

Kids' Menu

Look out for dishes which are part of your 5-a-day



Drinks

Innocent Juicy Water 1.99
Choose from: **Apple & Strawberry** (64 kcal) or **Apple & Mango** (56 kcal)

Fruit Shoot No Added Sugar 1.79
Choose from: **Blackcurrant & Apple** (11 kcal) or **Orange** (7 kcal)

Ribena Blackcurrant No Added Sugar (10 kcal) 1.69

Arla Big Milk (134 kcal) 1.29
FRESH WHOLE MILK+
VIT D | VIT A | IRON

Starters

Garlic Bread Fingers 1.49
With a tomato dip. (153 kcal / 17g sugar / 0.58g salt)

Chicken Wings 1.99
With cucumber sticks and **your choice of dip**:
Sour Cream (62 kcal / 12g 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 1.49
With melted cheese and a tomato dip. (247 kcal / 3.0g sugar / 0.78g salt)
Vegan option available (238 kcal / 3.0g sugar / 0.92g salt)

Cucumber Sticks 1.49
Cucumber sticks with melted cheese and a tomato dip. (50 kcal / 6.3g sugar / 0.04g salt)

Heinz® for Baby

Apple, Pear & Banana Purée 1.99
(69 kcal / 13.0g sugar / 0.00g salt)

Tomato & Mozzarella Pasta Shapes 1.99
(98 kcal / 2.2g sugar / 0.23g salt)

Junior Carvery

14-hour slow-roasted meats, a fluffy Yorkshire pudding, crispy roasties, garden vegetables, plus all the trimmings. ²

Weekdays 6.79

Weekends & Bank Hols 7.79

Bowl of Vegetables 2.99

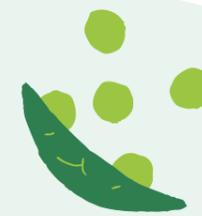
(239 kcal / 4.2g sugar / 0.42g salt)

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

Pick 'N' Mix

Served with your choice of:

Two Veggies OR **One Veggie + One Side**



Large Mains

Cheese & Tomato Flatbread Pizza 5.99

A flatbread topped with tomato sauce and melted cheese. (354 kcal / 3.6g sugar / 1.10g salt)

Bacon & Cheese Burger

2oz* beef burger with bacon, melted cheese and lettuce in a bun. (411 kcal / 2.6g sugar / 1.36g salt)

Hand-battered Mini Fish[†]

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

Hot Dog

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

Macaroni Cheese

With garlic bread fingers, crunchy veggie sticks and salad. (232 kcal / 2.0g sugar / 1.77g salt)



5.99

Small Mains

Omega-3 Breadcr 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)

Spicy Chilli

(134 kcal / 5.1g sugar / 1.18g salt)

Tomato Pasta

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

Add slices of Chicken Breast (116 kcal / 1.4g sugar / 0.42g salt) **for + £1**

Chicken Combo Feast

CHOOSE TWO

Three Chicken Nuggets[†] (163 kcal / 0.1g sugar / 0.50g salt)

Three Chicken Wings[†] (213 kcal / 0.00g sugar / 0.33g salt)

Chicken Breast (116 kcal / 1.4g Sugar / 0.42 salt)

Three Louisiana-style Chicken Strips[†]
(160 kcal / 0.00g sugar / 0.80g salt)

CHOOSE A SAUCE

Sour Cream (62 kcal / 12g sugar / 0.03g salt)

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

Sweet Chilli (49 kcal / 9.3g sugar / 0.30g salt)

Chicken Your Way

Roast chicken breast with your choice of:

Tomato Sauce & Melted Cheese
(211 kcal / 4.4g sugar / 0.82g salt)

OR

BBQ Sauce, Melted Cheese & Bacon
(290 kcal / 10.4g sugar / 1.28g salt)

Veggies

Baked Beans

(77 kcal / 5.4g sugar / 0.72g salt)

Mini Corn on the Cob

(110 kcal / 7.1g sugar / 0.01g salt)

Cucumber Sticks

(35 kcal / 4.8 Sugar / 0.00g Salt)

Carrots

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

Garden Peas

(60 kcal / 6.0g sugar / 0.00g salt)

Dressed Side Salad

(13 kcal / 1.3g sugar / 0.06g salt)

Sides

Chips

(273 kcal / 1.0g sugar / 0.10g salt)

Sunshine Rice

(142 kcal / 2.3g sugar / 0.14g salt)

Mash Potato

(124 kcal / 2.5g sugar / 0.25g salt)

Garlic Bread Fingers

(84 kcal / 0.1g Sugar / 0.58g Salt)

Mini Jacket Potato

(93 kcal / 3.3g sugar / 0.15g salt)

Puds

A free scoop with every kids meal!

or swap for a **Peach & Pear Fruit Pot** (78 kcal / 17g 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

(149 kcal / 14.5g sugar / 0.07g salt)

Lemon Sorbet

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

Frozen Strawberry Flavoured Yoghurt

(88 kcal / 15.2g sugar / 0.05g salt)

Choose a sauce flavour:

Chocolate (28 kcal / 4.7g sugar / 0.00g salt)

Strawberry (32 kcal / 7.5g sugar / 0.00g salt)



Upgrade to our parlour scoop for + £1, choose from:

Honeycomb

(153 kcal / 19.3g sugar / 0.00g salt)

