



Suzie Strawberry

Likes: Being pampered

Dislikes: The dark



Colin Carrot

Likes: Learning

Dislikes: Rabbits



Olly Orange

Likes: Winning

Dislikes: Tight Hugs



Pippa Pepper

Likes: Holidays

Dislikes: Silence



Bertie Banana

Likes: Hanging out

Dislikes: Being rushed



Meet the gang!

### Colin Carrot BURROW SEARCH

#### WHAT DO I DO?

Colin has lost his school satchel! Can you guide him through the underground burrows and help him find it?



Start here



### Bertie Banana

## KNOW YOUR ROOTS



#### WHAT DO I DO?

Do you know how your fruit and vegetables are grown? Link up the fruit and veg to show where they grow.

ONION CARROT APPLE STRAWBERRIES



TREE SOIL PLANT SOIL

## BRING Spud TO LIFE!

#### WHAT DO I DO?

Create your very own potato character. Make sure you draw some eyes, ears nose and a mouth. Give them a name and their likes and dislikes.

Name: \_\_\_\_\_

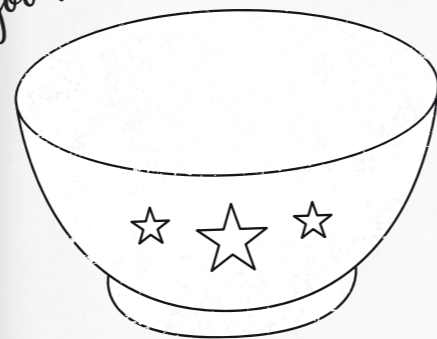


Likes: \_\_\_\_\_

Dislikes: \_\_\_\_\_

## FILL UP THE FRUIT BOWL

Full of goodness!



WHAT DO I DO? Design your own fruit bowl and fill it with as many delicious fruits and vegetables as you can!

### Olly Orange

## 5 MINUTE CHALLENGE

For all the family!



#### WHAT DO I DO?

Complete against your friends and family to score the most points in each 1 minute challenge.

Take it in turns to time and count for each other.

- 1 How many different fruit and vegetables can you name?
- 2 How many vegetables can you name that grow in the ground?
- 3 How many words can you think of that rhyme with 'Grow'?
- 4 How many different green fruit and vegetables can you name?
- 5 How many animals can you name that like to eat fruit and vegetables?

Answers: Know Your Roots - Onion = Soil, Carrot = Soil, Apple = Tree, Strawberry = Plant

BREW038KMP



# KIDS MENU

COLOUR US IN

MEET THE

# BREWERS 5



Colin Carrot

Pippa Pepper

Olly Orange

Suzie Strawberry

Bertie Banana

PACKED FULL OF DELICIOUS DISHES AND GREAT GAMES



At least 1 of your 5 a day in every main

# STARTERS

ADD FOR 79P

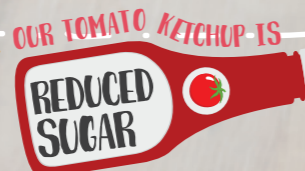
**Veggie Sticks and Dip**  
 48 Kcal  
 Pepper, carrot and cucumber sticks served with yoghurt and cucumber dip

**Chicken Meatballs** 177 Kcal  
 Served with cucumber sticks and BBQ dip

**Garlic Bread** 112 Kcal  
 Served with cucumber sticks

# MAINS

£3.99



## WANT TO SWAP YOUR SIDE? Just ask!

- |                                        |                                             |
|----------------------------------------|---------------------------------------------|
| <b>Baked beans</b><br>51 Kcal          | <b>Mashed potato</b><br>131 Kcal            |
| <b>Veggie sticks</b><br>26 Kcal        | <b>Side salad</b><br>7 Kcal                 |
| <b>Mini corn on the cob</b><br>79 Kcal | <b>Two mini jacket potatoes</b><br>155 Kcal |
| <b>Peas</b><br>47 Kcal                 | <b>Brown rice</b><br>192 Kcal               |
| <b>Garlic bread</b><br>109 Kcal        | <b>Chips</b><br>277 Kcal                    |



All sides ARE SWAPPABLE!

