

TINY TALES

MENU

HIGH TALES
Eat. Drink. Meet. Enjoy.



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DEAL MAKE A MEAL OF IT

SNACK

Pick from either **carrot sticks** or **cucumber batons**.

MAIN

Take your pick from one of our **mains** or **all-day breakfasts**.

DRINK

Add one of our **kids' drinks** to make it the real deal.

All for

£6



ALL-DAY BREAKFAST

£3.99



Full English Breakfast

Back bacon, sausage, hash brown, beans and a free-range fried egg.
(609 kcal/6.9g sugar/3.38g salt)

£3.99



Veggie Breakfast

A veggie good start! **Quorn PRO** sausage, grilled halloumi, hash brown, beans and a free-range fried egg.
(584 kcal/7.1g sugar/3.25g salt)

£3.99



Pancake Stack

Soft buttermilk pancake stacked with strawberry, banana, natural yoghurt and maple flavoured syrup.
(244 kcal/30.6g sugar/0.82g salt)

PICK A SNACK

Carrot Sticks

(29 kcal/4.2g sugar/0.06g salt)



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Cucumber Batons

(7 kcal/0.6g sugar/0.00g salt)



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MAINS

£4.99



Margherita Pizza

Tomato sauce topped with Mozzarella and cheddar.
(316 kcal/3.5g sugar/1.52g salt)

£4.99



Nuggets[†]

Crispy chicken nuggets.
(218 kcal/0.2g sugar/0.67g salt)

£5.49



Beefburger

Beefburger stacked in a bun with crunchy iceberg lettuce and ketchup.
(334 kcal/7.4g sugar/1.35g salt)

£5.49



Vegan Burger

BEYOND MEAT® patty stacked in a bun with crunchy iceberg lettuce and ketchup.
(330 kcal/5.5g sugar/1.35g salt)

£5.49



Tomato Pasta

Chunky rigatoni in a Neapolitan sauce.
(223 kcal/3.3g sugar/0.13g salt)

£4.99



Fluffy Jacket

A filling favourite. House-baked jacket potato with cheese.
(300 kcal/0.7g sugar/1.12g salt)

£5.49



Omega-3 Fish Fingers[†]

BirdsEye Omega-3 fish fingers.
(216 kcal/1.2g sugar/0.65g salt)

PICK 2 SIDES



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



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



Corn on the Cob
(91 kcal/2.8g sugar/0.01g salt)



Salad
(31 kcal/3.0g sugar/0.03g salt)



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

BABY FOOD



Heinz Apple, Pear & Banana Puree
(69 kcal/13.0g sugar/0.00g salt)



Heinz Tomato & Mozzarella Pasta Shapes
(98 kcal/2.2g sugar/0.23g salt)

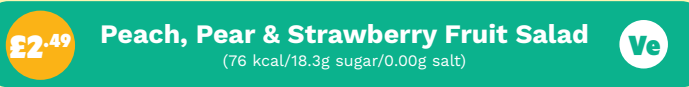
SMALL PUDDINGS



Soft-Serve Ice Cream
(126 kcal/13.8g sugar/0.12g salt)
Served with your choice of sauce and topping.



Brownie
A millionaire chocolate finger with soft-serve ice cream, finished with a strawberry.
(283 kcal/29.9g sugar/0.14g salt)



Peach, Pear & Strawberry Fruit Salad
(76 kcal/18.3g sugar/0.00g salt)

HEADS-UP FROM HIGHTALES

We offer an **unlimited supply of water** for customers of all ages.

We invite mothers to **breastfeed where they wish**.

Our eggs are **free-range** and carry the **British Lion mark**.

Our pork sausages are sourced from only **Red Tractor assured farms**.

Our fish fingers are **MSC certified**, the most recognised sustainable food logo.

TINY TALES DRINKS

£1.99

Fruit Shoot Apple & Blackcurrant
(11 kcal)

£1.99

Cawston Press Apple & Summer Berries
(50 kcal)

£1.99

Fruit Shoot Orange
(17 kcal)

£1.99

Cawston Press Apple & Mango
(54 kcal)

Water is available at the water station

79p

Glass of Milk
(134 kcal/14.0g sugar/0.56g salt)

You can view our allergen information if you download the app, or visit our website at www.HighTales.co.uk

v Suitable for Vegetarians. **v** Suitable for Vegans. Please note that we do not operate a dedicated vegetarian/vegan kitchen area. (N) Dish contains Nuts. †Fish, poultry and shellfish dishes may contain bones and/or shell. 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. Our menu descriptions do not list all ingredients. Please advise the team of any dietary requirements before ordering. Calorie counts are correct at time of print.

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 kcal a day, but 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. **1** 1 of your 5 a day = 40-60g of fruit or vegetables, or 150ml pure juice.



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