

# Menu

KIDS

SOMETHING FOR EVERYONE



Premier Inn  
*Rest easy*



For every 3-course meal sold we donate 20p to our partner, GOSH charity

# Menu

## KIDS

2 courses & drink £7.00\*  
Add a third course for £2.00\*

### STARTERS

**Baked Garlic & Parsley Flatbread** **V** (171kcal)

**Veggie Sticks** **1 V**

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

### MAINS

**Oven Baked Fish Bites\*\***

Breaded pollock fish bites served with skin-on chips (517kcal)

**Oven Baked Poppin' Chicken**

Breaded chicken bites made with 100% chicken breast served with skin-on chips (365kcal)

**10-Veg Tomato Pasta** **2 VE**

(235kcal)

**Margherita Pizza** **V**

(377kcal)

**Spaghetti Bolognese** **1**

(288kcal)

**Beef Burger**

With lettuce and tomato in a bun, served with skin-on chips (586kcal)

**Mac & Cheese** **1 V**

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

### PICK TWO YUMMY SIDES

**2 Mini Corn On The Cobs** **1 VE** (48kcal)

**Baked Beans** **1 VE** (41kcal)

**Peas** **1 VE** (47kcal)

**Veggie Sticks** **1 VE** (11kcal)

### DESSERTS

**Vanilla Ice Cream** **V**

With a wafer and sprinkled with chocolate (186kcal)

**Chocolate Brownie** **V**

Served with vanilla ice cream (320kcal)

**Pancakes** **1 V**

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

**Fruit Salad** **2 VE**

A selection of fruit (50kcal)

### DRINKS

**PIP Organic Cloudy Apple Juice** (77kcal) £2.30

**Fruit Shoot No added sugar Apple** £2.10

**& Blackcurrant or Orange** (14kcal)

**Plain Milk** (70kcal) £1.25

### KIDS

- 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



Scan for our Non-Gluten-Containing Ingredients menu.

**V** Suitable for vegetarians. **VE** Suitable for vegans and 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. **\*\***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 your 5 a day = a minimum of 40g of fruit or vegetables, or 150ml pure juice.

**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.** 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.