

KIDS' MENU

Beefeater[®]
Since '74



STARTER & MAIN 5.99 OR 6.99 FOR BIGGER YUMS

Choose a Starter

Nachos & Dips (V)

Crunchy tortilla chips served with a pot of freshly chopped tomatoes and a cucumber, mint & yogurt dip (165kcal)

Want to make it vegan? Just ask! (Ve) (150kcal)

Veggie Sticks (V) ①

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

Garlic Bread (V) (202kcal)



GREAT ORMOND STREET
HOSPITAL CHARITY

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

Add a Main



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

Small Tums

Ten-Veg Tomato Pasta (Ve) ② (235kcal)

Pork Sausages, Mash & Gravy (276kcal)
Make it veggie: swap to GARDEN GOURMET® Sensational™ sausages (V) (299kcal)

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 (334kcal)

Grilled Chicken Breast

Served with skin-on chips (236kcal)

Bigger Yums

Rump Steak +1.00

4oz* rump steak served with skin-on chips (318kcal)

Grilled Chicken Breast Burger

Served with skin-on chips (380kcal)

Beef Burger

Served with skin-on chips (526kcal)

Spaghetti Bolognese ① (288kcal)

Margherita Pizza (V) (377kcal)

Oven-Baked Fish Bites** ✓

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

Pick Two Sides

Baked Beans (Ve) ① (41kcal)

Peas (Ve) ① (47kcal)

Mini Salad (Ve) ① (28kcal)

2 Mini Corn On The Cobs (Ve) ① (48kcal)

Swap your Spuds

Skin-on chips (Ve) (110kcal)

Mashed Potato (V) (110kcal)

Any dish served with chips can be swapped to mash, just ask!

Pick a Pudding for +1.49

Berry Blast Sundae* (V)

Frozen strawberry yoghurt, mixed berries, a whip of cream & sprinkles (124kcal)

Fruit Salad (Ve) ②

A selection of pineapple, oranges, apple & red grapes (50kcal)

Vanilla Ice Cream (V)

With a wafer & sprinkled with chocolate (186kcal)

Pancakes (V) ①

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

Chocolate Brownie (V)

Served with vanilla dairy ice cream (320kcal)

Pip Organic Rainbow Fruity Ice Lolly (Ve) (18kcal)

Pip Organic Berry Ice Lolly (Ve) (16kcal)

THE IMPORTANT STUFF

- 100% sustainable fish
- 100% chicken breast • 100% UK and Irish beef
- No genetically modified ingredients

OUR PROMISE

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

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
- We never use artificial colours or flavours*
- To offer a range of no-added-sugar drinks*



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

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 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. (Ve) = suitable for vegans and vegetarians, (V) = suitable for 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 = 1 of your 5 a day. ② = 2 of your 5 a day. 1 of 5 a day is a minimum of 40g of fruit or vegetables, or 150ml pure juice. *Approximate weight uncooked. †May contain fruit stones. **May contain small bones. Meat, fish and poultry dishes may contain bones. 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. Great Ormond Street Hospital Children's Charity. Registered charity no. 1160024