

LITTLE ONES

How hungry are you?

2 courses £8 | 3 courses £9

No Gluten Containing Menu

Dishes on this menu are made with ingredients that do not intentionally contain gluten. However, due to the risk of cross-contamination from a range of ingredients within our kitchens, traces of gluten may be present. Please ensure a member of the team is aware that you are ordering from our No Gluten Containing Menu.

STARTER

CRUNCHY VEG STICKS

With garlic mayo

(68kcal, 4.0g sugar, 0.20g salt) (VE) (1)



CHOOSE YOUR MAIN £7

28-DAY-AGED RUMP STEAK

With a grilled tomato (271kcal, 0.2g sugar, 0.42g salt). (1) Served with your choice of two sides

SAUSAGE & CHEESY BEAN MASH

With broccoli (530kcal, 4.9g sugar, 2.46g salt). (1)
Served with your choice of one side

GRILLED CHICKEN BREAST

(269kcal, 0.2g sugar, 0.42g salt)
Served with your choice of two sides

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, 8.5g sugar, 1.45g salt)

CHOOSE YOUR PUDDING



BUILD YOUR OWN FRUIT SUNDAE

With berries, pear & peach, vanilla flavour ice cream, raspberry coulis and mint (260kcal, 1.35g sugar, 0.00g salt) (VE) (1)

CHOCOLATE BROWNIE

With vanilla flavour ice cream & chocolate sauce (344kcal, 38.5g sugar, 0.00g 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)

& your SIDES

BROCCOLI

(26kcal, 3.6g sugar, 0.00g salt) (VE) (1)

RICE

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

PEAS

(60kcal, 0.2g sugar, 0.42g salt) (VE) (1)

MASH

(164kcal, 0.2g sugar, 0.75g salt) (VE)

BAKED BEANS

(74kcal, 1.2g sugar, 0.00g salt) (VE)

CARROTS

(41kcal, 6.0g sugar, 0.00g salt) (VE) (1)

MINI JACKET POTATO

(93kcal, 1.5g sugar, 1.05g salt) (VE)

SEASONAL VEG

(114kcal, 3.6g sugar, 0.36g salt) (VE) (1)

CRUNCHY VEG STICKS

(27kcal, 6.0g sugar, 0.00g salt) (VE) (1)

Something to DRINK

FRUIT SHOOT

Blackcurrant & Apple (11kcal)
or Orange (17kcal) 1.95

INNOCENT JUICY WATER

Apple & Mango (56kcal)
or Apple & Strawberry (64kcal) 1.95

MILK (134kcal, 14.0g sugar, 0.56g salt) 1

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!

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

