

GOOD TO KNOW!



All Hungry Horse pubs offer an unlimited supply of tap water for kids and customers of all ages.



At Hungry Horse, we invite mothers to breastfeed where they wish.



All shell eggs used in Hungry Horse pubs are free-range eggs and carry the British Lion mark.



All pork sausages used in Hungry Horse pubs are sourced from only UK and Irish farms with Red Tractor assurance.



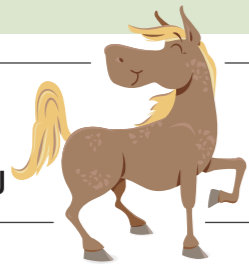
All fish fingers on the Hungry Horse menu are MSC certified. The blue MSC eco-label is the world's most recognised label for sustainable seafood.



Our wild caught fish is accredited under one of the following assurance schemes: Food and Agriculture Organisation Code of Conduct for Responsible Fisheries, Marine Stewardship Council Chain of Custody, and Friend of the Sea.



SCAN HERE TO VIEW OUR NO GLUTEN CONTAINING INGREDIENTS KIDS' MENU



MEAL DEAL

INCLUDES A MAIN, TWO VEGGIES, A PUDDING AND A DRINK
PERFECT FOR SMALLER APPETITES

ONLY £5.99



ADD A STARTER FOR 99P

OR SWAP A VEGGIE FOR A SIDE

MEAL DEAL MAIN

Pork sausages

2 pork sausages with gravy.
238 kcal / 5.4g Sugar / 2.34g Salt

Quorn™ sausages

2 Quorn™ sausages with vegan gravy.
247 kcal / 2g Sugar / 2.73g Salt

Omega-3 fish fingers†

3 Birds Eye™ Omega-3 fish fingers.
216 kcal / 1.2g Sugar / 0.65g Salt

3.99 Chicken nuggets†

4 chicken nuggets.
218 kcal / 0.2g Sugar / 0.67g Salt

3.99 2oz* beef burger

100% Irish beef burger in a bun with lettuce.
291 kcal / 2.7g Sugar / 0.77g Salt

3.99 Tomato pasta

Rigatoni pasta in a rich Neapolitana sauce.
223 kcal / 3.3g Sugar / 0.13g Salt

3.99 Omega-fishless fingers 3.99

Crispy tempura battered vegan fishless fingers.
216 kcal / 1.2g Sugar / 0.65g Salt

3.99 Impossible™ nuggets 3.99

4 Impossible™ nuggets.
235 kcal / 0.8g Sugar / 0.9g Salt



VEGGIES

Mini corn on the cob

101 kcal / 3.2g Sugar / 0g Salt

Crunchy veggie sticks

24 kcal / 3.6g Sugar / 0.05g Salt

British garden peas

60 kcal / 6g Sugar / 0g Salt

Baked beans

77 kcal / 5.4g Sugar / 0.72g Salt

Fresh garden salad

28 kcal / 2.4g Sugar / 0.14g Salt

NEW Green beans

25 kcal / 1.6g Sugar / 0g Salt

NEW Cauliflower

25 kcal / 1.6g Sugar / 0g Salt

SIDES

Sunshine rice

142 kcal / 2.3g Sugar / 0.14g Salt

Chips

204 kcal / 0.4g Sugar / 0.10g Salt

Mashed potato

146 kcal / 1.3g Sugar / 0.63g Salt

Mini jacket potato

93 kcal / 3.3g Sugar / 0.15g Salt

DRINKS

ALL OUR KIDS' DRINKS CONTAIN NO ADDED SUGAR

Yazoo flavoured milk 1.39

Strawberry or chocolate flavour
200ml. (92 kcal)

Fruit Shoot 1.39

Orange (17 kcal) or apple & blackcurrant (11 kcal) 275ml.

Capri-Sun 1.39

Orange (14 kcal) or blackcurrant (16 kcal) 200ml.

Glass of milk 75p

Semi-skimmed 280ml. (134 kcal)
TAP WATER AVAILABLE

MEAL DEAL PUDDINGS

1 scoop of ice cream or frozen yoghurt 99p

Frozen strawberry yoghurt

88 kcal / 15.2g Sugar / 0.05g Salt, per scoop

Chocolate flavour ice cream

113 kcal / 14.3g Sugar / 0.08g Salt, per scoop

NEW Candymania ice cream

94 kcal / 10.3g Sugar / 0.1g Salt, per scoop

Vanilla flavour ice cream

97 kcal / 13.6g Sugar / 0.02g Salt, per scoop

Vegan vanilla flavour ice cream

113 kcal / 9.1g Sugar / 0.02g Salt, per scoop

Topped with strawberry flavour sauce

32 kcal / 7.5g Sugar / 0g Salt

OR

chocolate flavour sauce 28 kcal / 4.7g Sugar / 0g Salt

Jelly & ice cream

Strawberry flavour jelly with vanilla flavour ice cream.
110 kcal / 14.2g Sugar / 0.11g Salt