Chocolate Brownie

(146 kcal / 14.1g sugar / 0.15g salt)

Strawberry Cheesecake

(154 kcal / 15g sugar / 0.12g salt)

Mint Chocolate Chip

(148 kcal / 14.8g sugar / 0.14g salt)

Cornish Clotted Cream

(151 kcal / 14.5g sugar / 0.09g salt)

Bubblegum

(120 kcal / 11.6g sugar / 0.12g salt)

Toffee Fudge

(146 kcal / 17.5g sugar / 0.18g salt)

Cookies & Cream

(158 kcal / 14.1g sugar / 0.16 salt)

Caramelised Biscuit

(144 kcal / 15.9g sugar / 0.15g salt)

Raspberry Ripple

(99 kcal / 10.7g sugar / 0.10g salt)

Fresh Strawberries 1.49

With **chocolate flavour sauce** (99 kcal / 17.8g sugar / 0.00g salt) OR **strawberry flavour sauce** (109 kcal / 24.8g sugar / 0.00g salt)

Goey Chocolate Brownie 2.29

Warm chocolate brownie with a scoop of vanilla flavour ice cream and chocolate flavour sauce. (382 kcal / 44.1g sugar / 0.12g salt)

Apple Crumble 2.29

Served with either **vanilla flavour ice cream** (97 kcal / 13.6g sugar / 0.02g salt), **custard** (104 kcal / 11.0g sugar / 0.10g salt) OR **vegan vanilla flavour ice cream** (149 kcal / 14.5g Sugar / 0.07g Salt)

Fruity Jelly Tower Sundae 2.49

Frozen strawberry flavoured yoghurt with strawberry jelly, peach and pear pieces, cream and strawberry flavour sauce. (317 kcal / 53.1g sugar / 0.18g salt)

Chocolate Brownie Ice Cream Sundae 2.49

One scoop of vanilla flavour ice cream and one scoop of chocolate flavour ice cream, with gooey chocolate brownie, cream, chocolate flavour sauce and a chocolate caramel biscuit finger. (548 kcal / 59.3g sugar / 0.44g salt)

Ice Cream, Frozen Yoghurt & Sorbet Selection 1.99

Choose any two scoops from our flavours and your choice of **chocolate** (28 kcal / 4.7g sugar / 0.00g salt) or **strawberry** (32 kcal / 7.5g sugar / 0.00g salt) FLAVOUR SAUCE.

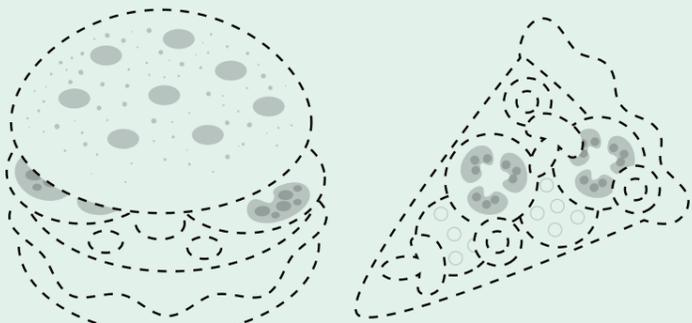
You can review our allergen information if you download our app or visit our website at www.farmhouse-kitchen.co.uk

KEY: Suitable for vegetarians Suitable for vegans Contains nuts [†]May contain bones or shell ^{**}Made from more than one wholetail ^{*}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, 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



THE LITTLE BIG MILK MATCH



Arla Big Milk is packed full of goodness, such as Vitamin D, A and Iron! Follow the wiggly lines to find out what they do.



FOR IMMUNE SUPPORT*



FOR THINKING & PROBLEM SOLVING*



FOR EYESIGHT*



* When consumed as part of a varied and balanced lifestyle and a healthy diet.

THE GRUFFALO

Ingredient Hunt

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









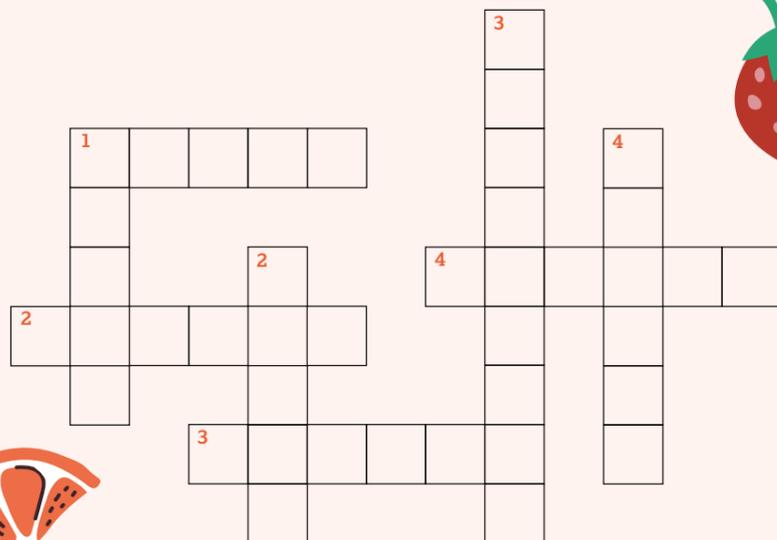




Answers - Tomatoes: 2, Broccoli: 3, Carrots: 2, Oranges: 2, Strawberries: 4, Peas: 2

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 Word Search

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!

