

# Kids

3 COURSES £7.99  
2 COURSES £6.99

Pick a starter, build your own main  
and then add a pudding

**GREAT  
ORMOND  
STREET  
HOSPITAL  
CHARITY**  
For every 3-course  
meal sold, we donate  
20p to GOSH

**5**  
At least 2 of your 5-a-day  
in every meal when  
served with two sides!



## Starters

**Pigs In Blankets** (184kcal)  
With ketchup dip

**Christmas Tree Garlic Bread** (232kcal)

**Tortilla Chips** (164kcal)  
Served with a cucumber, yoghurt & mint dip  
and diced tomatoes  
Vegan option available, just ask (150kcal)

**Veggie Sticks** (31kcal)  
Served with a cucumber,  
yoghurt & mint dip



## 1 Build your main

**Festive Turkey** (692kcal)  
Served with all the trimmings

**Festive Margherita Pizza** (378kcal)

**Rudolph Burger** (520kcal)  
4oz\* beef burger with sliced tomato  
and lettuce in our 50/50 white  
and wholemeal bun served with  
skin-on chips



**Oven-Baked Fish Bites\*\*** (439kcal)  
Breaded pollock fish bites served  
with skin-on chips

**Spaghetti Bolognese** (288kcal)  
Beef bolognese sauce cooked with  
tomato, onions, carrots and spaghetti

**Pork Sausages, Mash & Gravy** (344kcal)  
Make it veggie, swap to GARDEN  
GOURMET® Sensational™ sausages (279kcal)

**Oven Baked Poppin' Chicken** (287kcal)  
Breaded chicken bites made with  
100% chicken breast, served with  
skin-on chips

**Mac & Cheese** (270kcal)  
With butternut squash and broccoli,  
in a cauliflower cheese sauce

**4oz\* Rump Steak** (305kcal)  
Served with skin-on chips

**Grilled Chicken Breast** (223kcal)  
Served with skin-on chips

**10-Veg Tomato Pasta** (235kcal)

## 2 Pick two yummy sides

**2 Mini Corn On The Cobs** (48kcal)

**Baked Beans** (41kcal)

**Peas** (47kcal)

**Veggie Sticks** (17kcal)

## 3 Swap your spuds

**Skin-on Chips** (146kcal)

**Mash** (110kcal)

**Mini Jacket Potato** (155kcal)

# puddings

## Santa's Chocolate Brownie (293kcal)

Served with fresh strawberries and a whip of cream

## Santa's Hat Sundae (181kcal)

Vanilla dairy ice cream served with fresh strawberries and a whip of cream

## Fruit Salad (50kcal)

A selection of pineapple, oranges, red apple, green apple and red grapes

## Strawberry Smash Sundae (125kcal)

Frozen strawberry yoghurt with meringue, fresh strawberries and a whip of cream

## Vanilla Dairy Ice Cream (192kcal)

With a wafer and sprinkled with chocolate

## Pancakes (252kcal)

With fresh banana, chocolate sauce and a whip of cream

## Smash The Igloo (324kcal)

A white chocolate igloo filled with a sweet chocolate surprise! Smash it with the back of your spoon to reveal what's inside...



# Drinks

## Santa's Little Helper (91 kcal)

Treat your little helper with a candy cane flavoured milkshake! Strawberry and frosted mint syrup mixed with semi-skimmed milk and served with a strawberry and marshmallow Santa's hat

## Fruit Shoot (14 kcal)

Apple & Blackcurrant or Orange  
No added sugar

2.29

## PIP Organic Juice

These PIP-tastic juices are made from only the tastiest organic fruits, providing 1 of your 5-a-day and containing absolutely no nasties.

Choose from Cloudy Apple or Strawberry & Blackcurrant (77 kcal / 74 kcal)

## Capri-Sun Orange (10 kcal)

No added sugar

2.09

1.89

1.89

**We care about all our guests, especially our youngest ones. It's why we've designed our kids' menu with the help of our clever Nutritionist**

### The Important Stuff

- 100% responsibly sourced fish
- 100% chicken breast
- 100% UK and Irish beef
- No genetically modified ingredients

### We promise:

- To provide carefully controlled levels of calories, fat, saturates, sugar and salt<sup>†</sup>
- To meet the nutritional needs of children<sup>†</sup>
- To include 2 of their 5-a-day in all our main meals
- To offer yummy vegetarian options
- To never use artificial colours or flavours<sup>^</sup>
- To offer a range of no-added-sugar drinks<sup>^</sup>

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. Ingredients can occasionally be substituted or changed at short notice so please review the allergy information on the website at the time of your visit and ask your server when you arrive. The calories provided are based on the average serving size for the whole dish or drink as detailed on the menu, unless otherwise stated. We ensure that the calorie information provided is as accurate as possible and correct at time of printing, however some product variation may occur. Ingredients are occasionally substituted or changed which may affect the calorie information. = suitable for vegetarians, = suitable for vegans and vegetarians. Our vegan dishes are made to a vegan recipe but we cannot guarantee that they are suitable for those with MILK or EGG allergies. 1 of your 5-a-day, 2 of your 5-a-day. \*\*May contain small bones. Meat, fish and poultry dishes may contain bones. <sup>^</sup>Approximate weight uncooked <sup>†</sup>All the dishes on the kids menu meet strict nutrition criteria. We have allowed a slightly higher added sugar content for the chocolate brownie dessert, as we know how much kids love these occasional treats. <sup>†</sup>Based on 5-10-year-olds. 1 of 5-a-day = a minimum of 40g of fruit or vegetables, or 150ml pure juice. We've provided you with the calorie information for each dish to help you make an informed choice. Children between 5-10 years old need around 1,800 calories a day. This will vary by age and level of activity, as some children will need less and some will need more. Full nutrition information is available on our website. Calorie information is based on an average serving. Images are for illustrative purposes only. GARDEN GOURMET<sup>®</sup> Reg. Trademark used in agreement with the Trademark owner. Great Ormond Street Hospital Children's Charity. Registered charity no. 1160024. Price promotions excluded from charity donation.