



KIDS' NO GLUTEN CONTAINING INGREDIENTS

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.



SCAN HERE TO VIEW
OUR ALLERGEN
INFORMATION

All dishes can be purchased individually.

STARTERS

MINI CORN ON THE COB
(65 kcal / 4.2g Sugar / 0.01g Salt)

CUCUMBER STICKS
With Italian-style tomato sauce.
(28 kcal / 2.4g Sugar / 0.24g Salt)



MEAL
DEAL

MAIN + PUD + DRINK

SMALL

£6

LARGE

£7

1 CHOOSE A MAIN

LARGE MAINS

**JACKET POTATO WITH
CHEESE AND BEANS**
With a corn on the cob and cucumber sticks.
(455 kcal / 12.5g Sugar / 0.83g Salt)

FRESH GARDEN SALAD
Lettuce, tomato, cucumber and strawberry
pieces with grated cheese
(111 kcal / 6.8g Sugar / 0.34g Salt)
or grilled chicken breast
(133 kcal / 6.8g Sugar / 0.28g Salt).

SMALL MAINS

Pick 2 Veggies or 1 Veggie + 1 Side

PORK SAUSAGES
2 pork sausages with gravy.
(310 kcal / 2.5g Sugar / 1.92g Salt)

TOMATO PASTA
Rigatoni pasta in an Italian-style tomato sauce.
(229 kcal / 3.3g Sugar / 0.53g Salt)



2 CHOOSE A PUD

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

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

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

VEGAN ICE CREAM
Served with strawberry flavour sauce.
(241 kcal / 25.4g Sugar / 0.11g Salt)
ADD➤ An extra pot of vegan ice cream
(209 kcal / 17.9g Sugar / 0.11g Salt)

1 SCOOP OF ICE CREAM OR FROZEN YOGHURT

CHOOSE YOUR FLAVOUR

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 FLAVOUR 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, per scoop)

CHOCOLATE FLAVOUR SAUCE
(28 kcal / 4.7g Sugar / 0.00g Salt, per scoop)

ADD➤ Extra scoop of ice cream

3 CHOOSE A DRINK

INNOCENT KIDS JUICY WATER



1 of your 5 a day

Apples & Mangoes Tastes of delicious mango
and sweet apple. (56 kcal)

Apples & Strawberries Tastes of delicious
strawberry and sweet apple. (64 kcal)

RIBENA BLACKCURRANT NO ADDED SUGAR

Sweet and fruity no added sugar
blackcurrant drink. (4 kcal)

YAZOO FLAVOURED MILK

Strawberry (92 kcal) or chocolate
(92 kcal) flavour milk 200ml.

SEMI SKIMMED MILK

(134 kcal)

FRUIT SHOOT**

Orange (17 kcal) or Apple
& Blackcurrant (11 kcal) 200ml.

**Not included in the meal deal.

LOOK FOR THESE SYMBOLS:

- Suitable for vegetarians
- Suitable for vegans
- Contains 1 of your 5-a-day
- Contains 2 of your 5-a-day
- Contains nuts

You can review our allergen information if you download the Greene King app, can the allergens QR code or visit our website at [HUNGRYHORSE.CO.UK/ALLERGENS](https://www.hungryhorse.co.uk/allergens)

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. Full allergen information on the ingredients in the food we serve is available on request. 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 be aware our No Gluten Containing Menu items are not suitable for people with coeliac disease. 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. Please advise the team of any dietary requirements before ordering. 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.