Fruit salad

Peach, pear and strawberry pieces.
78 kcal / 17.2g Sugar / 0g Salt

1.49 Strawberry & waffles 1.49

American-style waffles with strawberry pieces & raspberry coulis.
151 kcal / 14.2g Sugar / 0.18g Salt

1.49 NEW Millionaire brownie 1.49

A mouthwatering chocolate brownie topped with caramel, coated in chocolate sauce, served warm.
210 kcal / 21.7g Sugar / 0.06g Salt
Add a scoop of ice cream for 99p



EPIC KIDS' MENU



EPIC VALUE MEAL DEAL INSIDE!



WHERE EVERYTHING IS
EPIC

WE CARE ABOUT OUR CUSTOMERS, ESPECIALLY OUR YOUNGEST ONES

We're committed to continuous progress when it comes to including more veg on the plate in our kids' meals. We are working with The Food Foundation to support their Peas Please pledge. We want to encourage little ones to eat more veg daily, which is why our children's main meals can include at least two portions of veg.

The full picture

- The calorie, salt and sugar content of all our meals is indicated.

5 a day

- All of our main meals can be served with 2 of your 5 a day.
- Look out for the symbols!
 - 🍏 Contains 1 of your 5 a day
 - 🍏🍏 Contains 2 of your 5 a day.

Create your own way

- A number of our dishes have pick and mix options for you to create your own way.

Meat free

- Yummy vegetarian 🍏 and vegan 🌱 options are available.

Only the good stuff

- All of our drink options contain no added sugar.
- None of our dishes contain any hydrogenated or trans-fats.

We're all different

- As a responsible food provider, we appreciate that some of our customers require larger portion sizes, so we have built our Kids' Menu for all appetites.



Scan here for more about our nutrition information



Find yours inside this menu or ask a team member to bring one over.



Full allergen information on the ingredients in the food we serve is available on request. Full allergen and nutritional information can be found at www.hungryhorse.co.uk/allergens or on the Greene King app. Look out for these symbols: *All stated weights are approximate before cooking. † Fish, poultry and shellfish dishes may contain bones and/or shell. 🍏 Suitable for vegetarians. 🌱 Suitable for vegans. Contains 1 of your 5 a day 🍏🍏 Contains 2 of your 5 a day 🍏

Kids' Meal Deal – choose a meal deal main, two veggies (or one veggie and one side), a pudding and a drink. All meal deal items must be ordered in the same transaction. 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' any specific allergen or traces of allergens, due to the risk of unexpected cross contamination. We do not include 'may contain' information. Please note that we do not operate a dedicated vegetarian/vegan kitchen area. Our menu descriptions do not list all ingredients. If you are concerned about the presence of allergens in your food or if you have any specific dietary requirements, please ask your server before ordering. *All stated weights are approximate before cooking. Nutritional information is correct at the 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 calories a day, but this will vary by child, age and level of activity. 1 of your 5 a day = 40-60g of fruit or vegetables, or 150ml pure juice. If you have any special dietary requirements, please ask before placing your order. Full allergen and nutritional information can be found at www.hungryhorse.co.uk/allergens or on the Greene King app. All ingredients as sourced wherever possible. All items are subject to availability during food service hours. Photography is for illustrative purposes only and crockery may vary per pub. Hungry Horse is a trading name of Greene King Brewing and Retailing Limited, Westgate Brewery, Bury St Edmunds, Suffolk, IP33 1QT. Telephone: 0845 608 0713 12. Valid at participating pubs only, visit your local pub page for specific deals.

STARTERS

- Garlic bread** 🍏 99p
219 kcal / 1.4g Sugar / 0.60g Salt
- Mini corn on the cob** 🍏🍏 99p
101 kcal / 3.2g Sugar / 0g Salt
- Crunchy veggie sticks** 🍏🍏 99p
Cucumber and carrot with Neapolitana sauce dip.
38 kcal / 5.1g Sugar / 0.09g Salt

DRINKS

TAP WATER AVAILABLE.

- Yazoo flavoured milk** 200ml 1.39
Strawberry or chocolate flavour (92 kcal)
- Fruit Shoot** 275ml 1.39
Orange (17 kcal) or apple & blackcurrant (11 kcal)
- Capri-Sun** 200ml 1.39
Orange (14 kcal) or blackcurrant (16 kcal)
- Glass of milk** 280ml 75p
Semi-skimmed (134 kcal)



All our kids' drinks contain no added sugar.

