

kids' menu

pick & mix 4.95

Main + 2 Veggies or Main + Side + Veggie



mains

Pork Sausages & Gravy

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

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

Vegan Sausages & Gravy (VE)

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

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

Southern Fried Chicken Tenders†

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

Tomato Pasta (VE)

Rigatoni tossed in a tomato sauce (229kcal / 3.3g Sugar / 0.53g Salt)

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

Add Sliced Cumberland Pork Sausage (167kcal / 0.3g Sugar / 0.97g Salt) 1.00

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

Beef Burger

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

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

VEGGIES

Garden Peas † (VE) (60kcal / 6.0g Sugar / 0.0g Salt)

Baked Beans (VE) (74kcal / 3.6g Sugar / 0.36g Salt)

Cucumber Sticks † (VE) (9kcal / 0.8g Sugar / 0.0g Salt)

sides

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

Mashed Potato (VE) (164kcal / 1.5g Sugar / 1.05g Salt)

Jacket Potato (VE) (194kcal / 4.0g Sugar / 0.03g Salt)

Garlic Bread (V) (217kcal / 1.1g Sugar / 0.52g Salt)



Scan to see our 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

Please advise the team of any dietary requirements before ordering. 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. (V) Suitable for vegetarians. (VE) Suitable for vegans. Please note that we do not operate a dedicated vegetarian/vegan kitchen area. † Fish, poultry and shellfish dishes may contain bones and/or shell. 1 of your 5 a day (🍏) = 40-60g of fruit or vegetables *All weights are approximate prior to cooking. Metric equivalent 16oz = 1lb = 454g. Our menu descriptors do not include all ingredients. Full nutrition information is available on our website. Calorie counts are correct at time of print. Children between 5-10 years old need around 1800 calories a day, this will vary by age and level of activity, some children will need less, and some will need more. This information has been provided to allow you to make an informed choice when dining with us. All items are subject to availability. Menu available for children under 12 years only. Products are subject to availability at the price point advertised. All prices are in GBP and are inclusive of VAT. Should the VAT rate change, menu pricing will be adjusted accordingly. Manager's decision is final. Promoter: Greene King Brewing and Retailing Ltd, Sunrise House, Ninth Avenue, Burton upon Trent, Staffordshire, DE14 3JZ. GK11979/78957

BIGGER appetites

Add a Dessert and a Drink for £1.50

Fish & Chips† 🍏 5.95

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

Swap Chips (266kcal / 0.0g Sugar / 0.36g Salt) for a Jacket Potato (194kcal / 4.0g Sugar / 0.03g Salt)



Italian Chicken 🍏 5.95

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

Swap Chips (266kcal / 0.0g Sugar / 0.36g Salt) for a Jacket Potato (194kcal / 4.0g Sugar / 0.03g Salt)

Mac & Cheese (V) 🍏 5.95

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

desserts

Chocolate Brownie (V) 2.75

With chocolate flavour sauce and Jersey clotted cream ice cream (347kcal / 38.6g Sugar / 0.07g Salt)

Ice Cream (V)

One Scoop 1.75 | Two Scoops 2.25

(kcal shown per scoop)

Choose your flavour:

Jersey clotted cream (126kcal / 12.4g Sugar / 0.11g Salt)

Chocolate flavour (113kcal / 14.3g Sugar / 0.8g Salt)

Frozen strawberry flavour yogurt (88kcal / 15.2g Sugar / 0.05g Salt)

Top with your favourite sauce:

Chocolate flavour sauce (28kcal / 4.7g Sugar / 0.0g Salt)

Strawberry flavour sauce (32kcal / 7.5g Sugar / 0.0g Salt)

Vegan option available (VE) (180kcal / 22.0g Sugar / 0.07g Salt)

drinks

Fruit Shoot

Orange (17kcal)

Apple & Blackcurrant (11kcal)

Orange Juice (103kcal)

Apple Juice (108kcal)

Milk (134kcal)



molly malones kids



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