

# Drinks fruity fresh

**Cawston Press** Apple & Mango Juice (54 kcal)  
or Summer Berries Juice. (50 kcal)

**Fruit Shoots No Added Sugar** Blackcurrant and Apple (11 kcal)  
or Orange. (17 kcal)

**Ribena Blackcurrant No Added Sugar** (10 kcal)

**Milk** Semi-skimmed milk (134 kcal)

For tap water, just ask

1.90

1.60

1.60

50p



# Kids' Menu

## Pick 'N' Mix

1 MAIN + 2 VEGGIES OR 1 MAIN + 1 SIDE + 1 VEGGIE

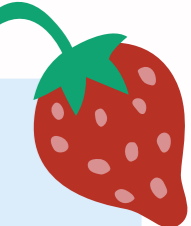
All of our **main meals**  
can be served with 2 of your  
**5 a day**  
Look out for

Please turn over

Even more fun on  
the other side!

# Ready, set, feast!

## Desserts What's the scoop?



Free scoop of ice cream, frozen yoghurt or sorbet with every  
meal or swap for a Peach & Pear Fruit Pot (60 kcal / 13.6g sugar / 0.00g salt)

### CHOOSE FROM

Vanilla Flavour Ice Cream   
(97 kcal / 13.6g sugar / 0.02g salt)

Chocolate Flavour Ice Cream   
(113 kcal / 14.3g sugar / 0.08g salt)

**VEGAN** Vanilla Flavour Ice Cream  
(113 kcal / 9.1g sugar / 0.02g salt)

Lemon Sorbet   
(85 kcal / 16.8g sugar / 0.00g salt)

Frozen Strawberry Flavoured Yoghurt   
(88 kcal / 15.2g sugar / 0.05g salt)

Ice cream calories shown per scoop

Served with your choice of chocolate flavour sauce   
(28 kcal / 4.7g sugar / 0.00g salt) or strawberry flavour  
sauce. **VEGAN** (32 kcal / 7.5g sugar / 0.00g salt)



## Starters

**Garlic Bread Fingers**   
With a tomato dip. (197 kcal / 2.7g sugar / 0.54g salt) **1.49**

**Chicken Wings**†  
With cucumber sticks and your favourite dip. (291 kcal / 0.8g sugar / 1.70g salt) **1.99**

**SOUR CREAM** (62 kcal / 1.2g sugar / 0.03g salt)

**SWEET CHILLI** (49 kcal / 9.3g sugar / 0.30g salt)

**BBQ** (54 kcal / 9.0g sugar / 0.27g salt)

**Baked Tortilla Chips**   
With melted cheese and a tomato dip. (246 kcal / 3.0g sugar / 0.78g salt) **1.49**

**VEGAN** Baked Tortilla Chips  
With a melted Violife slice and tomato dip. (238 kcal / 3.0g sugar / 0.92g salt) **1.49**

**VEGAN** Crunchy Veg Sticks   
(50 kcal / 6.3g sugar / 0.04g salt) **1.49**

## Small Bites

**3.99**

Choose one veggie or side from the Pick 'N' Mix section.

**Cheese & Tomato Pizza**   
(457 kcal / 3.6g sugar / 1.41g salt)

**VEGAN** Tomato Pasta   
Pasta tubes in a tomato sauce. (223 kcal / 3.3g sugar / 0.13g salt)

Add a topping for £1

**SLICES OF CHICKEN BREAST** (84 kcal / 0.4g sugar / 0.40g salt)

**VEGAN** PLANT BASED STRIPS. (145 kcal / 0.0g sugar / 0.42g salt)

## Big Bites

**5.49**

**Macaroni Cheese**   
With garlic bread fingers, crunchy veggie sticks and a dressed side salad. (463 kcal / 9.3g sugar / 2.33g salt)

**Loaded Chicken Tortillas**   
Soft tortillas with chicken breast and cheese. Served with a tomato dip, sunshine rice, a dressed side salad and crunchy veggie sticks. (521 kcal / 11.7g sugar / 1.38g salt)

**Plant-Based Tortillas**   
Soft tortillas with plant-based strips and cheese. Served with a tomato dip, sunshine rice, a dressed side salad and crunchy veggie sticks. (581 kcal / 11.3g sugar / 1.40g salt)

## Heinz for Baby

**1.99**

**Apple, Pear and Banana Purée**   
(69 kcal / 13.0g sugar / 0.00g salt)

**Tomato & Mozzarella Pasta Shapes**   
(98 kcal / 2.2g sugar / 0.23g salt)

## Large Mains

**5.49**

### Chicken Combo Feast

Choose **two items** and a **sauce** - Sour Cream (62 kcal / 1.2g sugar / 0.03g salt), BBQ (54 kcal / 9.0g sugar / 0.27g salt) or Sweet Chilli (49 kcal / 9.3g sugar / 0.30g salt).

