


# Kids' Menu

PERFECT PORTIONS FOR LITTLE FOODIES

 Indicates how many portions of your 5 a day

## Mains

All dishes come with a side of cucumber sticks

### 2 Pork Sausages 6.95

With mashed potato, peas and gravy

(542kcal, 10.6g sugar, 2.98g salt)

### Hand-Battered Fish <sup>†</sup> 6.95

With chips and peas

(694kcal, 6.7g sugar, 1.02g salt)

### Panko Chicken <sup>†</sup> 6.95

With fries and peas

(740kcal, 6.7g sugar, 2.4g salt)

### 2 Quorn Sausages (VE) 6.95

With fries and peas

(521kcal, 8.7g sugar, 1.81g salt)

**swap chips** (231kcal, 0.0g sugar, 0.24g salt) **for mash** (164kcal, 1.5g sugar, 1.05g salt)

**swap peas** (60kcal, 5.95g sugar, 0g salt) **for beans** (74kcal, 3.6g sugar, 0.36g salt)

## Desserts

### Chocolate Brownie (V) 2.95

With Jersey clotted cream ice cream and chocolate flavour sauce

(405kcal, 39.4g sugar, 0.23g salt)

### Strawberries & Ice Cream (V) 3.75

Fresh strawberries with Jersey clotted cream ice cream

(160kcal, 19.4g sugar, 0.11g salt)

**Vegan option available (VE)**

(182kcal, 21.5g sugar, 0.07g salt)

### Ice Cream (V) 2.45

2 scoops of Jersey clotted cream ice cream

(252kcal, 24.8g sugar, 0.22g salt)

### Fresh Strawberries (VE) 3.25


Dusted in icing sugar

(34kcal, 7.0g sugar, 0.0g 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 [www.belhaven.co.uk/allergens](http://www.belhaven.co.uk/allergens)

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.  1 of your 5 a day = 40-60g of fruit or vegetables, or 150ml pure juice. (V) Suitable for Vegetarians. (VE) Suitable for Vegans. Please note that we do not operate a dedicated vegetarian/vegan kitchen area. (N) Dish contains Nuts. †Fish, poultry and shellfish dishes may contain bones and/or shell. 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. 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. GK12105/80013

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Order at the bar or download our app  
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