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.

All of our large mains already include 2 of your 5-a-day.

5-a-day

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

YOU CAN REVIEW OUR ALLERGEN INFORMATION IF YOU DOWNLOAD THE **GREENE KING APP**, SCAN THE ALLERGENS QR CODE OR VISIT OUR WEBSITE AT **HUNGRYHORSE.CO.UK/ALLERGENS**

Full allergen information on the ingredients in the food we serve is available on request. Look out for these symbols : V Suitable for vegetarians. Ve Suitable for vegans. N Contains nuts. *All stated weights are approximate before cooking. † Fish, poultry and shellfish dishes may contain bones and/or shell. 1 Contains 1 of your 5-a-day 2 Contains 2 of your 5-a-day

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

Kids' Meal Deal – choose a meal deal main, 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. *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 and some children will need less, and some will need more. 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.

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SIT. TAP. TUCK IN. Food, drinks and offers land faster when you order in the app.

MEAL DEAL
ADD A STARTER FOR 99P

Main + Pud + Drink SMALL £6 | LARGE £7

SCAN HERE TO VIEW OUR ALLERGEN INFORMATION

1 CHOOSE YOUR MAIN

SMALL MAINS

Includes a main + 2 veggies + a pud + a drink
OR SWAP A VEGGIE FOR A SIDE

Pork Sausages 3.99
2 pork sausages with gravy.
(238 kcal / 5.4g Sugar / 2.34g Salt)

Quorn™ Sausages VK 3.99
2 Quorn™ sausages with gravy.
(247 kcal / 2.0g Sugar / 2.73g Salt)

Omega-3 Fish Fingers† 3.99
3 Birds Eye™ Omega-3 fish fingers.
(216 kcal / 1.2g Sugar / 0.65g Salt)

Chicken Nuggets† 3.99
4 chicken nuggets.
(218 kcal / 0.2g Sugar / 0.67g Salt)

2oz* Beef Burger 3.99
Beef burger in a bun with lettuce. (290 kcal / 2.7g Sugar / 0.77g Salt)

Tomato Pasta VK 3.99
Rigatoni pasta in a rich Neopolitana sauce. (223 kcal / 3.3g Sugar / 0.13g Salt)

Impossible™ Nuggets VK 3.99
4 Impossible™ nuggets.
(235 kcal / 0.8g Sugar / 0.90g Salt)

VEGGIES

Mini Corn on the Cob VK
(110 kcal / 7.1g Sugar / 0.01g Salt)

Fresh Garden Salad VK
(16 kcal / 2.1g Sugar / 0.00g Salt)

Cucumber Sticks VK
(10 kcal / 0.09g Sugar / 0.00g Salt)

Cauliflower VK
(27 kcal / 1.6g Sugar / 0.00g Salt)

Peas VK
(60 kcal / 6.0g Sugar / 0.00g Salt)

Baked Beans VK
(73 kcal / 5.1g Sugar / 0.68g Salt)

OR

SIDES

Sunshine Rice V
(142 kcal / 2.3g Sugar / 0.14g Salt)

Chips VK
(222 kcal / 0.0g Sugar / 0.30g Salt)

Mashed Potato V
(113 kcal / 0.0g Sugar / 0.75g Salt)

Mini Jacket Potato VK
(93 kcal / 3.3g Sugar / 0.15g Salt)

CHICKEN NUGGETS

LARGE MAINS

All of our large mains already include 2 of your 5-a-day.

Pasta Bolognese VK 4.99
Rigatoni pasta smothered in vegan bolognese sauce, served with a corn on the cob and cucumber sticks.
(412 kcal / 13.2g Sugar / 1.10g Salt)

Chicken Burger† 4.99
Crispy chicken strips in a bun with lettuce, served with chips, peas and a corn on the cob.
(721 kcal / 15.7g Sugar / 1.76g Salt)

Fresh Garden Salad 4.99
A colourful blend of lettuce, tomato, cucumber, and strawberry pieces with grated cheese V
(110 kcal / 6.6g Sugar/ 0.34g Salt)
or grilled chicken breast
(132 kcal / 6.6g Sugar / 0.28g Salt).

