

KIDS

PICK & MIX



MAIN + 2 VEGGIES, OR MAIN + VEGGIE + SIDE FOR £4.95

PORK SAUSAGES & GRAVY

Two Cumberland pork sausages and gravy (362 kcal/0.6g Sugar/3.14g Salt)

Add an extra Cumberland Pork Sausage 1.00
(169 kcal/0.3g Sugar/0.97g Salt)

VEGAN SAUSAGES & GRAVY VE

Two meat-free sausages and gravy (247 kcal/2.0g Sugar/2.73g Salt)

Add an extra Meat-Free Sausage VE 1.00
(112 kcal/1.0g Sugar/0.76g Salt)

SOUTHERN FRIED CHICKEN TENDERS†

Three southern fried chicken tenders (329 kcal/0.5g Sugar/1.30g Salt)

TOMATO PASTA VE

Rigatoni tossed in a tomato sauce (423 kcal / 3.6g Sugar / 0.58g Salt)

Add Grated Cheese V 50P
(167 kcal/0.0g Sugar/0.80g Salt)

Add Sliced Cumberland Pork Sausage 1.00
(169 kcal/0.3g Sugar/0.97g Salt)

Add Sliced Meat-Free Sausage VE 1.00
(112 kcal/1.0g Sugar/0.76g Salt)

BEEF BURGER

3oz* beef burger with lettuce in a bun (325 kcal/4.9g Sugar/1.17g Salt)

Add a Burger Cheese Slice 50P
(40 kcal/0.4g Sugar/0.40g Salt)

VEGGIES

GARDEN PEAS VE I
(60 kcal/6.0g Sugar/0.0g Salt)

BAKED BEANS VE
(74 kcal/3.6g Sugar/0.36g Salt)

CUCUMBER STICKS VE I
(9 kcal/0.8g Sugar/0.0g Salt)

SIDES

CHIPS V
(266 kcal/0.0g Sugar/0.36g Salt)

MASHED POTATO VE
(164 kcal/1.5g Sugar/1.05g Salt)

JACKET POTATO VE
(194 kcal/4.0g Sugar/0.03g Salt)

GARLIC BREAD V
(217 kcal/1.1g Sugar/0.52g Salt)

MAINS

FISH & CHIPS† 2 5.95

Hand-battered haddock served with chips, garden peas and cucumber sticks (575 kcal/7.0g Sugar/0.95g Salt)

SWAP Chips
(226 kcal/0.0g Sugar/0.36g Salt)
for a Jacket Potato
(194 kcal/4.0g Sugar/0.03g Salt)

MAC & CHEESE V 2 5.95

Served with garden peas and cucumber sticks (384 kcal/8.8g Sugar/2.17g Salt)

ITALIAN CHICKEN 2 5.95

Grilled chicken topped with melted cheese and tomato sauce, with chips, garden peas and cucumber sticks (569 kcal/9.9g Sugar/1.94g Salt)

SWAP Chips
(226 kcal/0.0g Sugar/0.36g Salt)
for a Jacket Potato
(194 kcal/4.0g Sugar/0.03g Salt)

HAND-CARVED TURKEY DINNER 5.95

Hand-carved turkey served with stuffing, Yorkshire pudding, garlic & rosemary roast potatoes, seasonal vegetables, a pig in blanket and rich gravy (713 kcal / 9.3g Sugar / 2.91g Salt)



ADD A DESSERT & DRINK FOR £1.50

DESSERTS



CHOCOLATE BROWNIE **V**

2.75

Served warm with Jersey clotted cream ice cream and a drizzle of chocolate flavour sauce
(358 kcal / 30.8g Sugar / 0.17g Salt)

ICE CREAM **V**

ONE SCOOP 1.75 TWO SCOOPS 2.25

CHOOSE YOUR FLAVOUR:

(Calories are shown per scoop)

Jersey Clotted Cream (147 kcal / 12.5g Sugar / 0.07g Salt)

Chocolate Flavour (113 kcal/14.3g Sugar/0.08g Salt)

Frozen Strawberry Flavour Yoghurt

(88 kcal/15.2g Sugar/0.05g Salt)

CHOOSE YOUR SAUCE:

Chocolate Flavour (28 kcal/4.7g Sugar/0.0g Salt)

Strawberry Flavour (32 kcal/7.5g Sugar/0.0g Salt)

Vegan option available **VE** (241 kcal / 25.4g Sugar / 0.11g Salt)



DRINKS

FRUIT SHOOT

Orange (17 kcal)

Apple & Blackcurrant (11 kcal)

ORANGE JUICE (103 kcal)

APPLE JUICE (108 kcal)

MILK (134 kcal)



ORDER, PAY & EARN REWARDS ON OUR APP

V Vegetarian **VE** Vegan † May contain bones and/or shell

1 Contains 1 of your 5 a day **2** Contains 2 of your 5 a day

1 of your 5 a day = 40-60g fruit or vegetables

ALL TIPS ARE PAID IN FULL TO OUR TEAM MEMBERS



SCAN FOR ALLERGEN INFORMATION

YOU CAN VIEW OUR ALLERGEN INFORMATION IF YOU DOWNLOAD OUR APP, SCAN THE ALLERGENS QR CODE OR VISIT OUR WEBSITE AT [BELHAVEN.CO.UK/ALLERGENS](https://www.belhaven.co.uk/allergens)

Terms & Conditions: Please note that we do not operate a dedicated vegetarian/vegan kitchen area. †Fish, poultry and shellfish dishes may contain bones and/or shell. *All stated weights are approximate before cooking. 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. Dishes may contain alcohol. 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 calories a day, but this will vary by age and level of activity and some children will need less, and some will need more. Full nutrition information is available on our website. Please be aware the allergen information for our dishes may change between the date of booking and the date of your visit. We would advise all of our guests contact a member of the team on the date of their visit to confirm the allergen information of their selected meals.