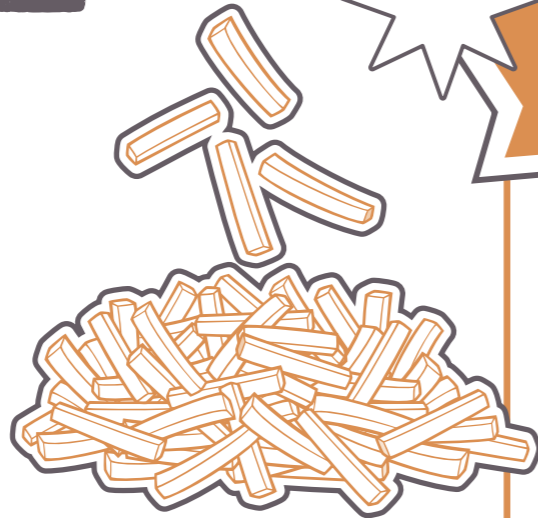


BAR + BLOCK



For every 3-course meal sold we donate 20p to GOSH



YOUNG + HUNGRY



AT LEAST 4 OF YOUR

3-COURSE MEAL DEAL WITH JUICE

7.50

STARTERS

Veggie Sticks + Dip (v)

A mix of cucumber, carrots & red pepper sticks served with tzatziki (34kcal)



MAINS

Grilled Chicken + Flatbread

Grilled chicken breast served with tzatziki and stonebaked flatbread (236kcal)

Chicken Breast

Grilled chicken breast served with fries (187kcal)

Steak + Fries

Mini chargrilled 4oz* rump steak, served with fries (262kcal)

Ten Veg Tomato Pasta (v)

Tri-colour pasta cooked in our ten veg tomato sauce, served with stonebaked flatbread (375kcal)



Fish + Chips**

Hand-battered fish served with fries and tartare sauce (403kcal)

Spaghetti Bolognese

Beef bolognese sauce cooked with tomato, onions, carrots and spaghetti. Served with stonebaked flatbread (428kcal)



Beef Burger

Handmade 4oz* beef burger with lettuce and sliced tomato in our 50/50 white and wholemeal bun, served with fries (569kcal)

PICK TWO YUMMY SIDES

Mini Corn on the Cobs (ve) (48kcal)



Veggie Sticks (ve) (16kcal)



Baked Beans (ve) (41kcal)



House Salad (ve) (115kcal)



Peas (ve) (47kcal)



DESSERTS

Fruit Salad (ve)

A mix of pineapple, oranges, red apple, green apple, strawberries and red grapes (53kcal)



Ice Cream (v)

Two scoops of vanilla ice cream drizzled with chocolate toffee sauce (153kcal)

Pancake with Fruit* (v)

Pancake with sliced banana and strawberries, served with a mixed fruit compote (186kcal)



DRINKS

Choose from either apple or orange juice



Children should eat at least 5 portions of a variety of fruit and vegetables a day. All our main meals come with a choice of 2 yummy sides, providing 2 portions of their 5 a day.



Don't worry, we know there are allergens in our food that we need to tell you about, so please let your server know if you have a specific allergy or would like more information about our dishes. Menu descriptions may not list every individual ingredient, please ask for more information. Ingredients can occasionally be substituted or changed at short notice so please review the allergy information on the website at the time of your visit and ask your server when you arrive. v = suitable for vegetarians. ve = suitable for vegans and vegetarians. Our vegan dishes are made to a vegan recipe but we cannot guarantee that they are suitable for those with MILK or EGG allergies. 1 of your 5 a day. * Approximate weight uncooked. ** May contain small bones. *May contain fruit stones. 1 of 5 a day = a minimum of 40g of fruit or vegetables or 150ml pure juice. We've provided you with the calorie information for each dish to help you make an informed choice. Children between 5-10 years old need around 1,800 calories a day. This will vary by age and level of activity as some children will need less and some will need more. Full nutrition information is available on our website. Calorie information is based on an average serving. Great Ormond Street Hospital Children's Charity. Registered charity no. 1160024. Price promotions excluded from charity donation.