KIDS FE MENU

Available from 10th November - 31st December

(Excluding Christmas Day & Boxing Day)

Starters

Pigs in Blankets

With ketchup dip (184kcal)

Garlic Bread (199kcal)

Veggie Sticks 🛭 🕕

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

Tortilla Chips •

Served with a cucumber, yoghurt & mint dip and diced tomatoes (173kcal)

Vegan option available. Just ask! (148kcal)

Small Tums

Pigs in Blankets, Mash & Gravy (240kcal)

Vegetarian Sausage, Mash & Gravy 👽 (300kcal)

Oven-Baked Chicken Baubles

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

Oven-Baked Fish Bites**

Breaded pollock fish bites served with skin-on chips (334kcal)

10-Veg Tomato Pasta **♥ ②** (233kcal)

Grilled Chicken Breast

Served with skin-on chips (236kcal)

Big Yums

Rudolph Burger

Served with skin-on chips (519kcal)

Festive Turkey

Served with all the trimmings (718kcal)

Christmas Tree Margherita Pizza (378kcal)

Spaghetti Bolognese 🐠 (209kcal)

Oven-Baked Fish Bites**

Breaded pollock fish bites served with skin-on chips (452kcal)

Grilled Chicken Breast Burger

Served with skin-on chips (372kcal)

PICK 2 YUMMY SIDES

3 COURSES

Small tums £7.99 Big yums £8.99

Garden Peas **v ⊕** (47kcal)

House Salad w (27kcal)

HEIN≥ Baked Beans **♥** (48kcal)

2 Mini Corn Ribs **v (**125kcal)

Swap your skin-on chips (158kcal) for mash (110kcal) or mini jacket potatoes (155kcal). Just ask!



Children between 5-10 years old need around 1,800kcal a day. This will vary by age and level of activity, as some children will need less and some will need more.



Desserts

Chocolate Christmas Tree

Dark and white chocolate mousse with a layer of cocoa biscuit. Served with chocolate sauce and milk chocolate baubles (267kcal)

Santa's Chocolate Brownie 🖤

Served with fresh strawberries & a whip of cream (220kcal)

Santa's Hat Sundae 🛭 👊

Vanilla ice cream served with fresh strawberries & a whip of cream (194kcal)

Fruit Salad V (12 (42kcal)

Berry Blast Sundae * V

Frozen strawberry yoghurt, mixed berries, a whip of cream & sprinkles (115kcal)

Vanilla Ice Cream 🛚

With a wafer & sprinkled with chocolate (181kcal)

Pancakes V 1

With fresh banana & chocolate sauce (238kcal)

Pip Organic Rainbow Fruity Ice Lolly **№** (19kcal)

Pip Organic Berry Ice Lolly **№** (31kcal)



At least 2 of your 5-a-day in every meal when served with two sides!



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

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 & salt[‡]
- · 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 and drink which 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. 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. V = suitable for vegetarians, = suitable for vegans and 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.

1) of your 5-a-day, 2) of your 5-a-day.**May contain small bones. Meat, fish and poultry dishes may contain bones. *Approximate weight uncooked. ¥ May contain fruit stones. ‡All the dishes on the kids menu meet strict nutrition criteria. We have allowed a slightly higher added sugar content for the chocolate brownie dessert, as we know how much kids love these occasional treats. †Based on 5-10-year-olds. 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. Images are for illustrative purposes only. Great Ormond Street Hospital Children's Charity. Registered charity no. 1160024. Price promotions excluded from charity donation.



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