

FOOD FOR CHILDREN

A bite-size note for parents

We believe that the earlier you plant the seed that healthy food can be good food, the more your children will enjoy healthy and delicious dishes, so as they grow up, they grow healthy.

We've created a menu full of nutritionally balanced meals and wherever possible they are free from additives and lower in salt and sugar. Our clever chefs have ensured that our dishes include lots of fresh fruit and vegetables so your children will look forward to eating their five a day.

With so many tasty dishes to choose from, we've included the handy icons below to help you with your selection:



Low salt



Omega-3



Additive free



1 of your 5 a day



Vegetarian

A LITTLE BIT HUNGRY all dishes 3.50

HEINZ TOMATO SOUP **V 5**

GARLIC BREAD, WITH OR WITHOUT CHEESE **0 V**

RAW VEGETABLES AND BREADSTICKS WITH DIPS **0 Salt 5 V**

Pepper, carrot & cucumber, hummus & sour cream

NACHOS TOPPED WITH CHEESE, SOUR CREAM, TOMATO SALSA **V**

PLATTER OF MELON **V 5 0 Salt**

BEANS ON TOAST GLAZED WITH CHEESE **V 5**

REALLY HUNGRY all dishes 4.95

MARGHERITA PIZZA WITH FRIES **V**

Choose from 2 toppings - ham, sausage, chorizo, sweetcorn, pineapple, mushroom

GRILLED CHICKEN BREAST ESCALOPE WITH PEAS AND NEW POTATOES OR FRIES **5 Salt**

OVEN BAKED FISH WITH FRIES OR PEAS **3 0**

4 OZ BURGER OR HOT DOG WITH FRIES

CHICKEN AND BROCCOLI PASTA IN CHEESE SAUCE **5 0**

ROOM FOR A TREAT all dishes 2.95

5 CHOCOLATE DELIGHT - MARSHMALLOWS, FRUIT AND DIPPING CHOCOLATE

JELLY AND ICE CREAM

SELECTION OF DOUBLE ICE CREAM

5 BANANA SPLIT SUNDAE

FULL ALLERGEN INFORMATION IS AVAILABLE UPON REQUEST, PLEASE ASK YOUR SERVER

KIDS STAY AND EAT FREE. CHILDREN EAT FREE IF RESIDENT OF THE HOTEL (WILL NEED TO BE 13 OR UNDER AND ACCOMPANIED BY AN ADULT, ADULT WILL NEED TO BUY MAIN COURSE FROM MAIN MENU)

