



All of our  
**MAIN MEALS**  
can be served  
with 2 of your  
**5 A DAY**  
Look out for

## STARTERS

### Garlic Bread Fingers <sup>VB</sup>

With a tomato dip.  
(153 kcal / 1.7g sugar / 0.58g salt)

### Chicken Wings<sup>†</sup>

With cucumber sticks and your favourite dip.  
(291 kcal / 0.8g sugar / 1.7g salt)  
Choose from sour cream (62 kcal / 1.2g sugar / 0.03g salt), sweet chilli (49 kcal / 9.3g sugar / 0.3g salt) or BBQ (54 kcal / 9g sugar / 0.27g salt).

### Baked Tortilla Chips <sup>VB</sup>

With melted cheese and a tomato dip.  
(247 kcal / 3g sugar / 0.78g salt)  
**VB VEGAN OPTION AVAILABLE**  
(238 kcal / 3g sugar / 0.92g salt)

### Crunchy Veggie Sticks <sup>VB</sup> <sup>1</sup>

Cucumber and carrot with a tomato dip.  
(50 kcal / 6.3g sugar / 0.04g salt)



## GOOD TO KNOW!

- 1 The calorie, salt and sugar content of our meals is indicated
- 2 All of our main meals can be served with 2 of your 5 a day – look out for the symbols! <sup>1</sup> <sup>2</sup>
- 3 A number of our dishes have Pick 'N' Mix options for you to create your own way
- 4 Yummy vegetarian and vegan options are available
- 5 All of our drink options contain no added sugar
- 6 All Farmhouse Inns offer an unlimited supply of tap water for children and customers of all ages
- 7 At Farmhouse Inns, we invite mothers to breastfeed where they wish
- 8 All pork sausages used in Farmhouse Inns are sourced from only UK and Irish farms with Red Tractor assurance



## DRINKS

All our kids drinks contain No Added Sugar.

### Ribena <sup>VB</sup>

No artificial colours or flavours.  
Blackcurrant. (10 kcal) (250ml)

### Yazoo Flavoured Milk <sup>VB</sup>

Chocolate (92 kcal) or Strawberry (92 kcal) (200ml).

### Glass of Milk <sup>VB</sup>

Semi-skimmed milk. (134 kcal)

### Robinsons Fruit Shoot <sup>VB</sup>

Apple & Blackcurrant (11 kcal) or Orange (17 kcal) (275ml).



# Kids' Menu



## JUNIOR CARVERY

Take your pick from our expertly carved, 14-hour slow-roasted meats, a fluffy Yorkie, ruffled roasties and a wide range of vegetables, plus all the trimmings. <sup>2</sup> (1109 kcal / 17.9g sugar / 5.97g salt)

### WEEKDAYS

### WEEKENDS & BANK HOLIDAYS

**Bowl of Vegetables <sup>VB</sup> <sup>2</sup>** Pick from our carvery counter. (239 kcal / 4.2g sugar / 0.42g salt)  
As each and every carvery plate is different, calorie information can be found at the carvery counter.



## PICK 'N' MIX

PICK 1 MAIN + 2 VEGGIES OR  
PICK 1 MAIN + 1 VEGGIE + 1 SIDE

### Small Main

#### Omega-3 Fish Fingers<sup>†</sup>

Three breaded fish fingers.  
(216 kcal / 1.2g sugar / 0.65g salt)

#### Chicken Nuggets<sup>†</sup>

Four chicken nuggets.  
(218 kcal / 0.2g sugar / 0.67g salt)

#### 2oz\* Beef Burger

In a bun with lettuce.  
(291 kcal / 2.6g sugar / 0.77g salt)

#### Pork Sausages

Two pork sausages with gravy.  
(243 kcal / 5.4g sugar / 2.14g salt)

#### Chilli <sup>VB</sup> <sup>2</sup>

Spicy vegan chilli.  
(134 kcal / 5.1g sugar / 1.16g salt)

#### Tomato Pasta <sup>VB</sup> <sup>1</sup>

Pasta tubes in a tomato sauce.  
(223 kcal / 3.3g sugar / 0.13g salt)



### Large Main

#### Chicken Your Way

Roast chicken breast with either:

- Tomato sauce and melted cheese. <sup>1</sup>  
(211 kcal / 4.4g sugar / 0.82g salt)
- BBQ sauce, melted cheese and bacon.  
(290 kcal / 10.4g sugar / 1.28g salt)

#### Mini Fish<sup>†</sup>

Hand-battered fish.  
(279 kcal / 0.2g sugar / 0.39g salt)

