

# Lids' MENU 2-COURSE MEAL DEAL

Pick a starter and a main Small Tums £4.99

Small Tums £4.99 Big Yums £5.99



# Scrummy STARTERS



Garlic Flatbread ♥ (248kcal)

Veggie Sticks 🛭 🐠

Served with a cucumber, yoghurt & mint dip (28kcal)

### Tortilla Chips 0

Served with a cucumber, yoghurt & mint dip & diced tomatoes (163kcal)

**Vegan option available, just ask** (150kcal)





Ten Veg Tomato Pasta ♥ (235kcal)

Pork Sausages, Mash & Gravy (276kcal)
Make it veggie, swap to GARDEN GOURMET®
Sensational™ sausages ♥ (279kcal)



### Oven Baked Poppin' Chicken

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 (350kcal)

### **Grilled Chicken Breast**

Served with skin-on chips (236kcal)

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







Spaghetti Bolognese 🐠 (288kcal)

Margherita Pizza **0** (377kcal)

### **Grilled Chicken Breast Burger**

Served with skin-on chips (380kcal)

### **Beef Burger**

Served with skin-on chips (516kcal)

### Oven Baked Fish Bites\*\*

Breaded pollock fish bites served with skin-on chips (477kcal)

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



Pick 2 young SIDES

2 Mini Corn On The Cobs ♥ **(**48kcal)

Baked Beans ♥ (41kcal)

Mini Salad ♥ (28kcal)

Peas ♥ (47kcal)



## Perfect PUDDINGS

### Berry Blast Sundae V

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

Fruit Salad **W** 

A selection of pineapple, oranges, red apple, green apple, strawberries and red grapes (50kcal)

### Vanilla Ice Cream 0

With a wafer and sprinkled with chocolate (186kcal)

Pancakes 0 1

With fresh banana, chocolate sauce and a whip of cream (252kcal)

Chocolate Brownie 0

Served with vanilla ice cream (320kcal)

Pip Organic Rainbow Fruity Ice Lolly ♥ (18kcal)

Pip Organic Berry Ice Lolly ♥ (16kcal)





## Delicious DRINKS

### **PIP Organic Juice**

2.30

These PIPtastic juices are made from only the tastiest organic fruits, providing 1 of your 5 a day and containing absolutely no nasties.

Choose from Cloudy Apple or Strawberry & Blackcurrant (77kcal / 74kcal)

### **Fruit Shoot**

2.10

Apple & Blackcurrant or Orange (14kcal)

No added sugar

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 salt<sup>^</sup>
- · To meet the nutritional needs of children<sup>†</sup>
- · 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<sup>a</sup>



meal sold, we donate 20p to GOSH

#### Children between 5-10 years old need around 1,800kcal 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. 🛭 = suitable for vegetarians, = 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. "May contain small bones. Meat, fish and poultry dishes may contain bones. \*May contain fruit stones. 10 of your 5 a day, 20 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. GARDEN GOURMET® Reg. Trademark used in agreement with the Trademark owner. Images are for illustrative purposes only. Great Ormond Street Hospital Children's Charity. Registered charity no. 1160024. Price promotions excluded from charity donation.



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