

FESTIVE KIDS' MENU

Beefeater®
Since '74

THREE COURSES 7.95

Available from 9th November - 31st December
Excluding Christmas and Boxing Day



Choose a starter

Pigs In Blankets

With ketchup dip (128 kcal)

Reindeer Food & Dip (V)

A mix of cucumber, carrot and red pepper sticks. Served with a cucumber, mint & yogurt dip (31 kcal)

Nachos & Dips (V)

Served with a pot of freshly chopped tomatoes and a cucumber, mint & yogurt dip (164 kcal)

Christmas Tree Garlic Bread (V)

(232 kcal)

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

Main courses



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

Turkey Dinner 2

Served with all the trimmings (770 kcal)

Festive Rudolf Burger

4oz* beef patty in a 50/50 white and wholemeal bun with crisp lettuce and fresh tomato. Served with chips and a choice of two sides (494 kcal)

Festive Pizza

Served with a choice of two sides (378 kcal)

10 Veg Tomato Pasta (Ve) 2

Tricolore pasta served in our ten veg tomato sauce (235 kcal)

Spaghetti Bolognese 1

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

Mac & Cheese (V) 1

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

Oven-Baked Poppin' Chicken

Breaded chicken bites made with 100% chicken breast served with skinny fries (252 kcal)

4oz* Rump Steak

Served with skinny fries (269 kcal)

Sausage & Mash

Succulent pork sausages with mash and gravy (344 kcal)

Make it veggie: swap to

GARDEN GOURMET®

Sensational™ sausages (V) (279 kcal)

Oven-Baked Fish Bites**

Breaded pollock fish bites served with skinny fries (403 kcal)

Grilled Chicken Breast

Served with skinny fries (187 kcal)

PICK TWO YUMMY SIDES

Veggie Sticks (Ve) 1 (16 kcal)

Baked Beans (Ve) 1 (41 kcal)

Peas (Ve) 1 (47 kcal)

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

Pick a pudding

Santa's Chocolate Brownie (V)

Triple chocolate brownie served with strawberries and a whip of cream (293 kcal)

Santa's Hat Sundae (V)

Vanilla ice cream topped with fresh strawberries and a whip of cream (181 kcal)

Smash The Igloo! (V)

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

Strawberry Smash Sundae (V)

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

Fruit Salad (Ve) 2

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

Strawberry Frozen Yoghurt (V)

Topped with a wafer (129 kcal)

Pancake with Banana & Chocolatey Sauce (V)

Served with banana, chocolate sauce and a whip of cream (164 kcal)

Drinks

Santa's Littler 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 (91 kcal)

PIP Organic Strawberry & Blackcurrant Fruit Juice 2.09

This piptastic juice is made from only the tastiest organic apple, strawberries and blackcurrants, with no nasties (74 kcal)

PIP Organic Cloudy Apple Juice 2.09

This pip-top juice is made from nothing but the juice of 3½ organic apples, pressed and blended to perfection! (77 kcal)

Fruit Shoot Apple & Blackcurrant 1.89

No added sugar (14 kcal)

Fruit Shoot Orange 1.89

No added sugar (14 kcal)

Capri-Sun Orange 1.89

No added sugar (10 kcal)

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*

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. (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 **May contain small bones. Meat, fish and poultry dishes may contain bones. *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 of pure juice. We've provided you with the calorie information for each dish to help you make an informed choice. Children aged 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® is a Reg. Trademark used in agreement with the Trademark owner. Any single main can be enjoyed with a free squash†. Great Ormond Street Hospital Children's Charity is a registered charity no. 1160024.