

STARTERS

GARLIC BREAD 
(139 kcal/0.2g sugar/0.54g salt)

CORN ON THE COB 
(65 kcal/4.2g sugar/0.01g salt)

99p CUCUMBER STICKS 
Served with an Italian-style tomato sauce
(39 kcal/4.4g sugar/0.13g salt)

99p



SMALL £5.99 LARGE £6.99

1 MAIN + 2 DESSERT + 3 DRINK

+ A STARTER FOR 99p DISHES CAN BE PURCHASED SEPARATELY

1 CHOOSE YOUR MAIN

SMALL MAINS

Your choice of 2 veggies included

- 4 CHICKEN NUGGETS†** **3.99**
(218 kcal/0.2g sugar/0.67g salt)
- 4 IMPOSSIBLE™ NUGGETS**  **3.99**
(185 kcal/0.8g sugar/0.80g salt)
- 2 PORK SAUSAGES** **3.99**
Served with gravy
(302 kcal/1.4g sugar/2.17g salt)
- 2 QUORN™ SAUSAGES**  **3.99**
Served with gravy
(244 kcal/2.0g sugar/2.55g salt)
- BEEF BURGER** **3.99**
A 2oz* beef burger in a bun with lettuce
(329 kcal/5.8g sugar/0.96g salt)
- TOMATO PASTA**  **3.99**
Rigatoni pasta in an Italian-style tomato sauce
(220 kcal/3.5g sugar/0.18g salt)
- 3 BIRDS EYE™ FISH FINGERS†** **3.99**
Birds Eye™ Omega-3 fish fingers
(216 kcal/1.2g sugar/0.65g salt)

Swap one of your
veggies for a side

VEGGIES

- MINI CORN ON THE COB** 
(65 kcal/4.2g sugar/0.01g salt)
- SIDE SALAD** 
(13 kcal/1.8g sugar/0.00g salt)
- PEAS** 
(57 kcal/5.6g sugar/0.00g salt)
- CUCUMBER STICKS** 
(30 kcal/4.0g sugar/0.00g salt)
- BAKED BEANS** 
(70 kcal/3.4g sugar/0.34g salt)

SIDES

- SUNSHINE RICE** 
(142 kcal/2.3g sugar/0.14g salt)
- MINI JACKET POTATO** 
(93 kcal/3.3g sugar/0.15g salt)
- MASHED POTATO** 
(118 kcal/1.3g sugar/0.63g salt)
- CHIPS** 
(222 kcal/0.0g sugar/0.30g salt)



All large mains
have 2 of your
5-a-day

LARGE MAINS

- 6 CHICKEN NUGGETS†** **4.99**
Served with chips, peas and corn on the cob
(673 kcal/10.4g sugar/1.32g salt)
- DOUBLE CHEESEBURGER**  **4.99**
Served with chips, peas and corn on the cob
(824 kcal/16.3g sugar/1.98g salt)
- JACKET POTATO WITH CHEESE & BEANS**  **4.99**
A jacket potato with baked beans and grated cheese,
served with corn on the cob and cucumber sticks
(448 kcal/12.5g sugar/0.81g salt)
- CHEESE & TOMATO FLATBREAD**  **4.99**
A margherita flatbread served with a side salad
(378 kcal/7.3g sugar/1.15g salt)
- FRESH GARDEN SALAD**  **4.99**
A colourful blend of lettuce, tomato,
cucumber and strawberry pieces
with grated cheese  (111 kcal/6.8g sugar/0.34g salt)
or grilled chicken fillet† (133 kcal/6.8g sugar/0.28g salt)
- PASTA BOLOGNESE**  **4.99**
Rigatoni pasta smothered in vegan bolognese sauce,
served with corn on the cob and cucumber sticks
(368 kcal/10.3g sugar/1.10g salt)
- BUILD YOUR OWN TACOS**  **4.99**
Build it your way! Soft tortilla wraps, crispy chicken
strips, lettuce, cucumber sticks, tomato wedges,
grated cheese, salsa and sour cream
(604 kcal/9.9g sugar/2.35g salt)



