

the grow healthy club kids' menu



A bite-size note for parents

We understand that your children's health always comes first. With this in mind, we've developed 'The Grow Healthy Club'. We believe that the earlier you plant the seed that healthy food can be good food, the more your children will enjoy healthy and delicious dishes so as they grow up, they grow healthy.

Wherever possible our dishes are free from additives and lower in salt and sugar, plus our clever chefs have ensured they include lots of fresh fruit and

vegetables in such a way that your children will look forward to eating their five a day. We've also sourced where possible organic and sustainable produce so our menu is full of nutritionally balanced meals that are not only good for your children, but taste great too!

With so many tasty dishes to choose from, we've included the handy icons below to help you with your selection:

= 1 OF YOUR 5 A DAY = VEGETARIAN = ADDITIVE FREE = LOW SALT = LOW FAT

A LITTLE BIT HUNGRY ALL DISHES £3.00

CHUNKY DIPPING STICKS
Fresh carrot and cucumber sticks with a houmous dip

TASTY TOMATO SOUP
A traditional creamy tomato soup

CHEESY MACARONI BITES
Macaroni, cheese and pineapple covered in a natural breadcrumb coating

REALLY HUNGRY ALL DISHES £5.00

MILD MEXICAN CHICKEN PARCEL
Chunky chicken and vegetables wrapped in a tortilla parcel with salad or potato wedges

TERRIFIC TOMATO PASTA
Pasta tubes served in a tomato sauce topped with cheese

MAGNIFICO MARGHERITA PIZZA
Topped with tomato sauce, Cheddar and mozzarella cheese, comes with salad or potato wedges

CRISPY CRUMB CHICKEN BITES
British chicken breast bites served with salad, or chips and sweetcorn

FRUITY MANGO CHICKEN CURRY
Chunky chicken breast in a mild mango curry sauce with rice

REALLY HUNGRY ALL DISHES £5.00 (CONTINUED)

SUPER SPAGHETTI BOLOGNESE
Spaghetti and minced beef in a delicious vegetable Bolognese sauce

OODLES OF NOODLES
Chinese style noodles with pineapple and crispy vegetables

FABULOUS FISH 'N' CHIPS
Goujons made from sustainable white fish served with chunky chips, peas and ketchup

ROOM FOR A TREAT? ALL DISHES £3.00

FRESH 'N' FRUITY SALAD
Fresh chunks of apple, orange, kiwi, grapes, melon and pineapple

SQUIDGY CHOCOLATE FUDGE
Warm chocolate fudge cake with vanilla ice cream

DREAMY ICE CREAM
A cool mix of vanilla, chocolate and strawberry ice cream, topped off with caramel sauce and teddy bear wafers

WIBBLY WOBBLY JELLY
A pot of delicious sugar-free strawberry jelly