

## GROWN UP STUFF

we have carefully selected our yummy ingredients especially for your little ones.

Shh... don't tell them some of our dishes contain hidden veg and our Tomato Penne Pasta is packed full of tangy tomatoes. . Any veg we serve is unseasoned; our tomato

sauce is reduced in sugar; and all our kids' food is free from artificial colourings.

From our 100% cod bites to our farm-assured pork sausages, we source wisely, giving parents food they can trust.

Your kids can even swap out a side for a different one of their choice – a great way of getting them to dig in to their meal and

LOOK OUT FOR THE CARROT!

GAMES

SCAN TO PLAY!

Come on down and join Shaun and his farmyard friends for a summer of fun

GRAZERS FOR THE FLOCK

GARLIC BREAD • Served with cucumber sticks. ADD 99p

CHICKEN MEATBALLS

Served with cucumber sticks and BBQ dip. 177 kcal

VEGGIE STICKS 🐠 🖡

Pepper, carrot and cucumber sticks served with a yoghurt & cucumber dip. 48 kcal

# THE MAIN YARD

POPPIN' CHICKEN bites served with chips and beans.

tomato Penne Pasta 💿

Served with garlic bread and veggie sticks.
359 kcal

CHICKEN BURGER alf a grilled chicken breast in a 50/50 white & wholemeal bun, with lettuce and mayo. Served with two mini jacket potatoes and beans.

SPAGHETTI BOLOGNESE Made with beef mince and

served with garlic bread and veggie sticks. 322 kcal

BANGERS AND MASH 3 pork sausages served with mash, peas and gravy. Veggie sausages available.

CHICKEN CURRY Chicken, carrots and peas in a mild curry sauce with brown rice and veggie sticks.

COD BITES\*\*

Responsibly sourced breaded cod bites, serve with chips and peas. 638 kcal

TOMATO PASTA & CHICKEN MEATBALLS Served with garlic bread and veggie sticks.
525 kcal

BEEF BURGER

4oz\* beef burger in a 50/50 white and wholemeal bun served with chips and two mini corn on the cob. 732 kcal



HIDDEN

**湖域社会** netmums

is recommended by netmums!

Our Fruit Shoot range

JUICE DRINKS

Fruit Shoot Apple & Blackcurrant (Contains added vitamins)

Fruit Shoot Orange £1.50 (Contains added vitamins)

Fruit Shoot Juiced £1.70 Apple & Pear 100% naturally sourced ingredients. 50% juice and 50% water

Capri-Sun Orange £1.50

**PURE FRUIT** 

Innocent Smoothies £1.85 Strawberries, Blackberries MADE WITH

SLURP SLURP!

Fruit Shoot Hydro £1.50 Apple & Raspberry

Ballygowan Water



FREE TAP WATER FOR FAMILIES, JUST ASI (We'll even give you glasses!)



£3.99

on Sunday

ROAST DINNERS

rorkshire pudding and all the trimmings.

CHICKEN, BEEF or PORK

Just ask if you'd like to swap your sides. Why not try one of Shaun and the flock's favourites?

Brown rice 192 kcal

Garlic bread 10 109 kcal

Chips V 312 kcal Mashed potato V 131 kcal

Two mini jacket potatoes V 155 kcal **VEGGIE BITS INSTEAD OF CHIPS** 

Veggie sticks V 26 kcal

Mini corn on the cob ▼ **79** kcal

Peas W 747 kcal Side salad V 7 kcal

Baked beans V 751 kcal

ADD £1.25

## FUNNY FACE SUNDAE

Create your own funny face with a strawberry lace, chocolate beans, marshmallows and a wafer cone hat.

MINI DOUGHNUTS

Mini doughnuts with chocolate sauce to dip them in and chocolate beans to pop on top! 218 kcal

MIXED FRUIT SALAD OF

Orange segments, pineapple, red and green apple and grapes. 49 kcal

PANCAKES V

Pancakes served with banana slices, strawberries and chocolate sauce. 219 kcal

STRAWBERRY YOGHURT V 127 kcal

> STRAWBERRY FROZEN YOGHURT V 146 kcal

> > ICE CREAM U

2 scoops of vanilla ice cream served with your choice of raspberry. chocolate or caramel sauce. 203 kcal ^





nin small bones. 🦸 1 of your kid's 5 a day. 🎉 2 of your kid's 5 a day. Contains hidden veg. ^ Based on the highest calorie content. 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.



Finished colouring in already? Ask a member of the team for more Shaun the Sheep colouring in sheets.

