

Little ones

Two courses for £8, add a third for £1



Look for the symbols to see how many of your 5-a-day are included in your meal ① ②

A little starter?

Crunchy Veg Dip Sticks ^{VE} ①

With pea houmous and toasted bread (151kcal, 5.0g sugar, 0.58g salt)

Garlic Bread ^V

With tomato dip (171kcal, 2.8g sugar, 0.58g salt)

Mmm... main meals



Macaroni Cheese ^V ②

Mixed with broccoli and served with garlic bread and cucumber (437kcal, 4.5g sugar, 2.40g salt)

Garden Vegetable Pasta ^{VE} ②

Mixed vegetable & grain balls in a tomato sauce. Served with peas (500kcal, 10.3g sugar, 1.56g salt)

Hand-Battered Fish Goujons^t

(234kcal, 1.2g sugar, 0.43g salt)
Served with your choice of two sides

28-Day-Aged Rump Steak ①

With a grilled half tomato (216kcal, 1.5g sugar, 0.12g salt). Served with your choice of two sides

Hand-Pressed Beef Burger

In a bun with shredded lettuce and tomato (319kcal, 3.3g sugar, 0.64g salt). Served with your choice of two sides

Sausage & Cheesy Bean Mash ①

With broccoli (445kcal, 4.2g sugar, 2.53g salt). Served with your choice of one side

Crispy Chicken Strips

(294kcal, 0.0g sugar, 1.5g salt)
Served with your choice of two sides

Chicken Burger

Crispy chicken strips in a bun with shredded lettuce and tomato (313kcal, 3.3g sugar, 1.19g salt). Served with your choice of two sides

Cheesy Pizza ^V ①

Cheese & tomato pizza topped with cucumber (459kcal, 3.8g sugar, 1.41g salt). Served with your choice of two sides

Gammon Steak ①

With grilled pineapple and half tomato (223kcal, 12.1g sugar, 1.60g salt). Served with your choice of two sides

Choose your sides

Carrots ^{VE} ① (23kcal, 5.1g sugar, 0.09g salt)

Crunchy Veg Sticks ^{VE} ① (24kcal, 3.6g sugar, 0.05g salt)

Garden Peas ^{VE} ① (71kcal, 6.0g sugar, 0.00g salt)

Baked Beans ^{VE} (77kcal, 5.4g sugar, 0.72g salt)

Broccoli ^{VE} ① (21kcal, 0.6g sugar, 0.00g salt)

Mini Jacket Potato ^{VE} (93kcal, 3.3g sugar, 0.15g salt)

Seasonal Veg ^{VE} ① (119kcal, 7.0g sugar, 0.15g salt)

Sunshine Rice ^V ① (142kcal, 2.3g sugar, 0.14g salt)

Garlic Bread ^V (157kcal, 1.3g sugar, 0.54g salt)

Chips ^V (245kcal, 0.0g sugar, 0.12g salt)

Mash ^{VE} (164kcal, 1.5g sugar, 1.05g salt)

Puddings

Build Your Own Cheesecake Sundae ^V

Vanilla cheesecake, whipped cream, raspberry coulis, strawberries, frozen strawberry yoghurt, crushed shortbread and mint (333kcal, 29.8g sugar, 0.13g salt)

Build Your Own Fruit Sundae ^{VE} ①

With strawberries, pear & peach, vegan vanilla ice cream, raspberry coulis and mint (210kcal, 30.6g sugar, 0.02g salt)

Goey Chocolate Brownie ^V

With vanilla flavour ice cream and chocolate flavour sauce (383kcal, 44.9g sugar, 0.12g salt)

Fruit Salad ^{VE} ①

Strawberries, pear & peach (78kcal, 17.2g sugar, 0.00g salt)

Ice Cream Scoops ^V

Your choice of two flavour scoops served with a chocolate pencil (40 kcal, 4.6g sugar, 0.02g salt), and your choice of either strawberry (32kcal, 7.5g sugar, 0.00g salt) or chocolate flavour sauce (28kcal, 5.5g sugar, 0.00g salt)

Choose from: Ice cream calories shown per scoop.

Vanilla (97kcal, 13.6g sugar, 0.02g salt)

Chocolate (113kcal, 14.3g sugar, 0.08g salt)

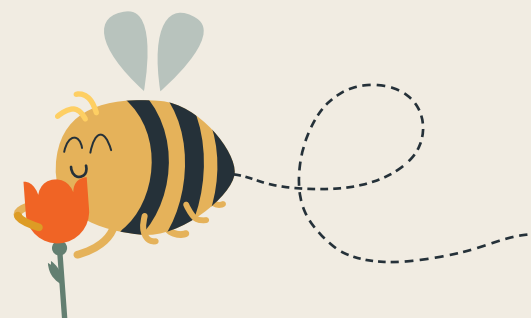
Lemon sorbet (85kcal, 16.8g sugar, 0.00g salt)

Strawberry frozen yoghurt

(88kcal, 15.2g sugar, 0.05g salt)

Vegan vanilla (113kcal, 9.1g sugar, 0.02g salt)

^{VE} option available (257kcal, 25.7g sugar, 0.04g salt)



Something to drink

Fruit Shoot

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

Fruit Juice

Orange (122kcal) or Apple (133kcal) or Cranberry (133kcal) 1

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

Free tap water is available (0kcal)

