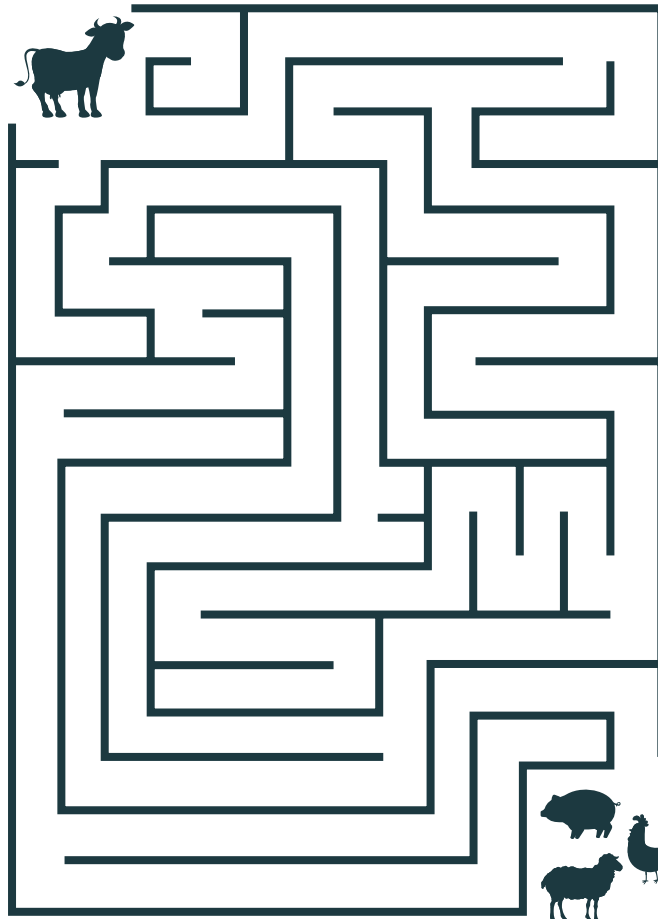


### FIND THE FOOD

How many of the below can you find?



### Help me find my friends



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 sides, providing 2 portions of their 5 a day.

AT LEAST  
2 OF YOUR  
5 A DAY

# KIDS' MENU

ONLY  
£8

## 3-COURSE MEAL

### STARTERS

**Veggie Sticks + Dip (v)**  
Cucumber, carrots, red pepper sticks, tzatziki (30kcal)



**Garlic Flatbread (v)** (172kcal)

**Corn On The Cob (ve)** (72kcal)



### MAINS

**Steak + Skin-on Chips**  
(330kcal)

**Chicken Burger + Skin-on Chips**  
(380kcal)

**Beef Burger + Skin-on Chips**  
(533kcal)

**Hand-Battered Fish + Skin-on Chips\*\***  
Tartare sauce (483kcal)

**Ten-Veg Tomato Pasta (ve)**  
Stonebaked flatbread (375kcal)



**Spaghetti Bolognese**  
Stonebaked flatbread (428kcal)



**Chicken Breast + Skin-on Chips**  
(236kcal)

### PICK TWO SIDES

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



**Veggie Sticks (ve)** (16kcal)



**Baked Beans (ve)** (41kcal)



**House Salad (ve)** (75kcal)



**Peas (ve)** (47kcal)



### DESSERTS

**Fruit Salad (ve)**  
Pineapple, oranges, red apple, green apple, strawberries, red grapes (53kcal)



**Chocolate Brownie (v)**  
(324kcal)

**Eton Mess Sundae° (V)**  
(132kcal)

**Vanilla Ice Cream (v)**  
With toffee sauce (170kcal)

**Pancakes with Fruit° (v)**  
Banana, strawberries, mixed fruit compote (185kcal)



**GREAT ORMOND STREET  
HOSPITAL CHARITY**

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

### DID YOU KNOW?

Cows have more than 25,000 taste buds!! It's no wonder they're always chewing!

Cows have a brilliant sense of smell! They can smell odours up to 10km away!! How a-moo-zing is that?!

### QUESTION...

If you could be any animal, what would you be?

Children between 5-10 years old need around 1,800kcal a day



Seafood with this mark comes from an MSC certified sustainable fishery.  
www.msc.org MSC-C-55716

## COLOUR ME IN!