

wetherspoon

CHILDREN'S MENU

MAIN MEAL + DRINK + FRUIT

Each meal includes a drink¹ and a banana  105 kcal or a strawberry Bear Yoyo fruit snack  55 kcal.

Each meal is served with at least one portion of your five-a-day.

PIZZA 5.10 each UNDER 500 kcal

Margherita     (wheat) 392 kcal 2.4g salt^A
Mozzarella.

Ham and cheese    (wheat) 420 kcal 3g salt^A
Mozzarella, ham.

 **Hawaiian**    (wheat) 443 kcal 3g salt^A
Mozzarella, ham, pineapple.



SMALLER APPETITES 5.10 each UNDER 500 kcal

 **Tomato & mascarpone pasta**     (durum wheat) 243 kcal 0.3g salt^A
Ten-vegetable tomato sauce, with mascarpone cheese.

 **Spaghetti Bolognese**   (wheat) 288 kcal 0.5g salt^A
100% British beef sauce, vegetables and herbs.



BIGGER APPETITES 5.60 each UNDER 700 kcal

STEP 1 Choose one main:

Grilled chicken breast 206 kcal 1.1g salt^A

Fish     (wheat) 271 kcal 2.5g salt^A
Freshly battered, sustainable fish.

Pork sausages   (wheat) 336 kcal 1.7g salt^A
If chosen with chips and baked beans 725 kcal

Quorn vegan sausages   (wheat) 251 kcal 1g salt^A

Five chicken breast nuggets  (wheat) 155 kcal 0.7g salt^A

Wiltshire cured ham, free-range egg  125 kcal 1.4g salt^A

STEP 2 Choose one vegetable portion:

 **Peas**  55 kcal 0.1g salt^A

 **Heinz no-added-sugar baked beans**  63 kcal 0.4g salt^A

STEP 3 Choose one potato type (or, instead, choose a second vegetable portion above):

Mash   134 kcal 0.7g salt^A

Chips   (wheat) 326 kcal 0.8g salt^A



ALLERGEN AND NUTRITIONAL INFORMATION

This can be found on our menus, customer information screen, website and Wetherspoon app. Use the customer information screen to filter menus by specific dietary requirements, such as:

- Exclude those dishes containing certain allergens.
- See full lists of ingredients.
- Set Calorie and carbohydrate limits.
- List only vegan or vegetarian dishes.

While we have procedures for segregating preparation within meals and drinks, kitchen and bar service may involve shared preparation/cooking areas. If you have any specific food/drinks allergen needs, please inform us when ordering; we will take reasonable steps to prepare your meal safely, although cannot guarantee completely allergen-free environments or products. Our staff cannot offer specific advice or recommendations beyond our published allergen communications.

DRINKS Choose one of the following:

Apple juice 

150ml fruit juice (from concentrate), 70 kcal 17g sugars

Orange juice  150ml fruit juice, 75 kcal 16g sugars

 **Pip organic juice** 

Blackcurrant, raspberry & apple fruity water
200ml, containing 150ml organic fruit juice, 66 kcal 14.4g sugars

 **Pip organic smoothie** 

With cheeky veg, strawberry, banana and purple carrot 180ml, containing 150ml organic fruit juice, 30ml organic veg juice, 88 kcal 19g sugars

Juiced apple & pear 

200ml, containing 100ml fruit juice (from concentrate), 48 kcal 10g sugars

All of our children's drinks above contain no added sugars. Their sugars are found naturally in the fruit.

Strathmore spring water  bottle, 0 kcal

Milk   150ml cup, 75 kcal 7g sugars

TAP WATER IS AVAILABLE



Table service

Use the Wetherspoon app to order and pay from your table.

Available from the App Store and Google Play



ALLERGENS AND DIETARY KEY

Allergen symbols:  Crustaceans  Egg  Fish  Peanuts  Soybeans  Milk (inc. lactose)  Nuts (type of nut)  Celery

 Mustard  Sesame seed  Sulphur dioxide and sulphites  Lupin  Molluscs  Gluten (type of gluten)

Dietary symbols:  Vegetarian  Vegan  5% fat or less  Dish under 500 Calories

 = Extremely hot  = Very hot  = Medium hot  = Mild  = Very mild

WHAT COUNTS AS A CHILD'S VEGETABLE PORTION?

 = Provides one of your five-a-day recommended daily portions.

Pulses and beans count; potatoes don't!

40-60g
cooked fresh,
frozen or
tinned veg