



Kids

**3 courses £5.99
or any main for £4.99**



**GREAT
ORMOND
STREET
HOSPITAL
CHARITY**

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

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

1 Get started

Baked Garlic & Parsley Flatbread ♡ (248kcal)

Tortilla Chips ♡

Served with a cucumber, yoghurt and mint dip and diced tomatoes (164kcal). **Vegan option available, just ask** ♡ (150kcal)

Veggie Sticks ♡ ①

Served with a cucumber, yoghurt and mint dip (30kcal)

2 Grab a main

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

Oven-Baked Fish Bites**

Breaded pollock fish bites served with skin-on chips (439kcal)

10-Veg Tomato Pasta ♡ ② (235kcal)

Spaghetti Bolognese ①

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

Steak Burger

With lettuce and tomato in our 50/50 white and wholemeal bun served with skin-on chips (509kcal)

Oven-Baked Poppin' Chicken

Breaded chicken bites made with 100% chicken breast served with skin-on chips (287kcal)

Chicken Breast

Served with skin-on chips (223kcal)

Margherita Pizza ♡ (376kcal)

4oz* Rump Steak

Served with skin-on chips (305kcal)

Pork Sausages, Mash & Gravy

(344kcal)

Make it veggie, swap to GARDEN GOURMET®

Sensational™ sausages ♡ (279kcal)

Mac & Cheese ♡ ①

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



+ Choose two yummy sides

2 Mini Corn on the Cobs ♡ ① (48kcal)

Baked Beans ♡ ① (41kcal)

Peas ♡ ① (47kcal)

Veggie Sticks ♡ ① (16kcal)

3 Pick a pudding

Strawberry Smash Sundae ♡

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

Vanilla Dairy Ice Cream ♡

With a wafer and sprinkled with chocolate (192kcal)

Strawberry Frozen Yoghurt ♡

With a wafer (128kcal)

Fruit Salad ♡ ②

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

Pancakes ♡ ①

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

Chocolate Brownie ♡

Served with vanilla dairy ice cream (323kcal)

Add a drink

PIP Organic Juice

£2.09

Cloudy Apple, Strawberry & Blackcurrant

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

(77 / 74 kcal)

Fruit Shoot

£1.89

Apple & Blackcurrant or Orange (14kcal)

No added sugar

Capri-Sun Orange

£1.89

(10kcal) *No added sugar*

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. ① 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 5-10-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. 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.