

KIDS MENU.



SOURCE OF PROTEIN

ALL-DAY BREAKFAST

- PEANUT BUTTER BANANA POT** M P N GF **5.50**
full cream yoghurt, sugar-free peanut butter, banana, roasted almonds, honey
- LITTLE SCRAMBLED EGGS ON TOAST** E M GLU **6.00**
free range scrambled eggs, toasted sourdough
- PEANUT BUTTER BANANA TOAST** P GLU **6.00**
sugar-free peanut butter, banana, honey, cinnamon, toasted sourdough

WRAPS

SERVED ON A WHOLEWHEAT WRAP (CONTAINS GLUTEN)

- CHEESY EGG WRAP** E M GLU **5.50**
free range scrambled eggs, white cheddar
- CHEESY CHICKEN WRAP** CE E M GLU **7.50**
chicken, white cheddar, celery & onion mayo
- LITTLE CHICKEN & AVO WRAP** CE E GLU **8.50**
chicken, avo, rosa tomatoes, carrot, greens, celery & onion mayo

BURGERS

- LITTLE BEEF BURGER** E GLU **7.50**
grass-fed beef patty, bun, tomatoes, greens, mayo
- LITTLE CHICKEN BURGER** E M GLU **8.00**
chicken, bun, tomatoes, greens, mayo
- POTATO WEDGES** **3.00**

250ML

SMOOTHIES

- STRAWBERRY STINGER** M **5.00**
strawberries, banana, frozen yoghurt, pressed apple juice
- G-BREEZE** V **5.00**
mango, strawberries, pineapple, vitamin C (500mg), pressed apple juice, dates
- PEANUT BUTTER BERRY** P N V **5.50**
sugar-free peanut butter, blueberries, banana, dates, almond milk, purified water
- PEANUT BUTTER BLISS** M P **6.00**
sugar-free peanut butter, banana, cacao, frozen yoghurt, milk

KIDS LUNCHBOX

7.00

1. CHOOSE 1 BASE

BLACK RICE & QUINOA | **GREENS MIX** | **WRAP** GLU

2. SELECT 1 PROTEIN

chicken | chickpea falafel
grass-fed steak | free range scrambled egg M E

3. SELECT 2 FILLINGS

cucumber | feta M | cashews N
white cheddar M | carrot | almonds N
cherry tomatoes | red pepper | sourdough croutons GLU
cream cheese M | broccoli | crispy onions GLU
sweetcorn | avo | greens

4. SELECT 1 DRESSING

egg mayo E M | BBQ sauce MU | creamy feta dressing M E
red pepper hummus S | lemon oil dressing MU

5. SELECT 1 SIDE

orange | pineapple | full cream yoghurt M
apple | banana | potato wedges

*Any extras at an additional charge.

ALLERGENS

Our kitchen uses ingredients containing the following allergens: cereals with gluten, celery, eggs, fish, crustaceans, molluscs, milk, mustard, peanuts, nuts, sesame, soya, sulphur dioxide and lupin which may accidentally come into contact with your meal. We have strict food safety practices in place to avoid this, but there is a small risk of contact with these allergens.

USE THESE ICONS TO HELP YOU CHOOSE MEAL ITEMS THAT FIT YOUR ALLERGEN REQUIREMENTS

GLU CEREALS WITH GLUTEN | E EGG | P PEANUTS | N TREE NUTS | M MILK | SO SOYA | SU SULPHUR DIOXIDE
CR CRUSTACEANS | MO MOLLUSCS | CE CELERY & CELERIAC | MU MUSTARD | S SESAME | F FISH | LS LUPIN SEEDS & FLOUR

NUTRI KNOW-HOW

GF GLUTEN-FREE | LC LOW CARB <30g carb per serving | V VEGAN