

# Little ones

2 courses 7.99

3 courses 8.99

Look for the symbols to see how many of your 5-a-day are included in your meal ① ②

A little starter? 1.50

## No Gluten Containing 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 Menu.



### Crunchy Veg Dip Sticks (ve) ①

With pea houmous  
(83kcal, 4.5g sugar, 0.35g salt)

## Mmm... main meals 6.99

### 28-Day-Aged Rump Steak ①

With grilled half tomato (216kcal, 1.5g sugar, 0.12g salt). Served with your choice of two sides

### Sausages & Cheesy Bean Mash ①

With broccoli (445kcal, 3.6g sugar, 2.53g salt) and your choice of one side

### Gammon Steak ①

With grilled pineapple and half tomato (223kcal, 12.1g sugar, 1.6g salt). Served with your choice of two sides

### Garden Vegetable Pasta (ve) ②

Mixed vegetable & grain balls in a tomato sauce. Served with peas (500kcal, 10.3g sugar, 1.56g salt)

### Grilled Chicken Breast

(222kcal, 0.9g sugar, 1.43g salt). Served with your choice of two sides

## Choose your sides

### Carrots (ve) ①

(23kcal, 5.1g sugar, 0.09g salt)

### Crunchy Veg Sticks (ve) ①

(24kcal, 3.6g sugar, 0.05g salt)

### Garden Peas (ve) ①

(71kcal, 6.0g sugar, 0.00g salt)

### Baked Beans (ve)

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

### Broccoli (ve) ①

(21kcal, 1.2g sugar, 0.00g salt)

### Mini Jacket Potato (ve)

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

### Seasonal Veg (ve) ①

(119kcal, 7.5g sugar, 0.15g salt)

### Sunshine Rice (ve) ①

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

### Mash (ve)

(164kcal, 1.5g sugar, 1.05g salt)

## Puddings 1.75

### Build Your Own Cheesecake Sundae (ve)

Vanilla cheesecake, whipped cream, raspberry coulis, strawberries, frozen strawberry yoghurt and mint (333kcal, 29.8g sugar, 0.13g salt)

### Build Your Own Fruit Sundae (ve) ①

With strawberries, pear & peach, vegan vanilla ice cream, raspberry coulis and mint (210kcal, 30.6g sugar, 0.02g salt)

### Fruit Salad (ve) ①

Strawberries, pear & peach (78kcal, 17.2g sugar, 0.00g salt)

### Ice Cream Scoops (ve)

Your choice of two flavour scoops served with a chocolate pencil (40kcal, 4.6g sugar, 0.02g salt), and your choice of either strawberry (52kcal, 7.5g sugar, 0.00g salt) or chocolate flavour sauce (28kcal, 5.5g sugar, 0.00g salt)

### Choose from: (Ice cream calories shown per scoop)

Vanilla (97kcal, 13.6g sugar, 0.02g salt)

Chocolate (113kcal, 14.3g sugar, 0.08g salt)

Lemon sorbet (85kcal, 16.8g sugar, 0.00g salt)

Strawberry frozen yoghurt (88kcal, 15.2g sugar, 0.05g salt)

Vegan vanilla (113kcal, 9.1g sugar, 0.02g salt)

(ve) option available (257kcal, 25.7g sugar, 0.04g salt)



## Something to drink

### Fruit Shoot

Blackcurrant & Apple (11kcal) or Orange (17kcal) 1.95

### Fruit Juice

Orange (122kcal) or Apple (133kcal) or Cranberry (133kcal) 99p

Milk (134kcal) 50p

Free tap water is available (0kcal)



Full allergen information is available on request – please speak to a team member or visit [www.chefandbrewer.com](http://www.chefandbrewer.com). (ve) suitable for vegetarians. (ve) suitable for vegans. † Fish, poultry and shellfish dishes may contain bones and/or shell. Some dishes may contain alcohol which may not be listed on the menu.

Our dishes are prepared in kitchens where nuts and gluten are present as well as other allergens; therefore 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. Please advise the team of any dietary requirements before ordering. Please be aware the allergen information for our dishes may change between the date of booking and the date of your visit. We would advise all of our guests contact a member of the team on the date of their visit to confirm the allergen information of their selected meals. Our menu descriptions do not list all ingredients. For 1 of your 5 a day, look out for the symbol. ① ② 1 of your 5 a day = 40-60g of fruit or vegetables, or 150ml pure juice. Calorie, sugar and salt figures are correct at 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 age and level of activity; some children will need less, and some will need more. Full nutrition information is available on our website. All service charges and tips are paid in full to our team members and all tips can be processed via credit/debit card. Chef & Brewer is a trading name of Greene King Brewing and Retailing Limited, Sunrise House, Ninth Avenue, Burton upon Trent, Staffordshire, DE14 3JZ.