BABY FOOD

- Heinz™ apple, pear and banana purée** 🍏 69 kcal / 13.0g Sugar / 0g Salt 1.99
- Heinz™ tomato and mozzarella pasta shapes** 🍏 98 kcal / 2.2g Sugar / 0.23g Salt 1.99



Jacket potato with cheese and beans

Jam sponge with strawberries

ADD A STARTER FOR 99P AND A PUDDING FOR £1.49 WHEN ORDERING A LARGER MAIN

LARGER MAINS

← All contain 2 of your 5 a day

- NEW Pasta bolognese** 🍏🍏 4.99
Rigatoni pasta smothered in vegan bolognese sauce, with crunchy veggie sticks on the side. 339 kcal / 8.7g Sugar / 1.3g Salt
- Katsu chicken burger†** 🍏 4.99
Crispy chicken breast strips in a bun with lettuce and katsu sauce, served with sunshine rice, crunchy veggie sticks and an extra pot of katsu sauce, perfect for dipping! 566 kcal / 11.8g Sugar / 1.88g Salt
- Fresh garden salad** 🍏 4.99
A colourful blend of lettuce, tomato, cucumber, carrot sticks and strawberries with grated cheese 🍏 156 kcal / 9.3g Sugar / 0.55g Salt
OR grilled chicken breast. 142 kcal / 9.7g Sugar / 0.47g Salt
- NEW Jacket potato with cheese and beans** 🍏🍏 4.99
A jacket potato with baked beans and grated cheese, served with a corn on the cob and cucumber sticks. 497 kcal / 12.6g Sugar / 1.22g Salt
- Cheese & tomato flatbread pizza** 🍏🍏 4.99
A margherita flatbread served with a generous side salad. 404 kcal / 5.7g Sugar / 1.33g Salt
- Beyond Burger™** 🍏🍏 BEYOND MEAT 4.99
Beyond Meat's famous Beyond Burger, the plant-based burger that looks and satisfies like beef, in a bun with lettuce, served with chips, peas and a corn on the cob. 686 kcal / 12.2g Sugar / 1.27g Salt
- Nacho chicken pasta** 🍏 4.99
Rigatoni pasta, farm assured chicken breast and British garden peas, coated with spicy nacho cheese sauce and served with crunchy veggie sticks. 445 kcal / 11.6g Sugar / 1.09g Salt
- Double cheeseburger** 🍏 4.99
2 of our 2oz* 100% Irish beef burgers with cheese and lettuce in a bun, served with chips, peas and a corn on the cob. 849 kcal / 12.2g Sugar / 1.58g Salt
- Build your own tacos** 🍏 4.99
Build it your way! Soft flour tortillas plus crispy chicken breast strips, lettuce, cucumber sticks, tomato wedges, grated cheese, salsa and sour cream. How do you build them? 635 kcal / 9.7g Sugar / 2.51g Salt



LARGER PUDDINGS

- Candymania** 🍏 2.49
2 scoops of our famous candymania ice cream. Topped with fluffy cream, multi coloured chocolate pieces and a chocolate flake. 399 kcal / 4.1g Sugar / 0.25g Salt
- Fruitymania** 🍏 2.49
1 scoop of vanilla flavour ice cream and 1 scoop of frozen strawberry flavour yoghurt. Topped with peach, pear and strawberry pieces with strawberry flavour sauce. 292 kcal / 52.8g Sugar / 0.07g Salt
- NEW Jam sponge with strawberries** 🍏 1.79
Melt-in-the-mouth jam sponge dipped in coconut flakes with strawberries on the side. 227 kcal / 22.7g Sugar / 0.31g Salt
Add a scoop of ice cream for 99p
- NEW Millionaire brownie** 🍏 1.49
A mouthwatering chocolate brownie topped with caramel, coated in chocolate sauce, served warm. 210 kcal / 21.7g Sugar / 0.06g Salt
Add a scoop of ice cream for 99p
- 2 scoops of ice cream or frozen yoghurt** 🍏 1.79
- Frozen strawberry flavour yoghurt**
88 kcal / 15.2g Sugar / 0.05g Salt, per scoop
- Chocolate flavour ice cream**
113 kcal / 14.3g Sugar / 0.08g Salt, per scoop
- NEW Candymania ice cream**
94 kcal / 10.3g Sugar / 0.1g Salt, per scoop
- Vanilla flavour ice cream**
97 kcal / 13.6g Sugar / 0.02g Salt, per scoop
- Vegan vanilla flavour ice cream** 🍏
113 kcal / 9.1g Sugar / 0.02g Salt, per scoop
Topped with **strawberry flavour sauce** 🍏
32 kcal / 7.5g Sugar / 0g Salt
OR
chocolate flavour sauce 28 kcal / 4.7g Sugar / 0g Salt



TURN OVER FOR OUR MEAL DEAL