

SMALL APPETITES

ALL £5.50

JOINING US FOR BREAKFAST?

We offer a child's portion of our full breakfast and veggie breakfast (v)

LITTLE PAD THAI (V)

Rice noodles, free range egg, pak choi, baby corn, broccoli, sugar snap peas, beansprouts and sweet chilli 269kcal

MINI BEEF BURGER SLIDERS

With little gem, tomato and mayo 321kcal and a choice of steamed rice 180kcal, fries 178kcal or salad 98kcal

CHICKEN & AVOCADO SALAD

Rich in Vitamin A, E, C, B6, Folate & Potassium
Little gem and roquette lettuce, spinach, sugar snap peas, cherry tomatoes, focaccia croutons and a creamy lemon dressing 388kcal

BUTTERMILK CHICKEN LAKSA

Crispy chicken with Laksa curry sauce, steamed rice and sugar snap peas 455kcal

FISH GOUJONS

With mushy peas, tartare sauce 276kcal and a choice of steamed rice 180kcal, fries 178kcal or salad 98kcal

NOURISH BOWL (VE)

Rich in Vitamin C, Folate & Potassium
Quinoa & buckwheat grains, baby spinach, rocket, edamame beans, tomatoes, broccoli and pomegranate with an orange dressing 214kcal

SWEET TREATS

ALL £1.95

FRESH FRUIT (VE)

Banana and strawberries 92kcal

VANILLA ICE CREAM (V)

With Belgian chocolate sauce 271kcal

POPCORN CHOCOLATE BROWNIE (V)

With vanilla ice cream & salted caramel sauce 431kcal

PEACHES & ICE CREAM (V)

With raspberry sauce 199kcal

UNDER 11s.
USE YOUR COLOURS TO BRIGHTEN UP THIS TASTY BURGER



SUDOKU

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2	3		

WORD SEARCH

W A M I J Y R V S W
W V M C D R I E E J
V O U E S R C I H V
K C S C E E E N C I
E A H R O B B W A T
T D Y E T W U O E A
C O P A A A R R P M
H R E M M R G B A I
U T A W O T E H S N
P U S S T S R G H S

AVOCADO
KETCHUP
TOMATOES
BURGER
MUSHY PEAS
VITAMIN

BROWNIE
PEACHES
RICE
ICE CREAM
STRAWBERRY

ALL·BAR·ONE

Our easy to use allergen guide is available for you to use on the food section of our website or on our Glass Onion app. We keep it online so that it's always as up to date as possible and you can filter out dishes containing any of the 14 major allergens. If you can't access the internet, we will be happy to provide you with the information. Our food and drinks are prepared in food areas where cross contamination may occur and our menu descriptions do not include all ingredients. If you have any questions, allergies, or intolerances, please let us know before ordering. (V) = made with vegetarian ingredients, (VE) = made with vegan ingredients, however some of our preparation, cooking and serving methods could affect this. If you require more information, please ask your server. Fish dishes may contain small bones. Vitamin C, D, A, B12 and Folate contribute to the normal function of the immune system. Potassium contributes to normal functioning of the nervous system. All calories are correct at the time of menu print. Live nutritional information is available online.