

# KIDS



EMBER INNS

## STARTERS

### GARLIC CIABATTA

With sour cream dip. 229 kcal

### CHICKEN WINGS

With BBQ dipping sauce. 245 kcal

### VEGGIE STICKS

Cucumber & red pepper sticks with tomato salsa. 34 kcal

### HEINZ® TOMATO SOUP

Includes 1 of your 5 a day. 105 kcal

## SMALLER APPETITES

CHOOSE A MAIN MEAL AND TWO SIDES

### GRILLED PORK SAUSAGES

181 kcal

### BIRDS EYE™ CHICKEN DIPPERS

Crispy-coated chicken dippers. 302 kcal

### BIRDS EYE™ FISH FINGERS

172 kcal

### CHEESE & TOMATO PIZZA

228 kcal

### TOMATO PASTA

Penne pasta in a tomato sauce (does not include sides). 238 kcal

#### SIDE 1

### Chips

161 kcal

### Mashed potato

82 kcal

### Rice

247 kcal

### Baby potatoes

91 kcal

#### SIDE 2

### Garden Peas

50 kcal

### Baked beans

52 kcal

### Salad Bowl

13 kcal

## SUNDAY CHILDREN'S MEALS

Available every Sunday, please see Sunday menu for full details. All children's Sunday mains are served with crisp roast potatoes, parsnips, steamed vegetables, Yorkshire pudding and gravy.

**Chicken or Beef Rib (Bone-in beef)**

## DESSERTS

### BELGIAN CHOCOLATE BROWNIE SUNDAE

Cubes of chocolate brownie with vanilla ice cream, chocolate sauce, cream and chocolate sprinkles. 537 kcal

## BUILD YOUR MEAL

**SMALLER APPETITES** 7 years and under

3 COURSES 6.49 2 COURSES 5.49

**LARGER APPETITES** 8 years +

3 COURSES 7.49 2 COURSES 6.49

Please order all courses at the same time for the deal price to apply.

ROBINSONS FRUIT SHOOT®  
£1 WITH CHILDREN'S MEALS



APPLE & RASPBERRY  
OR ORANGE & PASSIONFRUIT J20  
£2 WITH CHILDREN'S MEALS



## LARGER APPETITES

CHOOSE A MAIN MEAL AND ONE SIDE

### GRILLED PORK SAUSAGES

Three grilled pork sausages with garden peas and gravy. 298 kcal

### MILD CHICKEN CURRY

Served with rice (does not include sides). 424 kcal

### CHEESE BURGER

Chargrilled beef burger served in a bun with melted cheese, lettuce and tomato. 213 kcal

### CHICKEN BURGER

Chicken fillet served in a bun with melted cheese, lettuce and tomato. 332 kcal

### BIRDS EYE™ FISH FINGERS

Served with garden peas. 295 kcal

### CHARGRILLED BBQ CHICKEN

Grilled cheesy BBQ chicken breast served with a salad bowl. 258 kcal

### BREADED SCAMPI

Served with garden peas. 208 kcal

#### ADD 1 SIDE

### Baby potatoes

91 kcal

### Chips



161 kcal

### Mashed potato

82 kcal

### Rice

247 kcal

 Made with vegetarian ingredients.  Made with vegan ingredients, however some of our preparation, cooking and serving methods could affect this.

Our food and drinks are prepared in food areas where cross-contamination may occur and our menu descriptions do not include all ingredients. Fish dishes may contain small bones. One of our child's 5-a-day portions is based on a minimum 60g serving. If you have any questions, allergies or intolerances, or require our allergen information, please let us know before ordering. Full nutritional information for all dishes can be found on our website. All items are subject to availability. Prices include VAT at the current rate.