

KIDS' MENU

Beefeater[®]
Since '74

3 COURSES 6.99



THREE COURSES 6.99

Choose a starter

Veggie Sticks & Dip (V) ①

A mix of cucumber, carrot and red pepper sticks, served with a cucumber, mint & yogurt dip (30 kcal)

Nachos & Dips (V)

Crunchy tortilla chips served with a pot of freshly chopped tomatoes and a cucumber, mint & yogurt dip (164 kcal)

Garlic Flatbread (V) (202 kcal)



GREAT
ORMOND
STREET
HOSPITAL
CHARITY

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

Build your own main



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

10 Veg Tomato Pasta (Ve) ②

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

Rump Steak

4oz* rump steak served with skinny fries (269 kcal)

Margherita Pizza (V)

7-inch margherita pizza (376 kcal)

Spaghetti Bolognese ①

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

Beef Burger

With lettuce and sliced tomato in our 50/50 white and wholemeal bun, served with skinny fries (483 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)

SWAP YOUR SPUDS

Skinny Fries (Ve)

(110 kcal)

Mashed Potato (V)

(110 kcal)

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

Pick a pudding

Strawberry Smash Sundae (V)

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

Fruit Salad (Ve) ②

A bowl of your favourite fruits chopped up and mixed in a bowl (50 kcal)

Strawberry Frozen Yoghurt (V)

Topped with a wafer (128 kcal)

Vanilla Ice Cream (V)

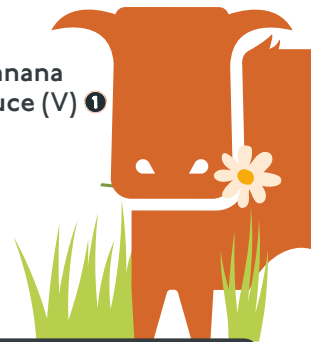
Topped with a crumbled chocolate flake and wafer (192 kcal)

Chocolate Brownie (V)

Warmed brownie served with vanilla ice cream (323 kcal)

Pancakes With Banana & Chocolatey Sauce (V) ①

Served with banana, chocolate flavoured sauce and a whip of cream (252 kcal)



Drinks

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 3 1/2 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 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. Any single main can be enjoyed with a free squash*. Great Ormond Street Hospital. Children's Charity. Registered charity no. 1160024.