

SMALL APPETITES

SUDOKU

ALL £4.95

BREAKFAST

(service times apply)

British pork sausage, smoked streaky bacon, free range egg, baked beans and sourdough toast 480kcal

VEGGIE BREAKFAST (V)

(service times apply)

Meatless Farm™ sausage, beetroot hash, free range egg, baked beans and sourdough toast 414kcal

LITTLE PAD THAI (V)

Rice noodles, free range egg, pak choi, baby corn, broccoli, sugar snap peas, beansprouts and sweet chilli 277kcal

MINI BEEF BURGER SLIDERS

331kcal With a choice of steamed rice 180kcal, fries 178 kcal or salad 98kcal

CHICKEN & AVOCADO BOWL

Little gem lettuce, cherry tomatoes, rainbow carrots, sugar snap peas, spinach, rocket & a creamy lemon dressing 344kcal

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

HONEYCOMB ICE CREAM (V)

With Belgian chocolate sauce 533kcal

DOUBLE CHOCOLATE BROWNIE (V)

With honeycomb ice cream & Belgian chocolate sauce 465kcal

ORANGE SORBET (VE)

With blueberries 136kcal

UNDER 11S.

USE YOUR COLOURS TO BRIGHTEN UP THIS TASTY FOOD FROM AROUND THE WORLD



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WORD SEARCH

O E S D I N N E R N
I C E A L U N C H O
G C T I U R F O O O
T E B R O S B E Z D
B R E A K F A S T L
S R E D I L S G N E
C H I C K E N W E S
T S L P E P P E R S
U I E I N W O R B G
N F X O D A C O V A

AVOCADO
BREAKFAST
BROWNIE
CHICKEN
DINNER
FISH
FRUIT

ICE
LUNCH
NOODLES
PEPPERS
SAUSAGES
SLIDERS
SORBET

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.