

OUR KIDS MENU

- ★ SUGAR-SMART
- ★ KIDDIES PORTIONS
- ★ IT'S ALL ABOUT THE INGREDIENTS

HEALTHY,
FRESH,
FUN FOOD



ALL-DAY BREAKFAST

- PEANUT BUTTER BANANA POT** M P N GF **5.25**
full cream yoghurt, sugar-free peanut butter, banana, roasted almonds, honey
- LITTLE SCRAMBLED EGGS ON TOAST** E M GLU **5.75**
free range scrambled eggs, toasted sourdough bread
- PEANUT BUTTER BANANA TOAST** P GLU **5.75**
sugar-free peanut butter, banana, honey, cinnamon, toasted sourdough

WRAPS

SERVED ON A WHOLEWHEAT WRAP (CONTAINS GLUTEN)

- CHEESY EGG WRAP** E M GLU **5.25**
free range scrambled eggs, white cheddar
- CHEESY CHICKEN WRAP** CE E M GLU **7.25**
chicken, white cheddar, celery & onion mayo
- LITTLE CHICKEN & AVO WRAP** CE E GLU **7.75**
chicken, avo, rosa tomatoes, carrot, greens, celery & onion mayo

250ml

SMOOTHIES

- STRAWBERRY STINGER** M **4.75**
strawberries, banana, frozen yoghurt, pressed apple juice
- C-BREEZE** V **4.75**
mango, strawberries, pineapple, vitamin C (500mg), pressed apple juice, dates
- PEANUT BUTTER BERRY** P N V **5.25**
sugar-free peanut butter, blueberries, banana, dates, almond milk, purified water
- PEANUT BUTTER BLISS** M P **5.75**
sugar-free peanut butter, banana, cacao, frozen yoghurt, milk

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



GLUTEN-FREE



LOW CARB <30g carb per serving



VEGAN