

CHILDREN'S MENU

PICK 'N' MIX

Pick either: main + 2 veggies or main + veggie + side for £4.99

MAINS

OMEGA-3 FISH FINGERS†
3 breaded fish fingers 
(216 kcal / 1.17g sugar / 0.65g salt)

PORK SAUSAGES
2 pork sausages with gravy
(242 kcal / 5.44g sugar / 2.64g salt)

Add an extra pork sausage for 50p
(107 kcal / 2.72g sugar / 0.57g salt)

VEGAN PLANT-BASED SAUSAGES VE
2 vegan plant-based sausages with
gravy (247 kcal / 2g sugar / 2.73g salt)

Add an extra plant-based sausage for
50p VE (112 kcal / 1g sugar / 0.76g salt)

**CHEESE & TOMATO
FLATBREAD PIZZA V**
Flatbread topped with a
tomato sauce and grated
mozzarella & cheddar
(308 kcal / 2.1g sugar / 1.1g salt)

CHICKEN NUGGETS†
5 chicken nuggets
(267 kcal / 0g sugar / 1.34g salt)

DOUBLE BURGER
2 2oz* beef burgers with lettuce in
a bun (351 kcal / 2.98g sugar / 1.1g salt)

Add a cheese slice for 25p
(85 kcal / 0.02g sugar / 0.38g salt)

TOMATO PASTA VE
Pasta tubes in a tomato sauce
(229 kcal / 3.3g sugar / 0.53g salt)

Add chicken breast for £1
(127 kcal / 0.38g sugar / 0.24g salt)
Add grated cheese for 25p V
(98 kcal / 0g sugar / 0.48g salt)
Add a plant-based sausage for 50p VE
(112 kcal / 1g sugar / 0.76g salt)

GRILLED CHICKEN
Grilled chicken fillet
(127 kcal / 0.38g sugar / 0.24g salt)



VEGGIES

MINI CORN ON THE COB V
(91 kcal / 2.84g sugar / 0.01g salt)

GARDEN PEAS VE
(71 kcal / 5.95g sugar / 0g salt)

VEG STICKS VE
(25 kcal / 3.69g sugar / 0.05g salt)

BAKED BEANS VE
(77 kcal / 5.4g sugar / 0.72g salt)

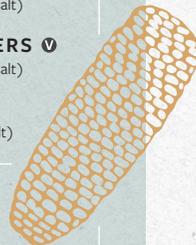
SIDES

JACKET POTATO VE
(194 kcal / 4g sugar / 0.03g salt)

MASHED POTATO VE
(136 kcal / 1.25g sugar / 0.88g salt)

GARLIC BREAD FINGERS V
(110 kcal / 0.72g sugar / 0.30g salt)

CHIPS V
(204 kcal / 0g sugar / 0.10g salt)



ADD A DESSERT FOR £1

MAIN MEALS

MAC & CHEESE V £5.49
Served with garlic bread, mini corn on the
cob, cherry tomato halves and veg sticks
(526 kcal / 9.79g sugar / 2.46g salt)

4OZ* RUMP STEAK £5.99
Served with chips, an onion ring,
garden peas, cherry tomato halves
and mini corn on the cob
(583 kcal / 9.57g sugar / 0.42g salt)

Swap your chips for a jacket potato
(573 kcal / 13.57g sugar / 0.49g salt)

FISH AND CHIPS† £5.99
Served with garden peas and veg sticks
(516 kcal / 10.73g sugar / 0.55g salt)

HUNTER'S CHICKEN £5.99
Chicken breast topped with cheese, smoked
bacon and BBQ sauce. Served with a jacket
potato, garden peas and mini corn on the cob
(663 kcal / 22.2g sugar / 1.44g salt)

**VEGETABLE COCONUT
CURRY VE** £5.99

A mild sweet potato, cauliflower and
chickpea curry simmered in coconut milk
and tomatoes topped with soya beans,
black sesame seeds and coriander.
Served with flatbread and veg sticks
(403 kcal / 9.7g sugar / 0.87g salt)

Add chicken breast for £1
(127 kcal / 0.38g sugar / 0.24g salt)



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

DESSERTS

**TRIPLE-CHOCOLATE
BROWNIE V** £1.99
Served warm with chocolate
sauce and a scoop of vanilla
flavour ice cream
(376 kcal / 40.61g sugar / 0.14g salt)

FRUIT SALAD VE £1
Peaches, pear and
strawberry pieces
(78 kcal / 17.16g sugar / 0g salt)

FRUITY SUNDAE V £1.99

A scoop of vanilla flavour ice cream and a scoop of
chocolate flavour ice cream with strawberry flavour
sauce. Topped with peach, pear and strawberry pieces
(319 kcal / 52.52g sugar / 0.10g salt)

Vegan option available VE
(335 kcal / 42.86g sugar / 0.04g salt)

