



Kids

2-Course Meal Deal

Little Appetites £5.99

Big Appetites £6.99



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

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

Therefore we promise:

- To provide carefully controlled levels of calories, fat, saturates, sugar and 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

Pick a Starter and a Main: Little Appetites £5.99 Big Appetites £6.99

1 Get started

Garlic Flatbread 🍷 (248kcal)

Veggie Sticks 🍷 1

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

Tortilla Chips 🍷

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

Vegan option available, just ask 🍷 (150kcal)

2 Grab a main

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

Little Appetites

Ten Veg Tomato Pasta 🍷 2 (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)

Big Appetites

Spaghetti Bolognese 🍷 1 (288kcal)

Margherita Pizza 🍷 (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)

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



Just ask for one of our activity sheets

+ Choose two yummy sides

2 Mini Corn on the Cobs 🍷 1 (48kcal)

Baked Beans 🍷 1 (41kcal)

Peas 🍷 1 (47kcal)

Mini Salad 🍷 1 (28kcal)

3 Add a pudding for just £1.49

Berry Blast Sundae* 🍷

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

Fruit Salad 🍷 2 (50kcal)

Vanilla Ice Cream 🍷

With a wafer and sprinkled with chocolate (186kcal)

Pancakes 🍷 1

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

Chocolate Brownie 🍷

Served with vanilla ice cream (320kcal)

Pip Organic Ice Lolly

Choose from Rainbow Fruity (18kcal) or Berry (16kcal)

Add a drink

PIP Organic Juice

2.30

Cloudy Apple, Strawberry & Blackcurrant

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)

Fruit Shoot

2.10

Apple & Blackcurrant or Orange (14kcal)

No added sugar

Children between 5-10 years old need around 1,800kcal per 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, so 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. 1 of your 5 a day, 2 of your 5 a day. 1 of 5 a day = 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.



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