## LITTLE ONES



吾Ember Inns

## STARTERS

## Garlic Ciabatta $V$

With sour cream dip. 280 kcal

## Chicken Wings

With BBQ dipping sauce. 245 kcal
Heinz ${ }^{\text {® }}$ Tomato Soup $V$
Includes 1 of your 5 a day. 105 kcal
UNDER 6s MAINS

Choose a main meal + 1 side and 1 veg or 2 veg
Birds Eye ${ }^{\mathrm{TM}}$ Chicken Dippers
Four crispy-coated chicken dippers. 241 kcal
Birds Eye ${ }^{\mathrm{TM}}$ Fish Fingers
Two fish fingers. 172 kcal
Pork Sausages
Two grilled pork sausages. 181 kcal

## Cheese \& Tomato Pizza

228 kcal
Tomato Pasta Ve
Penne pasta in a tomato sauce
(excludes sides). 238 kcal

## SIDES

Baby Potatoes Ve
91 kcal
Chips $V$
161 kcal
Rice Ve
247 kcal
Mashed Potato $V$
82 kcal

VEG

Salad Bowl ve 14 kcal
Garden Peas Ve 50 kcal
Baked Beans Ve 52 kcal
sunday Mains
CHICKEN OR
BONE-IN BEEF RIB 5.49
Served with crisp roast potatoes, roasted root vegetables, steamed greens,
Yorkshire pudding and gravy.
Chicken 551 kcal | Bone-in Beef Rib 605 kcal
Included in the 2 and 3 course offer. Available every Sunday.

## BUILD YOUR MEAL

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

| UNDER $6 s$ | $6 \&$ OVER |
| :--- | :--- |
| 3 courses 6.49 | 3 courses 7.49 |
| 2 courses 5.49 | 2 courses 6.49 |

## ADD YOUR FAVOURITE DRINK

Fruit Shoot ${ }^{\circledR}+1.00$
$\mathrm{J} 20{ }^{\infty}+2.00$
Apple \& Raspberry or Orange \& Passion Fruit

Fresh tap water is available.
6 \& OVER MAINS

Choose a main meal +1 side

## Chicken Burger

Chicken fillet served in a bun with melted cheese, lettuce and tomato. 329 kcal

## Cheese Burger

Chargrilled beef burger served in a bun with melted cheese, lettuce and tomato. 218 kcal

## Chargrilled BBQ Chicken

Grilled chicken breast topped with BBQ sauce and melted cheese, served with a salad bowl. 251 kcal

## Pork Sausages

Three grilled pork sausages with garden peas and gravy. 315 kcal

## Mild Chicken Curry

Served with rice (excludes sides). 424 kcal

## Breaded Scampi

Served with garden peas. 225 kcal

## Birds Eye ${ }^{\mathrm{TM}}$ Fish Fingers

Three fish fingers served with garden peas. 308 kcal

## Tomato Pasta $V$

Penne pasta in a tomato sauce, served with garlic bread (excludes sides). 448 kcal

## SIDES

| Baby Potatoes Ve | Rice Ve |
| :--- | :--- |
| 91 kcal | 247 kcal |
| Chips $V$ | Mashed Potato V |
| 161 kcal | 82 kcal |

Chips $V$
161 kcal

## DESSERTS

## Belgian Chocolate Brownie Sundae $V$

Cubes of chocolate brownie with vanilla ice cream and Belgian chocolate sauce, topped with fluffy cream. 534 kcal

Vanilla Ice Cream v 550 kcal

Little Jude's Fruit \& Veg Rocket Ice Lolly $V 23 \mathrm{kcal}$

Berry Mess $V$
Crushed meringue pieces, fluffy cream and raspberries in sauce. 124 kcal
$V$ - made with vegetarian ingredients, $V e$ - made with vegan ingredients, however some of our preparation, cooking and serving methods could affect this. If you require more information, please ask your server.
All our allergen information is available online or via our Glass Onion app. It's easy to filter out dishes containing any of the 14 major allergens and is always kept up to date. Our food and drinks are prepared in food areas where cross contamination may occur and our menu descriptions do not include all ingredients. If you have any questions, allergies or intolerances, or need help accessing our allergen information, please let us know before ordering.
All calories are correct at the time of menu print. Live nutrition information is available online. One of your child's 5 -a-day portions is based on a minimum 60 g serving. Fish dishes may contain small bones. All items are subject to availability. $\mathrm{I}^{2 \mathrm{O}^{\circledR}}$ and Robinsons Fruit Shoot ${ }^{\circledR}$ are registered trade marks of Britvic Soft Drinks Ltd. Birds Eye ${ }^{\circledR}$ is a registered trademark of Nomad Foods Europe Limited. Prices include VAT at the current rate.

