





Kids' Festive Menu

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



GREAT ORMOND STREET HOSPITAL CHARITY

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.

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, 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.  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. 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 *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 to 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 to 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. GARDEN GOURMET® Reg. Trademark used in agreement with the Trademark owner. Great Ormond Street Hospital Children's Charity. Registered charity no. 1160024. Price promotions excluded from charity donation.



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



Kids' Festive Menu

Available from 9th November - 31st December 2023 (excluding Christmas Day and Boxing Day)

Starters

 **Pigs-In-Blankets**
With ketchup dip (184kcal)

 **Christmas Tree Garlic Bread^S** 
(232kcal)

Tortilla Chips 
Served with a cucumber, yoghurt and mint dip
and diced tomatoes (164kcal)

Vegan option available, just ask  (150kcal)

Veggie Sticks 
Served with a cucumber, yoghurt and mint dip (31kcal)

Mains

Swap your **Skin-on chips** (146kcal) to **Mash** (110kcal)
or **Mini Jacket Potato** (155kcal), **Just ask!**



 **Festive Turkey**
Served with all the trimmings^S (692kcal)



Festive Margherita Pizza  (378kcal)

 **Rudolph Burger**
4oz* beef burger with sliced tomato and lettuce in our 50/50 white
and wholemeal bun, served with skin-on chips (520kcal)

Oven-Baked Fish Bites[™]
Breaded pollock fish bites, served with skin-on chips (439kcal)

10-Veg Tomato Pasta  (235kcal)

Spaghetti Bolognese
Beef bolognese sauce cooked with tomato, onions,
carrots and spaghetti (288kcal)

Mac & Cheese 
With butternut squash and broccoli,
in a cauliflower cheese sauce (270kcal)

Oven-Baked Poppin' Chicken
Breaded chicken bites made with 100% chicken breast,
served with skin-on chips (287kcal)

Pork Sausages, Mash & Gravy (344kcal)
Make it veggie, swap to GARDEN GOURMET[®]
Sensational[™] Sausages  (279kcal)

4oz* Rump Steak
Served with skin-on chips (305kcal)

Grilled Chicken Breast
Served with skin-on chips (223kcal)

Sides

Pick two sides

Veggie Sticks  (17kcal)

Baked Beans  (41kcal)

Peas  (47kcal)

2 Mini Corn on the Cobs^S  (48kcal)

Skin-on Chips  (146kcal)

Mash Potato  (110kcal)

Mini Jacket Potato  (155kcal)



Our recommended signature dishes
where you see this symbol

Two Courses £6.99

Three Courses £7.99

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 drinks with no added sugar


Desserts


 **Santa's Chocolate Brownie** 
Served with fresh strawberries and
a whip of cream (293kcal)

Santa's Hat Sundae 
Vanilla dairy ice cream, served with fresh
strawberries and a whip of cream (181kcal)

Fruit Salad 
A selection of pineapple, oranges, red and green apples,
strawberries and red grapes (50kcal)

Vanilla Dairy Ice Cream 
With a wafer and sprinkled with chocolate (457kcal)

Strawberry Smash Sundae 
Frozen strawberry yoghurt with meringue,
fresh strawberries and a whip of cream (125kcal)

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

 **Smash The Igloo** 
A white chocolate igloo filled with a sweet chocolate surprise!
Smash it with the back of your spoon to reveal what's inside...
(324kcal)

Drinks

Santa's Little Helper £2.29
Treat your little helper with a candy cane flavoured milkshake!
Strawberry and frosted mint syrup mixed with semi-skimmed
milk and served with a strawberry and
marshmallow Santa's hat (91kcal)

Fruit Shoot £1.89
Apple & Blackcurrant or Orange
No added sugar (14kcal)

Pip Organic Juice £2.09
These Pip-tastic juices are made from only the tastiest
organic fruits, providing 1 of your 5-a-day and contains
absolutely no nasties.
Choose from Cloudy Apple or Strawberry & Blackcurrant
(77 kcal / 74 kcal)

Capri-Sun Orange £1.89
No added sugar (10kcal)