FROM T-APP
TO TABLE

2 CHOOSE YOUR DESSERT

SMALL DESSERTS

Included in the small meal deal

CHOCOLATE BROWNIE  **1.99**
A chocolate brownie, coated in chocolate flavour sauce
(210 kcal/21.7g sugar/0.06g salt)

+ ICE CREAM SCOOP  **1.29**

FRUIT SALAD  **1.49**
Peach, pear and strawberry pieces
(96 kcal/20.6g sugar/0.00g salt)

1 SCOOP OF ICE CREAM OR FROZEN YOGHURT  **1.29**

Pick your ice cream (per scoop)

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

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

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

Pick your sauce

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

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



JELLY & ICE CREAM  **1.49**
Strawberry flavour jelly with vanilla flavour ice cream
(110 kcal/14.2g sugar/0.11g salt)

VEGAN ICE CREAM  **1.29**
A pot of vegan ice cream, served with strawberry flavour sauce
(241 kcal/25.4g sugar/0.11g salt)



LARGE DESSERTS

Included in the large meal deal

CHOCOLATE MANIA SUNDAE  **2.49**
Two scoops of chocolate flavour ice cream topped with squirty cream, chocolate flavour sauce, Maltesers® and a Cadbury® Flake
(451 kcal/51.7g sugar/0.22g salt)

FRUIT MANIA SUNDAE  **2.49**
One scoop of vanilla flavour ice cream and one scoop of strawberry frozen yoghurt. Topped with peach, pear and strawberry pieces and served with strawberry flavour sauce
(310 kcal/56.2g sugar/0.07g salt)

VEGAN ICE CREAM  **1.99**
Two pots of vegan ice cream, served with strawberry flavour sauce
(450 kcal/43.4g sugar/0.21g salt)

CHOCOLATE BROWNIE  **1.99**
A chocolate brownie, coated in chocolate flavour sauce
(210 kcal/21.7g sugar/0.06g salt)

+ ICE CREAM SCOOP  **1.29**

2 SCOOPS OF ICE CREAM OR FROZEN YOGHURT  **1.99**

Pick your ice cream (per scoop)

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

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

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

Pick your sauce

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

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



3 CHOOSE YOUR DRINK

FRUIT SHOOT  **1.39**
Apple & Blackcurrant (84 kcal)
Orange (86 kcal)

GLASS OF MILK **79p**
(134 kcal)

INNOCENT JUICY WATER **1.59**
Apple & Mango (56 kcal)
Apple & Strawberry (64 kcal)

UNLIMITED TAP WATER
(0 kcal)

KIDS



FROM T-APP
TO TABLE




**FLAMING
GRILL**
— PUBS —

VIEW OUR NO-GLUTEN CONTAINING INGREDIENTS MENU HERE

You can view our allergen information if you download our app, or visit our website at <https://www.greeneking.co.uk/allergens>

All tips are paid in full to our team members.



Terms & Conditions: Kids' Meal Deal - choose a meal deal main, a pudding and a drink. All meal deal items must be ordered in the same transaction. Please advise the team of any dietary requirements before ordering. 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.  Suitable for vegetarians.  Suitable for vegans. Please note that we do not operate a dedicated vegetarian/vegan kitchen area. Our menu descriptors do not include all ingredients.  1 of your 5-a-day! Look out for the symbol. A portion of fruit or veg for our children's meals is based on 40-60g serving size or 150ml of pure juice. Fish, poultry and shellfish dishes may contain bones and/or shell. *All weights are approximate prior to cooking. Metric equivalent 16oz = 1lb = 454g. Full nutrition information is available on our website. Calorie, sugar and salt figures are correct at time of print. Children between 5-10 years old need around 1800 calories a day; this will vary by age and level of activity, some children will need less, and some will need more. This information has been provided to allow you to make an informed choice when dining with us. Products & offers are subject to availability at the price point advertised. All prices are in GBP and are inclusive of VAT. Should the VAT rate change, menu pricing will be adjusted accordingly. This menu is available to children aged 12 or under. Cadbury® is a registered trademark of Mondelez International. Maltesers® is a registered trademark, Trademark of Mars® Incorporated and its affiliates. Manager's decision is final. Promoter: Greene King Brewing and Retailing, Sunrise House, Ninth Avenue, Burton upon Trent, Staffordshire, DE14 3JZ.

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