a tomato sauce  
with cheese on the side  
(327 kcal | 3.3g Sugar | 1.01g Salt)

### OMEGA-3 FISH FINGERS<sup>†</sup> 5.49

3 breaded fish fingers  
(216 kcal | 1.2g Sugar | 0.65g Salt)

VEGAN OPTION AVAILABLE (ve)  
(229 kcal | 3.3g Sugar | 0.53g Salt)

### MAC 'N' CHEESE (v) 5.49

(358 kcal | 2.3g Sugar | 2.29g Salt)

## KIDS GRILL

### 2oz\* CHAR-GRILLED BEEF BURGER 5.99

Served with lettuce in a bun  
(325 kcal | 2.7g Sugar | 0.83g Salt)

Extra cheese portion add 25p  
(37 kcal | 0.0g Sugar | 0.19g Salt)

### KID'S BEYOND<sup>®</sup> BURGER (ve) 5.99

Served with tomato and  
lettuce in a bun  
(326 kcal | 3.8g Sugar | 1.17g Salt)

Extra Violife portion (ve) add 25p  
(29 kcal | 0.0g Sugar | 0.23g Salt)

### CHAR-GRILLED CHICKEN BREAST 5.99

Sliced chicken fillet  
(102 kcal | 0.4g Sugar | 0.24g Salt)

## SIDES

Mini Jacket (ve) (93 kcal | 3.3g Sugar | 0.15g Salt)

Chips (v) (204 kcal | 0.4g Sugar | 0.1g Salt)

Garlic Bread Fingers (v) (110 kcal | 0.7g Sugar | 0.3g Salt)

Mashed Potato (ve) (136 kcal | 1.1g Sugar | 0.81g Salt)

## VEGGIES

Garden Peas (ve) 🍏 (71 kcal | 6.0g Sugar | 0.0g Salt)

Veg Sticks (ve) 🍏 (25 kcal | 3.7g Sugar | 0.05g Salt)

Baked Beans (ve) (77 kcal | 5.4g Sugar | 0.72g Salt)

Corn On The Cob (ve) 🍏 (91 kcal | 2.8g Sugar | 0.01g Salt)

## DESSERTS

**GOOEY CHOCOLATE BROWNIE 1.99 (v)**  
Warm chocolate brownie with a scoop  
of vanilla flavour ice cream and  
chocolate sauce  
(382 kcal | 42.7g Sugar | 0.25g Salt)

**FRUIT SALAD 1.29 🍓 (ve)**  
Peaches, pear and strawberry pieces  
(78 kcal | 17.2g Sugar | 0.0g Salt)

### BUILD YOUR OWN FUN-DAY SUNDAE 1.99

1 scoop of vanilla flavour ice cream and 1 scoop of chocolate flavour ice  
cream (210 kcal | 26.5g Sugar | 0.23g Salt) with your choice of topping:

**FRUITY SUNDAE (v)**  
Strawberry flavour sauce, peach,  
pear and strawberry pieces  
(109 kcal | 24.7g Sugar | 0.0g Salt)

**CHOCOLATE SUNDAE (v)**  
Chocolate coated malt balls, multi coloured  
chocolate pieces, a caramel biscuit finger,  
fluffy cream and chocolate sauce  
(315 kcal | 31.1g Sugar | 0.35g Salt)

### ICE CREAM, FROZEN YOGHURT AND SORBET

Topped with strawberry flavour sauce (ve) (32 kcal | 7.5g Sugar | 0.0g Salt) or chocolate sauce (v) (28 kcal | 4.7g Sugar | 0.0g Salt)

1 scoop  
1.29

2 scoops  
1.79

Vanilla flavour ice cream (v)  
(97 kcal | 12.2g Sugar | 0.15g Salt)

Chocolate flavour ice cream (v)  
(113 kcal | 14.3g Sugar | 0.08g Salt)

Lemon sorbet (v)  
(85 kcal | 16.8g Sugar | 0.0g Salt)

Vegan vanilla flavoured ice cream (ve)  
(113 kcal | 9.1g Sugar | 0.02g Salt)

Frozen strawberry flavoured yoghurt (v)  
(88 kcal | 15.2g Sugar | 0.05g Salt)

(kcal per scoop)

## DRINKS

**FRUIT JUICE**  
Apple (128 kcal), Orange (116 kcal)  
or Cranberry (57 kcal)

**FRUIT SHOOT (No added sugar)**  
Blackcurrant & Apple (11 kcal)  
or Orange (17 kcal)

**CAPRI-SUN (No added sugar) 200ml**  
Blackcurrant (16 kcal)  
or Orange (14 kcal)

**GLASS OF MILK**  
Semi-skimmed (134 kcal)

**TAP WATER**  
Our tap water is free!

FULL ALLERGEN INFORMATION ON ALL OF THE INGREDIENTS IN THE FOOD WE SERVE IS AVAILABLE UPON REQUEST - PLEASE SPEAK TO A MEMBER OF OUR TEAM. LOOK OUT FOR THESE SYMBOLS: (ve) Suitable for vegans (v) Suitable for vegetarians † Fish, poultry and shellfish dishes may contain bones and/or shell 🍓 1 of your 5 a day 🍓🍓 2 of your 5 a day \*All stated weights are approximate before cooking Whilst we take care to preserve the integrity of our vegetarian & vegan products, we must advise that these are handled in a multi-kitchen environment. Please advise the team of any dietary requirements before ordering. Please be aware that all of our dishes are prepared in kitchens where nuts and gluten are present, as well as other allergens; therefore, we cannot guarantee that any food item is completely 'free from' traces of allergens, due to the risk of unexpected cross contamination. All calorie counts are based on standard portion sizes, and as dishes are made to order this may vary slightly. This information has been provided to allow you to make an informed choice when dining with us. Kids between 5-10 years old need around 1,800 calories a day, this will vary by age and level of activity, some children will need less, and some will need more. Full nutrition information is available on our website. A portion of fruit or veg for our Kids' meals is based on a minimum 60g serving size and 80g edible pulp and/or 150ml pure fruit juice for drinks. Our menu descriptions do not list all ingredients. 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. Full allergen information on the ingredients in the food we serve is available on request and at [www.greeneking-pubs.co.uk](http://www.greeneking-pubs.co.uk) please speak to a team member about this and further dietary menus. All items are subject to availability. Maltaser™, M&M's™, Twix™, Heinz™ and Quorn™ are registered trademarks.