

KIDS' NO GLUTEN CONTAINING INGREDIENTS 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 Ingredients Menu.

ALL DISHES CAN BE PURCHASED INDIVIDUALLY

STARTERS

Mini Corn on the Cob 🌽 🌱
(110 kcal / 7.1g Sugar / 0.01g Salt)

Cucumber Sticks 🌱 🌱
Served with Neapolitana dip. (38 kcal / 3.9g Sugar / 0.08g Salt)

SMALL MEAL DEAL

ADD A STARTER

Main + Pud + Drink

SMALL MAINS

Includes a main + 2 veggies + a pud + a drink
OR SWAP A VEGGIE FOR A SIDE

Pork Sausages

2 pork sausages
with gravy.
(241 kcal / 6.6g Sugar / 1.90g Salt)

Tomato Pasta

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Rigatoni pasta in a rich
Neapolitana sauce.
(223 kcal / 3.3g Sugar / 0.13g Salt)

VEGGIES

Mini Corn on the Cob

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(110 kcal / 7.1g Sugar / 0.01g Salt)

Fresh Garden Salad

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(16 kcal / 2.1g Sugar / 0.00g Salt)

Cucumber Sticks

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(10 kcal / 0.9g Sugar / 0.00g Salt)

Cauliflower

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(27 kcal / 1.6g Sugar / 0.00g Salt)

Peas

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(60 kcal / 6.0g Sugar / 0.00g Salt)

Baked Beans

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(77 kcal / 5.4g Sugar / 0.72g Salt)

OR

SIDES

Sunshine Rice

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(142 kcal / 2.3g Sugar / 0.14g Salt)

Mashed Potato

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(113 kcal / 0.0g Sugar / 0.75g Salt)

Mini Jacket Potato

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(93 kcal / 3.3g Sugar / 0.15g Salt)

SMALL PUDS

Included in the small meal deal.

Jelly & Ice Cream

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Strawberry flavour jelly with
vanilla flavour ice cream.
(110 kcal / 14.2g Sugar / 0.11g Salt)

Fruit Salad

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Peach, pear and strawberry pieces.
(93 kcal / 20.0g Sugar / 0.00g Salt)

Vegan Ice Cream

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Served with strawberry
flavour sauce.
(180 kcal / 22.0g Sugar / 0.07g Salt)

1 Scoop of Ice Cream or Frozen Yoghurt

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Vanilla Flavour Ice Cream

(97 kcal / 13.6g Sugar / 0.02g Salt, per scoop)

Chocolate Flavour Ice Cream

(113 kcal / 14.3g Sugar / 0.08g Salt, per scoop)

Strawberry Frozen Yoghurt

(88 kcal / 15.2g Sugar / 0.05g Salt, per scoop)

PICK A SAUCE

Strawberry Flavour Sauce

(32 kcal / 7.5g Sugar / 0.00g Salt)

or Chocolate Flavour Sauce

(28 kcal / 4.7g Sugar / 0.00g Salt)

DRINKS

Glass of Milk

Semi-skimmed 280ml.
(134 kcal)

Free Unlimited Tap Water

All Hungry Horse pubs offer
an unlimited supply of tap water
for kids and customers of all ages.

LARGE MEAL DEAL

ADD A STARTER

Main + Pud + Drink

LARGE MAINS

All of our large mains already
include 2 of your 5-a-day.

Pasta Bolognese

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Rigatoni pasta smothered in vegan bolognese sauce,
served with a corn on the cob and cucumber sticks.
(412 kcal / 13.2g Sugar / 1.10g Salt)

Fresh Garden Salad

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A colourful blend of lettuce, tomato, cucumber,
and strawberry pieces with grated cheese 🌱
(110 kcal / 6.6g Sugar / 0.34g Salt)
or grilled chicken breast
(132 kcal / 6.6g Sugar / 0.28g Salt).

Jacket Potato

with Cheese and Beans

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A jacket potato with baked beans and grated
cheese, served with a corn on the cob and
cucumber sticks. (482 kcal / 17.1g Sugar / 1.12g Salt)

LARGE PUDS

Included in the large meal deal.

Fruitymania

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1 scoop of vanilla flavour
ice cream and 1 scoop of
frozen strawberry flavour
yoghurt. Topped with peach,
pear and strawberry pieces with
strawberry flavour sauce.
(310 kcal / 56.2g Sugar / 0.07g Salt)

Vegan Ice Cream

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Served with strawberry
flavour sauce.
(329 kcal / 36.5g Sugar / 0.13g Salt)

2 Scoops of Ice Cream or Frozen Yoghurt

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Vanilla Flavour Ice Cream

(97 kcal / 13.6g Sugar / 0.02g Salt, per scoop)

Chocolate Flavour Ice Cream

(113 kcal / 14.3g Sugar / 0.08g Salt, per scoop)

Strawberry Frozen Yoghurt

(88 kcal / 15.2g Sugar / 0.05g Salt, per scoop)

PICK A SAUCE

Strawberry Flavour Sauce

(32 kcal / 7.5g Sugar / 0.00g Salt)

or Chocolate Flavour Sauce

(28 kcal / 4.7g Sugar / 0.00g Salt)

YOU CAN REVIEW OUR ALLERGEN INFORMATION IF YOU DOWNLOAD THE **GREENE KING APP**, SCAN THE ALLERGENS QR CODE OR VISIT OUR WEBSITE
AT [HUNGRYHORSE.CO.UK/ALLERGENS](https://www.hungryhorse.co.uk/allergens)

Full allergen information on the ingredients in the food we serve is available on request. Look out for these symbols: 🌱 Suitable for vegetarians.
🌱 Suitable for vegans. 🌱 Contains nuts. *All stated weights are approximate before cooking. † Fish, poultry and shellfish dishes may contain bones and/or shell. 🌱 Contains 1 of your 5-a-day 🌱 Contains 2 of your 5-a-day

Kids' Meal Deal – choose a meal deal main, a pudding and a drink. All meal deal items must be ordered in the same transaction. 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' any specific allergen or traces of allergens, due to the risk of unexpected cross contamination. We do not include 'may contain' information. Please note that we do not operate a dedicated vegetarian/vegan kitchen area. Our menu descriptions do not list all ingredients. *All stated weights are approximate before cooking. Nutritional information is correct at the 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 child, age and level of activity and some children will need less, and some will need more. 1 of your 5-a-day = 40-60g of fruit or vegetables, or 150ml pure juice. If you have any special dietary requirements, please ask before placing your order. Full allergen and nutritional information can be found at www.hungryhorse.co.uk/allergens or on the Greene King app. All ingredients are sourced wherever possible. All items are subject to availability during food service hours. Photography is for illustrative purposes only and crockery may vary per pub. Hungry Horse is a trading name of Greene King Brewing and Retailing Limited, Westgate Brewery, Bury St Edmunds, Suffolk, IP33 1QT. Telephone: 0845 608 0713 12. Valid at participating pubs only, visit your local pub page for specific deals.

