

KINS' MENU 2-COURSE MEAL DEAL



For every 2-course meal sold, we donate 20p to GOSH



Scrummy STARTERS

Pick a starter and a main Small Tums £4.99 Big Yums £5.99

Tortilla Chips 0

Served with a cucumber, yoghurt & mint dip and diced tomatoes (176kcal)

Vegan option available. Just ask! (150kcal)

Veggie Sticks Ø 🀠

Served with a cucumber, yoghurt & mint dip (44kcal)

Garlic Flatbread ♥ (190kcal)

Small TUMS

Ten Veg Tomato Pasta ♥

(233kcal)

Pork Sausages, Mash & Gravy (259kcal) Veggie option available. Just ask! (294kcal)

Oven-Baked Poppin' Chicken

Breaded chicken bites made with 100% chicken breast, served with skin-on chips (280kcal)

Oven-Baked Fish Bites**

3 breaded pollock fish bites, served with skin-on chips (334kcal)

Grilled Chicken Breast

Served with skin-on chips (236kcal)

Swap your Skin-on Chips ♥ (158kcal) for Mash ♥ (110kcal) or Mini Jacket Potatoes ♥ (155kcal)



Big YUMS

Spaghetti Bolognese 🐠 (209kcal)

Margherita Pizza V (377kcal)

Grilled Chicken Breast Burger

Served with skin-on chips (372kcal)

Beef Burger

Served with skin-on chips (508kcal)

Oven-Baked Fish Bites**

5 breaded pollock fish bites, served with skin-on chips (452kcal)

Swap your Skin-On Chips ♥ (158kcal) for Mash ♥ (110kcal) or Mini Jacket Potatoes ♥ (155kcal)



Pick 2 yanny SIDES

2 Mini Corn Ribs ♥ ① (125kcal)

HEIN > Baked Beans ♥ ① (48kcal)

Garden Peas ♥ **(**47kcal)

Mini Salad ♥ **(**27kcal)



Perfect PUDDINGS

Berry Blast Sundae 4 0

Frozen strawberry yoghurt, mixed berries, a whip of cream & sprinkles (125kcal)

Fruit Salad ♥ 🚱 (50kcal)

Vanilla Ice Cream 0

With a wafer & sprinkled with chocolate (181kcal)

Pancakes 0 1

With fresh banana, chocolate sauce & a whip of cream (238kcal)

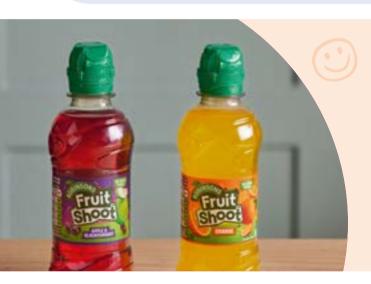
Chocolate Brownie 0

Served with vanilla ice cream (256kcal)

Pip Organic Rainbow Fruity Ice Lolly ♥ (19kcal)

Pip Organic Berry Ice Lolly ♥ (31kcal)





Delicious DRINKS

Fruit Shoot

Apple & Blackcurrant or Orange (14kcal) 2.30 No added sugar

PIP Organic Juice

These PIPtastic juices are made from only the tastiest organic fruits, providing 1 of your 5 a day & containing absolutely no nasties. Choose from Cloudy Apple or Strawberry & Blackcurrant (77/74kcal) 2.30

We care about all our guests, especially our youngest ones. It's why we've designed our kids' menu with the help of our clever nutritionist

The Important Stuff

- · 100% responsibly-sourced fish
- · 100% chicken breast
- · 100% UK and Irish beef
- · No genetically-modified ingredients

We promise:

- To provide carefully controlled levels of calories, fat, saturates, sugar and salt⁶
- To meet the nutritional needs of children[†]
- To include 2 of their 5 a day in all our main meals
- To offer yummy vegetarian options
- To never use artificial colours or flavours[^]
- To offer a range of no-added sugar drinks[^]



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. The calories provided are based on the average serving size for the whole dish or drink as detailed on the menu, unless otherwise stated. We ensure that the calorie information provided is as accurate as possible and correct at time of printing, however some product variation may occur. Ingredients are occasionally substituted or changed which may affect the calorie information. Passible for vegetarians, so a suitable for vegetarians, so a suitable for vegetarians. Our vegan and vegetarian dishes are made to a vegan or vegetarian recipe but we cannot guarantee that they are suitable if you have a food allergy. Please refer to our allergen information if you have a specific requirement. "May contain small bones. Meat, fish and poultry dishes may contain bones. "May contain fruit stones. 1 of your 5 a day, 2 of your 5 a day. 1 of 5 a day is a minimum of 40g of fruit or vegetables, or 150ml pure juice. All the dishes on the kids' menu meet our children's nutrition criteria. Calorie information on an average serving for each dish is provided to help you make an informed choice. Children between 5-10 years old need around 1,800kcal a day, this will vary by age and some children will need less, and some will need more. Full nutrition information is available on our website. We ensure that the calorie information provided is as accurate as possible and correct at time of printing, however some product variation may occur. Ingredients are occasionally substituted or changed which may affect the calorie information. Images are for illustrative purpos



Seafood certified to MSC's environmental standard for fishing. msc.org. MSC-C-55716