#### Cheese & Tomato Flatbread Pizza <sup>VB</sup> <sup>1</sup>

A flatbread topped with tomato sauce and melted cheese. (354 kcal / 3.6g sugar / 1.1g salt)

#### Bacon and Cheese Burger

2oz\* beef burger with bacon, melted cheese and lettuce in a bun.  
(411 kcal / 2.6g sugar / 1.36g salt)

#### Hot Dog

Pork sausage served in a bun.  
(228 kcal / 3.4g sugar / 0.98g salt)

#### Macaroni Cheese <sup>VB</sup>

Macaroni pasta in a creamy cheese sauce.  
(232 kcal / 2g sugar / 1.77g salt)

#### Chicken Combo Feast

Choose two items and a sauce.

- Three chicken nuggets<sup>†</sup>  
(163 kcal / 0.1g sugar / 0.5g salt)
- Three chicken wings<sup>†</sup>  
(213 kcal / 0g sugar / 0.33g salt)
- One chicken breast  
(116 kcal / 1.4g sugar / 0.4g salt)
- Three Louisiana-style chicken strips<sup>†</sup>  
(160 kcal / 0g sugar / 0.8g salt)

Choose from sour cream (62 kcal / 1.2g sugar / 0.03g salt), sweet chilli (49 kcal / 9.3g sugar / 0.3g salt) or BBQ (54 kcal / 9g sugar / 0.27g salt).



### Veggies

#### Baked Beans <sup>VB</sup>

(77 kcal / 5.4g sugar / 0.72g salt)

#### Corn on the Cob <sup>VB</sup> <sup>1</sup>

(110 kcal / 7.1g sugar / 0.01g salt)

#### Crunchy Veggie Sticks <sup>VB</sup> <sup>1</sup>

(35 kcal / 4.8g sugar / 0g salt)

#### Carrots <sup>VB</sup> <sup>1</sup>

(41 kcal / 6g sugar / 0g salt)

#### Garden Peas <sup>VB</sup> <sup>1</sup>

(60 kcal / 6g sugar / 0g salt)

#### Dressed Side Salad <sup>VB</sup>

(13 kcal / 1.3g sugar / 0.06g salt)



### Sides

#### Chips <sup>VB</sup>

(223 kcal / 0g sugar / 0.15g salt)

#### Sunshine Rice <sup>VB</sup> <sup>1</sup>

(142 kcal / 2.3g sugar / 0.14g salt)

#### Mash <sup>VB</sup>

(124 kcal / 2.5g sugar / 0.25g salt)

#### Garlic Bread Fingers <sup>VB</sup>

(83 kcal / 0.1g sugar / 0.32g salt)

#### Mini Jacket Potato <sup>VB</sup>

(93 kcal / 3.3g sugar / 0.15g salt)



FARMHOUSE INNS  
DINING & CARVERY

## DESSERTS

**FREE SCOOP**  
with every  
**MEAL**

**FREE SCOOP OF ICE CREAM, FROZEN YOGHURT OR SORBET** (113-145 kcal) **WITH EVERY MEAL OR SWAP FOR A PEACH & PEAR FRUIT POT <sup>VB</sup>** (60 kcal). **CHOOSE YOUR FAVOURITE FLAVOUR BELOW.**

### Ice Cream, Frozen Yoghurt and Sorbet Selection <sup>VB</sup>

Choose any two scoops of the following and your choice of chocolate <sup>VB</sup>  
(28 kcal / 4.7g sugar / 0g salt) or strawberry <sup>VB</sup> (32 kcal / 7.5g sugar / 0g salt) flavour sauce.

• **Vanilla Flavour Ice Cream**  
(97 kcal per scoop / 13.6g sugar / 0.2g salt)

• **Chocolate Flavour Ice Cream**  
(113 kcal per scoop / 14.3g sugar / 0.08g salt)

• **Lemon Sorbet**  
(85 kcal per scoop / 16.8g sugar / 0g salt)

• **Frozen Strawberry Flavour Yoghurt**  
(88 kcal per scoop / 15.2g sugar / 0.05g salt)

• **Vegan Vanilla Flavour Ice Cream <sup>VB</sup>**  
(113 kcal per scoop / 9.1g sugar / 0.02g salt)

Upgrade **TO OUR PARLOUR SCOOP**



### Fruity Jelly Tower Sundae <sup>VB</sup>

Frozen strawberry flavoured yoghurt with strawberry jelly, peach and pear pieces, cream and strawberry flavour sauce.  
(317 kcal / 53.1g sugar / 0.16g salt)

### Fresh Berries <sup>VB</sup> <sup>1</sup>

With chocolate <sup>VB</sup> (99 kcal / 17.8g sugar / 0g salt) or strawberry <sup>VB</sup> (109 kcal / 24.8g sugar / 0g salt) flavour sauce.

