

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.



STARTERS

Mini corn on the cob **99p**
101 kcal / 3.2g Sugar / 0g Salt

Crunchy veggie sticks **99p**
Cucumber and carrot with Neopolitana sauce dip.
38 kcal / 5.1g Sugar / 0.09g Salt

DRINKS

TAP WATER AVAILABLE.

All our kids' drinks contain no added sugar.

Yazoo flavoured milk 200ml **1.39**
Strawberry or Chocolate flavour (92 kcal)

Capri-Sun 200ml **1.39**
Orange (14 kcal) or Blackcurrant (16 kcal)

Fruit Shoot 275ml **1.39**
Orange (17 kcal) or apple & blackcurrant (11 kcal)

Glass of milk 280ml **75p**
Semi-skimmed (134 kcal)

ADD A STARTER FOR 99P AND A PUDDING FOR £1.49 WHEN ORDERING A LARGER MAIN

LARGER MAINS

All contain 2 of your 5 a day

NEW Pasta bolognese **4.99**
Rigatoni pasta smothered in vegan bolognese sauce, with crunchy veggie sticks on the side.
218 kcal / 3.9g Sugar / 0.10g Salt

NEW Jacket potato with cheese and beans **4.99**
A jacket potato with baked beans and grated cheese, served with a corn on the cob and cucumber sticks.
497 kcal / 12.6g Sugar / 1.22g Salt

Fresh garden salad **4.99**
A colourful blend of lettuce, tomato, cucumber, carrot sticks and strawberries with grated cheese 156 kcal / 9.3g Sugar / 0.55g Salt
OR grilled chicken breast. 142 kcal / 9.7g Sugar / 0.47g Salt

LARGER PUDDINGS



Fruitymania **2.49**
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. 292 kcal / 52.8g Sugar / 0.07g Salt

2 scoops of ice cream or frozen yoghurt **1.79**

Frozen strawberry flavour yoghurt 88 kcal / 15.2g Sugar / 0.05g Salt, per scoop	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	Vegan vanilla flavour ice cream 113 kcal / 9.1g Sugar / 0.02g Salt, per scoop
Topped with strawberry flavour sauce	
32 kcal / 7.5g Sugar / 0g Salt	
OR chocolate flavour sauce 28 kcal / 4.7g Sugar / 0g Salt	

SEE NEXT PAGE FOR OUR MEAL DEAL

MEAL DEAL

INCLUDES A MAIN, TWO VEGGIES, A PUDDING AND A DRINK PERFECT FOR SMALLER APPETITES

OR SWAP A **VEGGIE** FOR A **SIDE**

ADD A
STARTER
FOR 99P

ONLY
£5.99

MEAL DEAL MAINS

Pork sausages

2 pork sausages.
213 kcal / 5.4g Sugar / 1.14g Salt

3.99 Tomato pasta

Rigatoni pasta in a rich Neopolitana sauce.
223 kcal / 3.3g Sugar / 0.13g Salt

3.99

OR SWAP A VEGGIE FOR A SIDE

VEGGIES

Mini corn on the cob

101 kcal / 3.2g Sugar / 0g Salt

Crunchy veggie sticks

24 kcal / 3.6g Sugar / 0.05g Salt

British garden peas

60 kcal / 6g Sugar / 0g Salt

Baked beans

77 kcal / 5.4g Sugar / 0.72g Salt

Fresh garden salad

28 kcal / 2.4g Sugar / 0.14g Salt

NEW Green beans

25 kcal / 1.6g Sugar / 0.00g Salt

NEW Cauliflower

25 kcal / 1.6g Sugar / 0.00g Salt

SIDES

Sunshine rice

142 kcal / 2.3g Sugar / 0.14g Salt

Mashed potato

146 kcal / 1.3g Sugar / 0.63g Salt

Mini jacket potato

93 kcal / 3.3g Sugar / 0.15g Salt

DRINKS

ALL OUR KIDS' DRINKS CONTAIN NO ADDED SUGAR

Yazoo flavoured milk 1.39

Strawberry or chocolate flavour
200ml. (92 kcal)

Capri-Sun 1.39

Orange (14 kcal) or blackcurrant
(16 kcal) 200ml.

Glass of milk 75p

Semi-skimmed 280ml. (134 kcal)

TAP WATER AVAILABLE

Fruit Shoot 1.39

Orange (17 kcal) or apple & blackcurrant
(11 kcal) 275ml.

MEAL DEAL PUDDINGS

1 scoop of ice cream or frozen yoghurt 99p

Frozen strawberry yoghurt

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

Chocolate flavour ice cream

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

Vanilla flavour ice cream

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

Vegan vanilla flavour ice cream

113 kcal / 9.1g Sugar / 0.02g Salt, per scoop

Topped with strawberry flavour sauce

32 kcal / 7.5g Sugar / 0g Salt

OR chocolate flavour sauce 28 kcal / 4.7g Sugar / 0g Salt

Jelly & ice cream 1.49

Strawberry flavour jelly with vanilla flavour
ice cream.

110 kcal / 14.2g Sugar / 0.11g Salt

Fruit salad 1.49

Peach, pear and strawberry pieces.

78 kcal / 17.2g Sugar / 0g Salt

GOOD TO KNOW!



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



At Hungry Horse, we invite mothers to breastfeed where they wish.



All shell eggs used in Hungry Horse pubs are free-range eggs and carry the British Lion mark.







All pork sausages used in Hungry Horse pubs are sourced from only UK and Irish farms with Red Tractor assurance.



All fish fingers on the Hungry Horse menu are MSC certified. The blue MSC eco-label is the world's most recognised label for sustainable seafood.



Our wild caught fish is accredited under one of the following assurance schemes: Food and Agriculture Organisation Code of Conduct for Responsible Fisheries, Marine Stewardship Council Chain of Custody, and Friend of the Sea.

Full allergen information on the ingredients in the food we serve is available on request. Full allergen and nutritional information can be found at www.hungryhorse.co.uk/allergens or on the Greene King app. Look out for these symbols: *All stated weights are approximate before cooking. † Fish, poultry and shellfish dishes may contain bones and/or shell. Suitable for vegetarians  Suitable for vegans  Contains 1 of your 5 a day  Contains 2 of your 5 a day 

Kids Meal Deal - choose a meal deal main, two veggies (or one veggie and one side), 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. If you are concerned about the presence of allergens in your food or if you have any specific dietary requirements, please ask your server before ordering. *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. † 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 as 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.