Cheese & Tomato Flatbread V 4.99
A margherita flatbread served with a fresh garden side salad.
(369 kcal / 5.7g Sugar / 1.10g Salt)

Jacket Potato with Cheese and Beans V 4.99
A jacket potato with baked beans and grated cheese, served with a corn on the cob and cucumber sticks.
(482 kcal / 17.1g Sugar / 1.12g Salt)

Double Cheeseburger 4.99
Served with chips, peas and a corn on the cob.
(876 kcal / 16.1g Sugar / 1.79g Salt)

Build Your Own Tacos† 4.99
Build it your way! Soft flour tortillas, crispy chicken strips, lettuce, cucumber sticks, tomato wedges, grated cheese, salsa and sour cream.
(603 kcal / 9.7g Sugar / 2.35g Salt)

ALL DISHES CAN BE PURCHASED INDIVIDUALLY

2 CHOOSE YOUR DRINK

DRINKS

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.

Glass of Milk 75p
Semi-skimmed 280ml. (134 kcal)

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

CHICKEN BURGER

3 CHOOSE YOUR PUD

SMALL PUDS

Included in the small meal deal.

Jelly & Ice Cream V 1.49
Strawberry flavour jelly with vanilla flavour ice cream.
(110 kcal / 14.2g Sugar / 0.11g Salt)

Fruit Salad VK 1.49
Peach, pear and strawberry pieces.
(93 kcal / 20.0g Sugar / 0.00g Salt)

Strawberry & Waffles V 1.49
American-style waffles with strawberry pieces and strawberry flavour sauce.
(174 kcal / 20.7g Sugar / 0.18g Salt)

Millionaire Brownie V 1.49
A chocolate brownie topped with caramel, coated in chocolate flavour sauce, served warm.
(210 kcal / 21.7g Sugar / 0.06g Salt)
ADD+ Add a scoop of ice cream for 1.29

Vegan Ice Cream VK 1.29
Served with strawberry flavour sauce.
(180 kcal / 22.0g Sugar / 0.07g Salt)

1 Scoop of Ice Cream or Frozen Yoghurt V 1.29
Vanilla Flavour Ice Cream
(97 kcal / 13.6g Sugar / 0.02g Salt, per scoop)
Chocolate Flavour Ice Cream
(113 kcal / 14.3g Sugar / 0.08g Salt, per scoop)
Strawberry Frozen Yoghurt
(88 kcal / 15.2g Sugar / 0.05g Salt, per scoop)
PICK A SAUCE
Strawberry Flavour Sauce
(32 kcal / 7.5g Sugar / 0.00g Salt)
or Chocolate Flavour Sauce
(28 kcal / 4.7g Sugar / 0.00g Salt)

LARGE PUDS

Included in the large meal deal.

Candymania V 2.49
1 scoop of our famous candymania ice cream. Topped with fluffy cream, candy-coated milk chocolate and a chocolate flake.
(355 kcal / 35.8g Sugar / 0.12g Salt)

Fruitymania V 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.
(310 kcal / 56.2g Sugar / 0.07g Salt)

Jam Sponge with Strawberries VK 1.79
Jam and coconut sponge with strawberry pieces and raspberry coulis. (226 kcal / 22.5g Sugar / 0.20g Salt)

Millionaire Brownie V 1.49
A chocolate brownie topped with caramel, coated in chocolate flavour sauce, served warm.
(210 kcal / 21.7g Sugar / 0.06g Salt)
ADD+ Add a scoop of ice cream for 1.29

Vegan Ice Cream VK 1.99
Served with strawberry flavour sauce.
(329 kcal / 36.5g Sugar / 0.13g Salt)

2 Scoops of Ice Cream or Frozen Yoghurt V 1.99
Vanilla Flavour Ice Cream
(97 kcal / 13.6g Sugar / 0.02g Salt, per scoop)
Chocolate Flavour Ice Cream
(113 kcal / 14.3g Sugar / 0.08g Salt, per scoop)
Strawberry Frozen Yoghurt
(88 kcal / 15.2g Sugar / 0.05g Salt, per scoop)
PICK A SAUCE
Strawberry Flavour Sauce
(32 kcal / 7.5g Sugar / 0.00g Salt)
or Chocolate Flavour Sauce
(28 kcal / 4.7g Sugar / 0.00g Salt)

STARTERS

Garlic Bread V 99p
(139 kcal / 0.2g Sugar / 0.54g Salt)

Mini Corn on the Cob VK 99p
(110 kcal / 7.1g Sugar / 0.01g Salt)

Cucumber Sticks VK 99p
Served with Neopolitana dip.
(38 kcal / 0.9g Sugar / 0.08g Salt)

BABY FOOD

HEINZ Apple, Pear & Banana Purée V 1.99
(69 kcal / 13.0g Sugar / 0.00g Salt)

HEINZ Tomato & Mozzarella Pasta Shapes V 1.99
(98 kcal / 2.2g Sugar / 0.23g Salt)

JAM SPONGE WITH STRAWBERRIES