CHOCOLATE SUNDAE V £1.99

A scoop of vanilla flavour ice cream and a scoop of
chocolate flavour ice cream with chocolate sauce.
Topped with chocolate covered malt balls, multi-
coloured chocolate pieces, a caramel biscuit finger
and fluffy cream (556kcal / 57.92g sugar / 0.45g salt)

ICE CREAM, FROZEN YOGHURT & SORBET

1 scoop £1 or 2 scoops £1.79

Choose from:

VANILLA FLAVOUR ICE CREAM V
(97 kcal per scoop / 13.58g sugar / 0.02g salt)

CHOCOLATE FLAVOUR ICE CREAM V
(113 kcal per scoop / 14.28g sugar / 0.08g salt)

LEMON SORBET V
(85 kcal per scoop / 16.8g sugar / 0g salt)

VEGAN VANILLA FLAVOUR ICE CREAM VE
(113 kcal per scoop / 9.1g sugar / 0.02g salt)

STRAWBERRY FLAVOUR FROZEN YOGHURT V
(88 kcal per scoop / 15.18g sugar / 0.05g salt)

Top with:

**STRAWBERRY
FLAVOUR
SAUCE VE**
(32 kcal / 7.5g sugar / 0g salt)

or

**CHOCOLATE
SAUCE V**
(28 kcal / 4.7g sugar / 0g salt)

DRINKS

FRUIT SHOOT
Apple & Blackcurrant
(11 kcal) or Orange (17 kcal)
No Added Sugar



CAWSTON PRESS
Apple & Mango (54 kcal) or
Apple & Summer Berries (50 kcal)

No Added Sugar



GLASS OF MILK
Semi-skimmed
(134 kcal / 14g sugar / 0.56g salt)

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

TAP WATER
Our tap water is free!



CHILDREN'S SUNDAY ROAST

Only available on Sundays,
please ask for our Sunday menu.



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:

† MAY CONTAIN BONES

VE SUITABLE FOR VEGANS

V SUITABLE FOR VEGETARIANS

1 OF YOUR 5 A DAY

2 OF YOUR 5 A DAY

*WEIGHT BEFORE COOKING

Please ask your server before ordering, if concerned about the presence of allergens in your food. Ask a team member for further dietary menus. 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. 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. 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. 1 of your 5 a day = 40-60g fruit or vegetables, or 150ml pure juice. Our menu descriptions do not list all ingredients. All calorie counts are based on standard portion sizes, and as dishes are made to order this may vary slightly. 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 please speak to a team member about this and further dietary menus. All items are subject to availability. Heinz™ and Quorn™ are registered trademarks.

THE HUNGRY WORD SEARCH

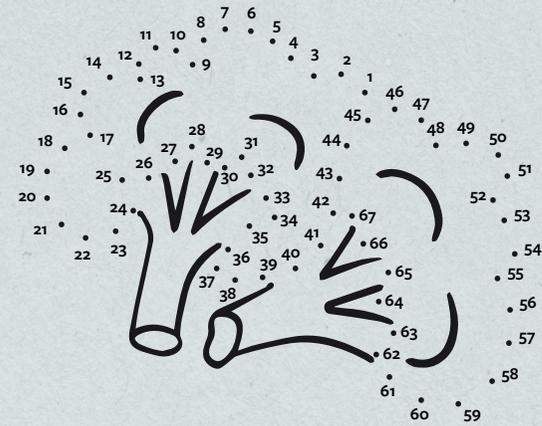
FIND ALL THE TASTY FOOD IN THIS WORD SEARCH!

A	C	A	R	R	O	T	I	S	W	C	A	T
O	H	K	I	S	H	N	C	A	K	E	N	M
P	O	T	A	T	O	E	H	L	M	U	E	U
A	C	S	A	P	P	L	E	A	F	T	K	S
T	O	K	U	R	E	A	N	D	I	A	C	H
I	L	T	O	M	A	T	O	E	S	K	I	R
N	A	I	C	R	S	L	M	A	H	U	H	O
P	T	H	O	C	H	E	E	S	E	A	C	O
J	E	M	A	F	O	N	L	K	I	B	A	M

- TOMATO
- LEMON
- CHOCOLATE
- CARROT
- POTATO
- CHEESE
- CAKE
- FISH
- SALAD
- APPLE
- CHICKEN
- MUSHROOM
- PEAS
- HAM

DOT-TO-DOT

CONNECT THE DOTS TO REVEAL THE VEGETABLE



FRUIT AND VEG HUNT

FIND THE HIDDEN FRUITS AND VEGGIES ON THIS PAGE! HOW MANY CAN YOU SPOT? COUNT AND WRITE THE NUMBERS BELOW.







COLOURING FUN

ADD SOME COLOUR TO THIS DELICIOUS PIZZA



Tomatoes: 7 Lemons: 3 Carrots: 4

Fruit & Veg Hunt Answers