### Goosey Chocolate Brownie <sup>VB</sup>

Warm chocolate brownie with a scoop of vanilla flavour ice cream and chocolate flavour sauce.  
(382 kcal / 44.1g sugar / 0.12g salt)

### Chocolate Brownie Ice Cream Sundae <sup>VB</sup>

One scoop of vanilla flavour ice cream and one scoop of chocolate flavour ice cream, with goosey chocolate brownie, cream, chocolate sauce and a chocolate caramel biscuit finger.  
(548 kcal / 59.3g sugar / 0.44g salt)

### Apple Crumble <sup>VB</sup> <sup>1</sup>

Apple crumble (177 kcal / 22.5g sugar / 0.08g salt) with vanilla flavour ice cream (97 kcal / 13.6g sugar / 0.02g salt) or custard (104 kcal / 11g sugar / 0.1g salt).  
**VB VEGAN OPTION AVAILABLE** (290 kcal / 31.6g sugar / 0.1g salt)



## HEINZ™ FOR BABY

**Apple, Pear and Banana Purée <sup>VB</sup>** (69 kcal / 13g sugar / 0g salt)  
**Tomato & Mozzarella Pasta Shapes <sup>VB</sup>** (98 kcal / 2.2g sugar / 0.23g salt)

Key: \*Approximate weight before cooking † May contain bones or shell <sup>VB</sup> Suitable for vegans <sup>V</sup> Suitable for vegetarians <sup>1</sup> 1 of your 5 a day <sup>2</sup> 2 of your 5 a day  
Please note that we do not operate a dedicated vegetarian/vegan kitchen area.

You can review our allergen information if you download our app, or visit our website at [www.farmhouseinns.co.uk](http://www.farmhouseinns.co.uk)

Full allergen information on the ingredients in the food we serve is available on request – please speak to a team member. Our menu descriptions do not list all ingredients. Please advise the team of any dietary requirements before ordering. 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, due to the risk of unexpected cross-contamination. We do not include 'may contain' information. Calories, 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 1800 calories a day, this will vary by age and level of activity, some children will need less, and some will need more. Full nutrition information is available on our website. 1 of your 5 a day = 40-60g of fruit or vegetables, or 150ml pure juice. All visits to the carvery counter are one visit only. Meal deal includes a small or large meal and one scoop of vanilla flavour ice cream, chocolate flavour ice cream, lemon sorbet, frozen strawberry flavoured yoghurt or vegan vanilla flavour ice cream, topped with chocolate or strawberry flavour sauce or swap for a Peach & Pear Fruit Pot. You can upgrade your scoop of ice cream, sorbet or frozen yoghurt to any flavour from the Ice Cream Parlour (subject to availability). Cannot be swapped for any other dessert. All images are for illustrative purposes only. Weekend & Bank Holiday pricing also applies to Public Holidays. 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 day of their visit to confirm the allergen information of their selected meals.

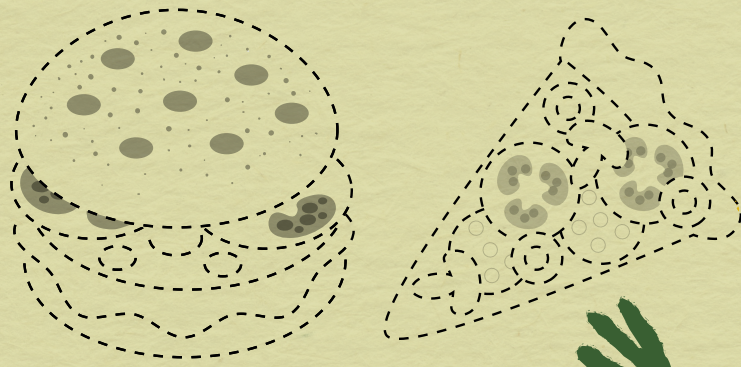
Turn over for your  
**ACTIVITY SHEET**



# Time For Fun

## DOT TO DOT

Connect the dots to reveal the dish



## COLOURING FUN

Colour in this lovely farm scene!