**THREE CHICKEN NUGGETS**† (163 kcal / 0.1g sugar / 0.50g salt)

**THREE CHICKEN WINGS**† (213 kcal / 0.0g sugar / 0.33g salt)

**CHICKEN BREAST**† (84 kcal / 0.4g sugar / 0.40g salt)

**THREE LOUISIANA-STYLE CHICKEN STRIPS**† (160 kcal / 0.0g sugar / 0.80g salt)

### Smoked Bacon & Cheese Burger

2oz\* beef burger with smoked streaky bacon, melted cheese and lettuce in a bun. (418 kcal / 2.7g sugar / 1.66g salt)

**VEGAN** Beyond Burger®   
A plant-based Beyond Burger patty with roasted peppers and lettuce in a bun. (311 kcal / 5.0g sugar / 1.53g salt)

### Hand-battered Mini Fish†

(279 kcal / 0.2g sugar / 0.39g salt)

### Pork Sausage in a Bun

(228 kcal / 3.4g sugar / 0.98g salt)

### Chicken Your Way

Roast chicken breast with either:

**TOMATO SAUCE AND MELTED CHEESE**   
(178 kcal / 3.4g sugar / 0.80g salt)

**BBQ SAUCE, MELTED CHEESE AND BACON** (265 kcal / 9.4g sugar / 1.56g salt)



## Small Mains

**3.99**

### Omega-3 Breaded Fish Fingers†

(216 kcal / 1.2g sugar / 0.65g salt)

### Four Chicken Nuggets†

(218 kcal / 0.2g sugar / 0.67g salt)

### 2oz\* Beef Burger

In a bun with lettuce. (291 kcal / 2.6g sugar / 0.77g salt)

### Pork Sausages

Two pork sausages with gravy. (243 kcal / 5.4g sugar / 2.14g salt)

**VEGAN** Spicy Chilli   
(134 kcal / 5.1g sugar / 1.16g salt)



**VEGAN**

## Veggies

**Baked Beans**  
(77 kcal / 5.4g sugar / 0.72g salt)

**Mini Corn on the Cob**   
(91 kcal / 2.8g sugar / 0.01g salt)

**Crunchy Veggie Sticks**   
(35 kcal / 4.8g sugar / 0.00g salt)

**Carrots**   
(41 kcal / 6.0g sugar / 0.00g salt)

**Garden Peas**   
(71 kcal / 6.0g sugar / 0.00g salt)

**Dressed Side Salad**  
(13 kcal / 1.3g sugar / 0.06g salt)

## Sides

**Chips**   
(204 kcal / 0.0g sugar / 0.10g salt)

**Sunshine Rice**   
(142 kcal / 2.3g sugar / 0.14g salt)

**VEGAN** Mashed Potato  
(136 kcal / 1.3g sugar / 0.88g salt)

**Garlic Bread Fingers**   
(110 kcal / 0.7g sugar / 0.30g salt)

**VEGAN** Mini Jacket Potato  
(93 kcal / 3.3g sugar / 0.15g salt)

## Junior Carvery

Take your pick from our expertly carved 14-hour slow-roasted meats, a fluffy Yorkshire pudding, crispy roasties and a wide range of vegetables, plus all the trimmings.

**5.99**  
Weekdays

**6.99**  
Weekends & Bank Holidays

**2.49**

**Bowl of Vegetables**   
(237 kcal / 4.5g sugar / 0.52g salt)

As each and every carvery is different, calorie information can be found at the carvery counter.

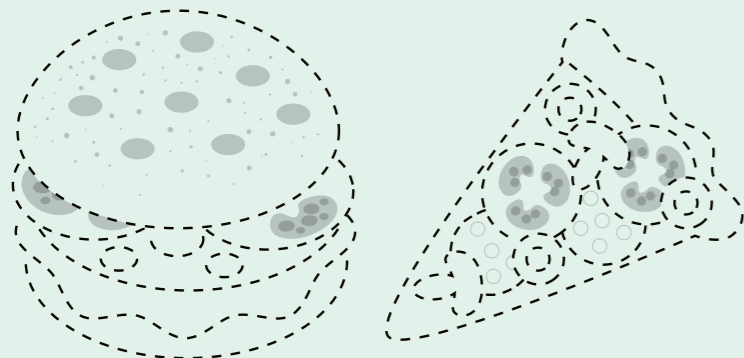
You can review our allergen information if you download our app or visit our website at [www.farmhouse-kitchen.co.uk](http://www.farmhouse-kitchen.co.uk)

**KEY:** Suitable for vegetarians Suitable for vegans Contains nuts May contain bones or shell **\*\***Made from more than one wholemeal **\***Approximate weight before cooking 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. Please note that we do not operate a dedicated vegetarian/vegan kitchen area. 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. Please advise the team of any dietary requirements before ordering. Calorie, sugar and salt counts are correct at time of print. Our menu descriptors do not list all ingredients. Some dishes may contain alcohol which may not be listed on the menu. For every Chocolate Brownie sold, 0.20 plus VAT will be paid to Macmillan Cancer Support, a registered charity in England & Wales (261017), in Scotland (SC039907). Also operating in Northern Ireland. Paid to Macmillan Cancer Support Trading Limited a wholly owned subsidiary of Macmillan Cancer Support to which it gives all of its taxable profits. All images are for illustrative purposes only. Cadbury® is a registered trademark of Mondelez International. Beyond Burger® is a registered trademark. Full allergen information on the ingredients in the food we serve is available on request - please speak to a team member. All items on the menu are subject to availability during food service hours.