**Chicken Curry** 444 Kcal  
 100% Chicken Breast  
 Chicken, carrots, and peas in a mild curry sauce with brown rice and veggie sticks

**Beef Burger** 697 Kcal  
 100% Beef  
 Beef burger held between our 50/50 white & wholemeal bun. Served with chips and mini corn on the cob

**Hot Dog** 607 Kcal  
 Tasty pork and beef hotdog served with chips and mini corn on the cob

**Bangers 'N' Mash** 401 Kcal  
 Farm Assured Pork  
 Succulent pork sausages with mash, peas and gravy  
 Veggie sausages also available 354 Kcal

**Tomato Pasta & Chicken Meatballs** 525 Kcal  
 Served with garlic bread and veggie sticks  
 Vegetarian option available without the meatballs 359 Kcal

**Chicken Burger** 438 Kcal  
 Half a grilled chicken breast held between our 50/50 white & wholemeal bun with lettuce and mayo. Served with two mini jacket potatoes and baked beans

**Spaghetti Bolognese** 322 Kcal  
 Spaghetti Bolognese including lots of hidden veg and served with garlic bread and veggie sticks

**Kicking Chicken** 490 Kcal  
 100% Chicken Breast  
 Breaded chicken bites made with 100% chicken breast and served with chips and baked beans

**Cod Tastic\*\*** 603 Kcal  
 100% Cod  
 Responsibly sourced breaded cod bites with chips and peas

# PUDDINGS

ADD FOR 79P

**Funny Face Sundae** 196 Kcal  
 Create your own funny face with vanilla ice cream, strawberry lace, chocolate beans, marshmallows and a wafer cone

**Pancakes** 219 Kcal  
 Pancakes with banana slices, strawberries and a chocolate sauce for dipping

**Mini Doughnuts** 218 Kcal  
 Mini doughnuts with chocolate dipping sauce to splat them in and chocolate beans to plop on top!

**Fab & Fruity Salad** 49 Kcal  
 A bowl of your favourite fruits chopped up and mixed in a bowl

**Nice Cream** 203 Kcal  
 Two scoops of vanilla ice cream with your choice of chocolate, raspberry or caramel flavoured sauce

**Strawberry Frozen Yoghurt** 146 Kcal  
 Two scoops of smooth strawberry frozen yoghurt

**Yeo Valley Yoghurt** 127 Kcal  
 Whole milk smooth strawberry yoghurt made with organic strawberries  
 Free from colourings

# DRINKS



Our Fruit Shoot range is recommended by netmums!

**Fruit Shoot Orange or Blackcurrant** - £1.59  
 No artificial colours or flavours. Contains added vitamins

**Fruit Shoot Hydro Apple & Raspberry** - £1.69

**Ballygowan Still Water** - 95p

**Fruit Shoot Apple & Pear Juiced** - £1.59  
 No artificial colours, flavours, preservatives or sweeteners

**Capri Sun** - £1.59  
 Orange juice drink with no artificial colours, preservatives or flavours

**Milk** - 80p

**Innocent Fruit Smoothie** - £1.69  
 1 of your 5 a day with strawberries, blackberries and raspberries

TAP WATER IS FREE FOR ALL THE FAMILY just ask!

All our kids' mains include at least 1 of their 5 a day.  
 Look out for the 1 symbols that tell you how many are in your meal.  
 Our cod is responsibly sourced.  
 We use 100% chicken breast.  
 All our kids' food is free from artificial colourings.

1 = One of your child's five a day 2 = Two of your child's five a day V = Suitable for vegetarians \*\* = May contain small bones.

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. Children should eat at least 5 portions of a variety of fruit & vegetables a day. The amount of food a child needs varies with age, body size & physical activity. As a rough guide, 1 portion is the amount they can fit in the palm of their hand. This menu is available for children aged 12 or under. Menu descriptions may not list every individual ingredient. Images are for illustrative purposes only. Calories stated are based on the average serving size and highest calorie content option. All prices include VAT. All items are subject to availability. Credit card tips will be processed by the payroll department and paid to your server after deduction of Income Tax and National Insurance contributions only. No other deductions will apply. If you have any comments or suggestions our team members will be more than happy to receive them. Alternatively, you are welcome to write to us: Whitbread Group PLC, PO Box 777, Dunstable, Beds LU5 5XG. Tel: 01582 844360 or visit www.brewersfayre.co.uk/contact.html

Hidden veg inside!

LOOK OUT FOR THE SYMBOL