## INGREDIENT HUNT

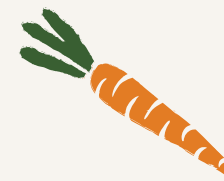
Find the hidden ingredients on this page! How many can you spot? Count and write the numbers below.



# \_\_\_\_\_



# \_\_\_\_\_



# \_\_\_\_\_



# \_\_\_\_\_



# \_\_\_\_\_

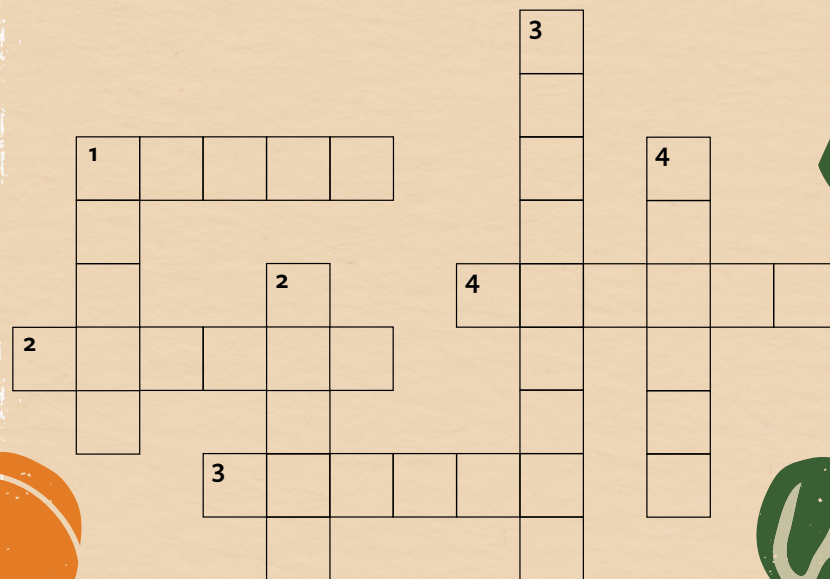


# \_\_\_\_\_

Answers - Tomatoes: 2, Tomatoes: 2, Brussels Sprouts: 3, Carrots: 3, Onions: 4, Peaches: 2

## CROSSWORD

Fill in the squares using the clues and reveal words in our food-themed crossword



### ACROSS

- This fruit can be red or green
- A key ingredient in salads, ketchup, and pizza sauce
- A crunchy, orange vegetable
- A vegetable that can be mashed, baked, or turned into chips

### DOWN

- A handy item to keep your clothes clean in the kitchen
- A slender drinking tool to slurp up your drinks
- A delicious brown sweet treat often used in cookies and cakes
- Tiny, juicy, and often in bunches, these little fruits come in colours like green, red, or purple

Answers - Across: 1. Apple, 2. Tomato, 3. Carrot, 4. Potato  
Down: 1. Apron, 2. Straw, 3. Chocolate, 4. Grapes

## THE HUNGRY WORD SEARCH

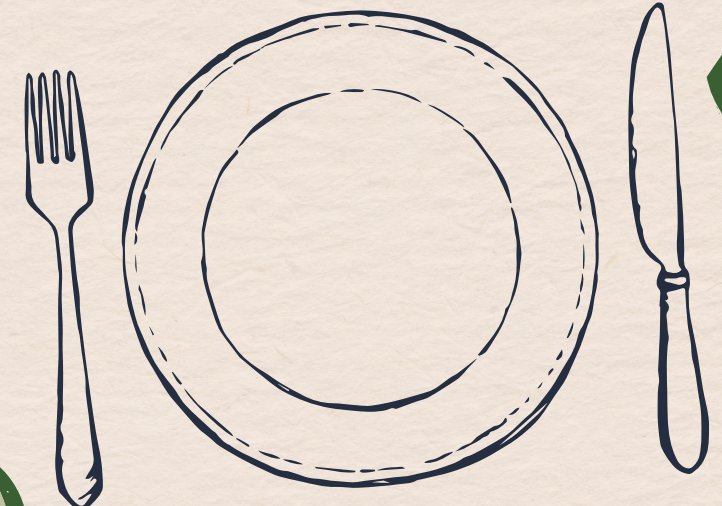
Find all the tasty food in this word search.

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

CARROTS  
PIZZA  
TOMATO  
CHICKEN  
CHEESE  
POTATO  
PEAS  
BROCCOLI  
RICE  
STRAWBERRY  
BROWNIE  
SUNDAE

## PLATE PLAYTIME

Get creative! Draw your favourite foods on the plate below and add a splash of colour for some extra fun!



Turn over for your KIDS' MENU