# Time For Fun

## Dot to Dot

Connect the dots to reveal the dish



## Colouring Fun

Colour in this lively farm scene!



## Ingredient Hunt

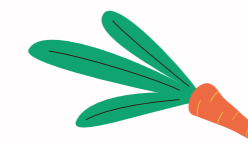
Find the hidden ingredients on this page! How many can you spot? Count and write the numbers below.



# \_\_\_\_\_



# \_\_\_\_\_



# \_\_\_\_\_



# \_\_\_\_\_



# \_\_\_\_\_

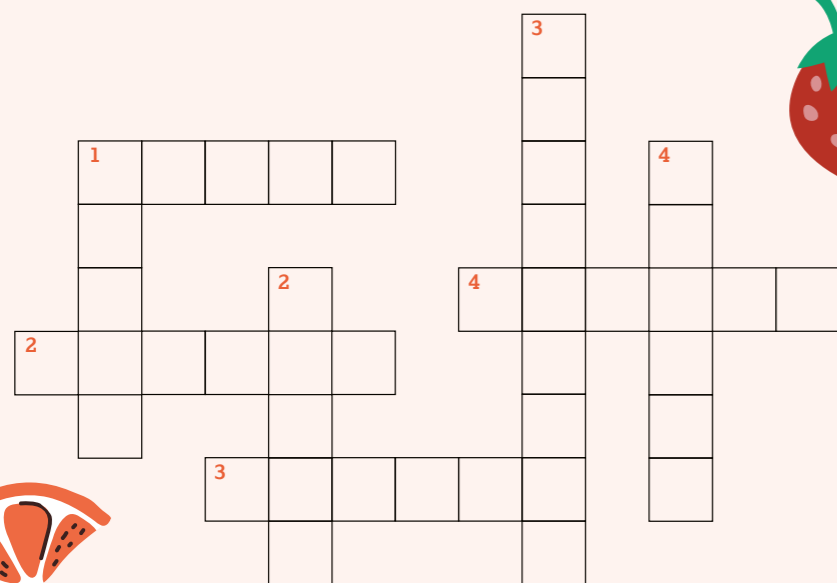


# \_\_\_\_\_

Answers - Tomatoes: 2, Broccoli: 3, Carrots: 2, Oranges: 2, Strawberries: 4, Peas: 2

## Crossword

Fill in the squares using the clues and reveal words in our food-themed crossword



### Across

- This fruit can be red or green
- A key ingredient in salads, ketchup, and pizza sauce
- A crunchy, orange vegetable
- A vegetable that can be mashed, baked, or turned into chips

### Down

- A handy item to keep your clothes clean in the kitchen
- A slender drinking tool to slurp up your drinks
- A delicious brown sweet treat often used in cookies and cakes
- Tiny, juicy, and often in bunches, these little fruits come in colours like green, red, or purple

Answers - Across: 1. Apple, 2. Tomato, 3. Carrot, 4. Potato  
Down: 1. Apron, 2. Straw, 3. Chocolate, 4. Grapes

## The Hungry Wordsearch

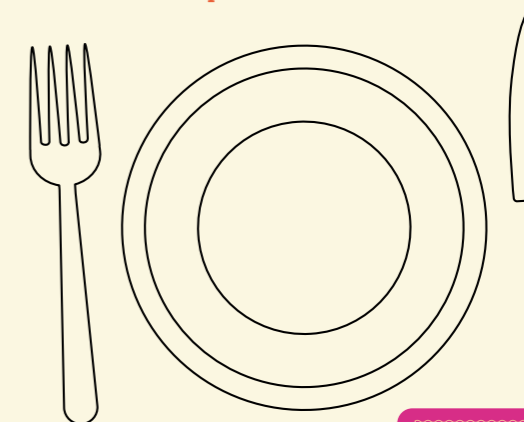
Find all the tasty food in this word search.

B	C	A	R	R	O	T	S	C	F	H	C	I
P	H	D	B	R	O	C	C	O	L	I	H	S
E	I	G	J	L	U	M	A	P	O	Q	E	R
K	C	Z	T	A	D	E	P	T	U	B	E	H
U	K	W	Z	P	O	T	A	T	O	C	S	E
P	E	A	S	A	G	M	G	H	I	T	E	A
U	N	F	U	S	O	C	E	R	H	C	O	L
V	L	M	I	T	W	I	S	U	N	D	A	E
B	R	O	W	N	I	E	D	A	U	N	E	I
G	S	T	R	A	W	B	E	R	R	Y	W	U

- Carrots
- Pizza
- Tomato
- Chicken
- Cheese
- Potato
- Peas
- Broccoli
- Rice
- Strawberry
- Brownie
- Sundae

## Plate Playtime

Get creative! Draw your favourite foods on the plate below and add a splash of colour for some extra fun!



Please turn over  
For your Kids' Menu