

# LITTLE ONES

How hungry are you?  
2 courses | 3 courses

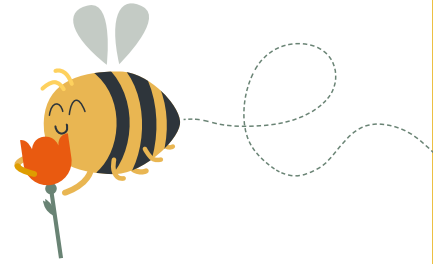
## CHOOSE YOUR STARTER

### CRUNCHY VEG STICKS

With garlic mayo & toasted bread  
(146kcal, 5.7g sugar, 0.43g salt) **VE** **1**

### GARLIC BREAD

With garlic mayo  
(198kcal, 1.7g sugar, 0.74g salt) **V**



## CHOOSE YOUR MAIN

### MACARONI CHEESE

Mixed with broccoli served with  
garlic bread & cucumber  
(442kcal, 5.1g sugar, 2.40g salt) **V** **2**

### KIDS KATSU CURRY

Creamy curry with rice,  
butternut squash & peas  
(428kcal, 11.6g sugar, 1.59g salt) **VE** **2**

**MAKE IT YOUR OWN** Add chicken  
(542kcal, 7.7g sugar, 1.45g salt)

### HAND-BATTERED FISH GOUJONS

(234kcal, 1.2g sugar, 0.43g salt) **†**  
Served with your choice of two sides

### 28-DAY-AGED RUMP STEAK

With a grilled tomato  
(271kcal, 1.5g sugar, 0.16g salt) **1**  
Served with your choice of two sides

### BEEF BURGER

In a brioche bun with shredded lettuce  
& tomato (357kcal, 3.3g sugar, 0.83g salt).  
Served with your choice of two sides

### SAUSAGE & CHEESY BEAN MASH

With broccoli (586kcal, 4.1g sugar, 3.25g salt) **1**  
Served with your choice of one side

### CRISPY CHICKEN STRIPS

(294kcal, 0.0g sugar, 1.50g salt) **†**  
Served with your choice of two sides

### CHICKEN BURGER

Crispy chicken strips in a brioche bun  
with shredded lettuce & tomato  
(310kcal, 3.3g sugar, 1.28g salt) **†**  
Served with your choice of two sides

### CHEESY PIZZA

Cheese & tomato pizza topped with  
cucumber (456kcal, 3.3g sugar, 1.38g salt) **V** **1**  
Served with your choice of two sides

## & your SIDES

### CARROTS

(23kcal, 5.1g sugar, 0.00g salt) **VE** **1**

### CRUNCHY VEG STICKS

(27kcal, 3.6g sugar, 0.00g salt) **VE** **1**

### PEAS

(60kcal, 6.0g sugar, 0.00g salt) **VE** **1**

### BAKED BEANS

(74kcal, 3.6g sugar, 0.36g salt) **VE**

### BROCCOLI

(26kcal, 1.2g sugar, 0.00g salt) **VE** **1**

### MINI JACKET POTATO

(93kcal, 3.3g sugar, 0.15g salt) **VE**

### SEASONAL VEG

(114kcal, 8.5g sugar, 0.11g salt) **VE** **1**

### RICE

(142kcal, 2.3g sugar, 0.1g salt) **VE** **1**

### GARLIC BREAD

(157kcal, 1.3g sugar, 0.54g salt) **V**

**CHIPS** (230kcal, 0.0g sugar, 0.24g salt) **V**

**MASH** (164kcal, 1.5g sugar, 1.05g salt) **VE**

## CHOOSE YOUR PUDDING

### WHITE CHOCOLATE & LEMON CHEESECAKE

Lemon & white chocolate shell with crushed  
shortbread and lemon cheesecake filling  
(281kcal, 22.1g sugar, 0.22g salt) **V**

### BUILD YOUR OWN FRUIT SUNDAE

With berries, pear & peach, vanilla flavour  
ice cream, raspberry coulis and mint  
(209kcal, 37.4g sugar, 0.02g salt) **V** **1**  
**VE** option available  
(260kcal, 38.4g sugar, 0.07g salt)

### CHOCOLATE BROWNIE

With vanilla flavour ice cream and chocolate  
sauce (344kcal, 38.5g sugar, 0.07g salt) **V**

### FRUIT SALAD

Berries, pear & peach  
(96kcal, 20.6g sugar, 0.00g salt) **VE** **1**

### ICE CREAM SCOOPS

Your choice of two flavour scoops served  
with a chocolate pencil (40kcal, 4.6g sugar,  
0.02g salt), and either strawberry (32kcal, 7.5g  
sugar, 0.00g salt) or chocolate sauce  
(24kcal, 4.6g sugar, 0.00g salt) **V**

#### Choose from:

Vanilla (97kcal, 13.6g sugar, 0.02g salt)  
Chocolate (113kcal, 14.3g sugar, 0.08g salt)  
Lemon sorbet (78kcal, 14.8g sugar, 0.02g salt)  
Strawberry frozen yoghurt  
(88kcal, 15.2g sugar, 0.05g salt)

Ice cream calories shown per scoop

**VE** option available  
(329kcal, 36.5g sugar, 0.13g salt)

## Something to DRINK

### FRUIT SHOOT

Blackcurrant & Apple (11kcal)  
or Orange (17kcal)

### FRUIT JUICE

Orange (122kcal) or Apple (133kcal)  
or Cranberry (133kcal)

### INNOCENT JUICY WATER

Apple & Mango (56kcal) or  
Apple & Strawberry (64kcal)

**MILK** (134kcal, 14.0g sugar, 0.56g salt)

Free tap water is available (0kcal)



**V** I'm suitable for vegetarians **N** I contain nuts **VE** I'm vegan friendly **1** I've got 1 of your 5-a-day! **2** I've got 2 of your 5-a-day! **†** I may contain bones

You can get our full allergen information on our website, or by scanning the QR code. If you'd like help, ask one of our team. Please tell our team of any dietary requirements before you order. As we prepare dishes in kitchens where nuts, dairy, gluten & other allergens are present, we can't guarantee that any food or drink is free from traces of allergens. We don't include 'may contain' information, and some of our dishes may contain alcohol not listed on the menu. We don't operate dedicated vegetarian or vegan kitchen areas. All stated weights are approximate prior to cooking. For 1 of your 5-a-day, look out for the symbol **1** **2**. 1 of your 5-a-day = 40-60g of fruit or vegetables, or 150ml pure juice. Calorie, sugar and salt figures 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 calories a day, this will vary by age and level of activity, some children will need less, and some will need more. Menu descriptions don't include all ingredients. Chef & Brewer is a trading name of Greene King Brewing and Retailing Ltd, Sunrise House, Ninth Avenue, Burton Upon Trent, DE14 3JZ

Full allergen information

