

GLUTEN-AVOIDING CHILDREN'S MENU

While we strive to ensure that all ingredients used for this menu are gluten-free, the dishes are made in an environment which contains gluten, so we can't guarantee the complete absence of gluten.

MAINS

SMASHED VEGGIE BURGER 7.0 *vg*

Toasted gluten-free bun, lentil burger, salsa and lettuce. *232 kcal*
+ vegan cheese for 50p *vg 64 kcal*

CRISPY BATTERED FISH GOUJONS 7.0 *200 kcal*

ADD YOUR SIDES TO ANY OF THE ABOVE

One choice from each of the below.

Side One - choose:

mashed potatoes *vg 266 kcal*, chips *vg 323 kcal*, fries *vg 437 kcal* or rice *vg 237 kcal*

Side Two - choose:

beans *vg 39 kcal* or peas *vg 21 kcal*

CHICKEN KORMA 7.0 *683 kcal*

Sliced chicken breast cooked in a creamy coconut sauce,
served with basmati rice and mini poppadoms.

SWEET POTATO & VEGETABLE KORMA 6.5 *v 448 kcal*

Sweet potato and vegetables cooked in a creamy korma sauce,
served with basmati rice and mini poppadoms.

v - vegetarian, vg - vegan

Our allergen information is available on request. Please let your server know if you have any allergies or intolerances. We take steps to minimise the risk of cross-contamination when preparing your food, however, we do not have specific allergen-free zones in our kitchens. It is therefore not possible for us to guarantee separation of all allergens.

DESSERTS

VEGAN FRUIT & NUT FLAPJACK 3.0 *vg*

Fruit & nut flapjack served with chocolate sauce and raspberry ripple ice cream. *332 kcal*

TRIPLE CHOCOLATE BROWNIE SUNDAE 3.0 *v*

Warm triple chocolate brownie topped with vanilla ice cream, mint and chocolate sauce. *341 kcal*

YOGHURT & FRUIT 3.0 *v*

Cornish natural yoghurt with mixed berries, raspberry coulis and mint. *147 kcal*

ICE CREAM 2.0 *v, vg option 212 kcal*

Vanilla *v 135 kcal per scoop*, chocolate *v 177 kcal per scoop*

strawberry *v 160 kcal per scoop*, salted caramel *v 193 kcal per scoop*

banana *v 191 kcal per scoop*, vegan raspberry ripple *vg 106 kcal per scoop*

raspberry sorbet *vg 112 kcal per scoop*

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