

We care about the food you and your children eat

We are constantly working with our suppliers and nutritionists to give you clear information to help you make the right food choices for you. We are currently taking part in a trial with the Food Standards Agency. Part of this trial is publishing the calorific content of everything on our menu. You will see our dishes range from low calorie balanced lifestyle choices like pasta and chicken skewers to more indulgent foods like Burgers and ribs. We hope you find the information useful and if you have any comments please pass them onto a member of our team. Thank you and enjoy your meal.

While you wait

Sticks and Dips

Carrot and celery sticks, toasted pitta, houmous, guacamole and salsa for dipping

CALORIES
V 250 4.25

Lentil and Bacon Soup

240 3.25

Chargrilled Chicken Skewer

With sticky chilli sauce

360 4.50

Goblin Mixed Salad

With lemon and honey dressing

180 3.25

Mains

Bangers and Mash

Pork sausages with creamy mash and onion gravy

800 6.95

Greedy Goblin Burger

Chargrilled beef burger and chips

1250 6.95

Add an extra topping...

Bacon

115 0.50

Cheese

65 0.50

Penne and Meatballs

Penne pasta with meatballs in tomato sauce

BALANCED LIFESTYLE CHOICE 580 6.75

Steak Pie and Mash

Chunky pieces of steak and bacon served with creamy mash and onion gravy

685 6.95

Chilli and Rice

Smokey bean and roasted vegetables chilli with rice

V **BALANCED LIFESTYLE CHOICE** 490 6.95

Rack of Ribs

Full rack of slow cooked baby back BBQ pork ribs served with chips

1350 8.25

Spinach and Vegetable Lasagne

Layers of pasta with spinach, courgettes and aubergines served with fresh salad

V 376 6.95

Chargrilled Chicken Skewer

With baked potato and fresh salad

6.95

Choose from one of the following flavours:

Chilli and Maple **415**

Lemon and Honey **390**

BBQ **400**

Little Goblin Meals

All our children's meals are from the ranges of Annabel Karmel MBE, leading expert and author of 15 best selling books on children's food. www.annabelkarmel.com



All meals contain fresh ingredients and vital nutrients for growing children - vitamins, iron and essential fatty acids. These meals taste so delicious, it's hard to believe they are good for you too. Try them yourself, hands off Mum and Dad!

Macaroni Cheese

Served with salad

CALORIES
V 245 4.50

Lasagne

Served with carrots and peas

195 4.50

Cottage Pie

Served with carrots and peas

285 4.50

Pasta in Tomato Sauce

With 5 hidden vegetables

V 80 4.50

Free fresh fruit salad!

With every Little Goblin meal you buy



Extras

Jacket Potato **CALORIES** 230 1.50

Bowl of Fries **CALORIES** 520 1.95

Puddings

Ice Cream Trio

Vanilla, Strawberry and Chocolate ice cream

CALORIES 600 2.95

Fresh Fruit Salad

A melody of seasonal fruits

CALORIES 60 3.25

CALORIES INFO = Calorie count

2000 = Womens recommended daily amount

2500 = Mens recommended daily amount

BALANCED LIFESTYLE CHOICE = Balanced Lifestyle Choice

V = Vegetarian Option

LOGO INFORMATION AND ALL WEIGHTS ARE APPROXIMATE BEFORE COOKING. SOME DISHES MAY CONTAIN NUTS OR NUT DERIVATIVES.