

# Menu

KIDS

SOMETHING FOR EVERYONE



Premier Inn  
*Rest easy*



# Menu

KIDS

2 courses  
+ drink £5.50

ADD A THIRD COURSE  
FOR ONLY £2 EXTRA

## STARTERS

### Baked Flatbread with Garlic v

Freshly baked to order (174kcal)

### Veggie Sticks v ①

Cucumber and red pepper sticks, served with a cucumber, mint and yoghurt dip (32kcal)

## MAINS

### Oven Baked Fish Bites\*\*

Breaded pollock fish bites served with chips (439kcal)

### Mac & Cheese v ①

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

### 10-Veg Tomato Pasta ve ②

Tricolore pasta served in our 10-veg tomato sauce (235kcal)

### Margherita Pizza v

7-inch Margherita pizza (376kcal)

### Oven Baked Poppin' Chicken

Breaded chicken bites made with 100% chicken breast, served with chips (287kcal)

### Spaghetti Bolognese ①

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

### Beef Burger

Beef burger with lettuce and sliced tomato in our 50/50 white and wholemeal bun, served with chips (519kcal)

### 4oz\* Sirloin Steak

Served with chips (302kcal)

### Grilled Chicken Breast

Served with chips (223kcal)

## PICK TWO YUMMY SIDES

Peas ve ① (47kcal)

Veggie Sticks ve ① (12kcal)

2 Mini Corn On The Cobs ve ① (48kcal)

Baked Beans ve ① (41kcal)

## DESSERTS

### Vanilla Ice Cream v

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

### Chocolate Brownie v

Warmed brownie served with vanilla ice cream (323kcal)

### Pancakes v ①

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

### Fruit Salad ve ②

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

## DRINKS

PIP Organic Cloudy Apple Juice (77kcal) £1.99

Fruit Shoot (14kcal) No added sugar £1.79  
Apple & Blackcurrant or Orange

Orange Juice (60kcal) £1.35

Apple Juice (68kcal) £1.35

Milk (70kcal) 90p

## THE IMPORTANT STUFF

- 100% responsibly sourced 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\*

v suitable for vegans, ve = suitable for vegetarians. \*Any weights declared are based on an approximate weight of uncooked values. \*\*May contain small bones. Meat, fish and poultry dishes may contain bones. \*All the dishes on the kids' menu meet strict nutrition criteria. ① 1 of your 5 a day, ② 2 of your 5 a day. 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. Menu descriptions may not list every ingredient. 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. **Don't worry, we know there are allergens in our food and drink which 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. 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.**