



# YOUNG GUESTS



2 COURSES 6.99 3 COURSES 7.99

We care about all of our guests, especially our youngest ones!  
The calorie, salt and sugar content of all our meals is labelled for you, and all of our main meals can be served with 2 of your 5 a day – look out for the symbols!

## TO START 1.25

**Crunchy Veg Dip Sticks** cucumber, carrot, flatbread, red pepper houmous (163 kcal, 4.3g sugar, 0.63g salt)

**Mini Corn on the Cob** tomato dip (104 kcal, 4.3g sugar, 0.05g salt)

**Garlic Bread** tomato dip (196 kcal, 3.5g sugar, 0.77g salt)

## MAINS 5.99

**Super Veg Pasta** Italian hard cheese, rocket, peas (303 kcal, 9.3g sugar, 0.66g salt)

**Fish Pie** carrots (304 kcal, 10.7g sugar, 1.09g salt)

**Pasta & Beyond Meat® balls** rocket, peas (429 kcal, 9.3g sugar, 1g salt)

**Veggie Lasagne** two sides of your choice (175 kcal, 8.8g sugar, 0.41g salt)

**Hand-Battered Fish** four goujons, two sides of your choice (316 kcal, 3g sugar, 1.91g salt)

**Crispy Chicken** six strips, BBQ dip, two sides of your choice (348 kcal, 9g sugar, 1.77g salt)

**28-Day-Aged Rump Steak** 4oz vine tomatoes, lamb's lettuce, two sides of your choice (192 kcal, 0.9g sugar, 0.16g salt)

**Moules Marinière** two sides of your choice (151 kcal, 1.1g sugar, 1.53g salt)

**Hand-Pressed Beef Burger** brioche bun, BBQ dip, two sides of your choice (375 kcal, 12g sugar, 0.93g salt)

**Crispy Chicken Burger** brioche bun, BBQ dip, two sides of your choice (371 kcal, 12g sugar, 1.48g salt)

**Super Sausages** three sausages, gravy, two sides of your choice (326 kcal, 8.2g sugar, 2.1g salt)

**Plant-Based Super Sausages** three Quorn™ Cumberland sausages, gravy, two sides of your choice (342 kcal, 4g sugar, 2.39g salt)

### Choose from the following sides:



Carrots (42 kcal, 6g sugar, 0.09g salt)

Baked Beans (77 kcal, 5.4g sugar, 0.72g salt)

Sunshine Rice (126 kcal, 3g sugar, 0.25g salt)

Crunchy Veg Sticks (23 kcal, 3.6g sugar, 0.05g salt)

Salad (10 kcal, 1.2g sugar, 0g salt)

Chips (287 kcal, 2.4g sugar, 0.12g salt)

Peas (60 kcal, 6g sugar, 0g salt)

Mini Jacket (93 kcal, 3.3g sugar, 0.15g salt)

Mash (176 kcal, 1.5g sugar, 0.75g salt)

Mini Corn on the Cob (90 kcal, 2.8g sugar, 0.01g salt)

Seasonal Veg (49 kcal, 6.8g sugar, 0.18g salt)

Garlic Bread Fingers (182 kcal, 2g sugar, 0.73g salt)

## ROASTS 5.99 (every Sunday)

roast potatoes, sage & onion stuffing, maple-roast carrot and parsnip, Tenderstem® broccoli, peas, gravy, and Yorkshire pudding (only with meat roasts)

### Choose from:

Sirloin of Beef (630 kcal, 13.1g sugar, 1.6g salt) Turkey Breast (606 kcal, 14g sugar, 2.02g salt) Pork Loin (680 kcal, 13.1g sugar, 1.44g salt)

Woodland Mushroom Bourguignon Wellington (782 kcal, 16.4g sugar, 2.21g salt)

## PUDDINGS 1.75

**Whoops I Made a Mess** frozen strawberry yoghurt, raspberries, meringue, whipped cream, waffle cone (259 kcal, 27.5g sugar, 0.1g salt)

**Goey Chocolate Brownie** vanilla-flavour ice cream, chocolate-flavour sauce (383 kcal, 50.1g sugar, 0.39g salt)

**Fruit Salad** strawberry, pear, peach (78 kcal, 17.2g sugar, 0g salt)

**Apple Crumble** custard (244 kcal, 30.1g sugar, 0.14g salt)  
Vegan option also available (295 kcal, 32.6g sugar, 0.1g salt)

**Ice Cream** two scoops from our selection (kcal shown per scoop):

Vanilla-Flavour (97 kcal, 12.2g sugar, 0.11g salt)

Chocolate-Flavour (99 kcal, 13g sugar, 0.09g salt)

Vanilla & Coconut (113 kcal, 9.1g sugar, 0.02g salt)

Lemon Curd Sorbet (95 kcal, 19.3g sugar, 0.09g salt)

Frozen Strawberry Yoghurt (88 kcal, 15.2g sugar, 0.05g salt)  
with chocolate pencil (22 kcal, 2.3g sugar, 0.01g salt)

and strawberry-flavour sauce (32 kcal, 7.5g sugar, 0g salt)  
or chocolate-flavour sauce (28 kcal, 5.5g sugar, 0g salt)



## DRINKS

All of our drink options contain no added sugar.

**CAWSTON**  
—PRESS—

Made with a simple blend of pressed juice and water, with no added sugar or artificial sweeteners. Choose from:  
Apple & Summer Berries (50 kcal) or Apple & Mango (54 kcal) 1.95

Fruit Shoot No Added Sugar  
Choose from: Blackcurrant & Apple (11 kcal)  
or Orange (17 kcal) 1.95

Milk (137 kcal) 50p

Fruit Juice  
Orange (122 kcal), Apple (133 kcal) or Cranberry (133 kcal)

Free tap water is also available (0 kcal).  
Ask a member of our team for drinks pricing.

Turn over to find fun activities and our terms & conditions.

