

River Cottage

KITCHEN

KIDS' MENU - £6.95

The River Cottage Kids' Menu is packed with lovely veg, organic and free range meats and sustainably sourced fish. Every child receives a free organic hummus with crunchy veg and crackers to begin with and can choose either a glass of organic milk, an organic apple or orange juice fizz (half juice and half fizzy water), or of course water.

Available for children aged up to 8. Baby and toddler portions are available.

KICK IT OFF

A little plate of cured hams and crunchy veg DF
Bread, butter and organic olives V
Beetroot and labneh salad V/N

PICK A MAIN

Roast fish of the day DF/GF
Grilled chicken, organic mayonnaise DF/GF
Herby saddleback sausages, tomato ketchup DF
Butternut squash falafel, organic yoghurt V
Bubble and squeak, purple sprouting broccoli, poached egg V/N

ADD TWO VEGETABLES

New potatoes V/VE/DF/GF
Chips V/VE/DF/GF
Baby gem salad V
Steamed purple sprouting broccoli V/VE/DF/GF
Roast carrots, beets and onions V/VE/DF/GF
Herby, nutty quinoa V/VE/GF/DF/N

PUDDINGS*

Warm chocolate & beetroot cake with chocolate sauce V/N
Rhubarb jelly with vanilla ice cream or natural yoghurt GF
Fresh fruit salad

**Please turn over for guideline nutritional information on our puddings to help you make your choices.*

NUTRITIONAL INFORMATION

Warm chocolate & beetroot cake with
chocolate sauce and natural yoghurt V/N

	4-6 Yrs	7-10 Yrs
Calories	17%	14%
Fat	25%	20%
Sugar	131%	100%

A scoop of ice cream

	4-6 Yrs	7-10 Yrs
Calories	6%	5%
Fat	6%	5%
Sugar	52%	41%

Rhubarb jelly with natural yoghurt G

	4-6 Yrs	7-10 Yrs
Calories	10%	8.59%
Fat	7%	6%
Sugar	73%	58%

Fresh fruit salad

	4-6 Yrs	7-10 Yrs
Calories	14%	11%
Fat	30%	23%
Sugar	68%	54%

(Shown as the percentage of a child's recommended daily allowance.)

We take the health of our customers seriously – especially our youngest. We've been working hard to offer a more healthy and well- balanced children's menu, without compromising on taste and flavour.

- We've increased the quantity of fresh veg and fruit in our childrens' dishes, and serve a minimum of two portions of veg with every child's main meal.
- Drinks with added sugar have been removed from our Kids' Menu.
- We did an audit of our kids' pudding menu and found that calorie counts and sugar levels were higher than we would like, so we have reduced them by 20%. We'll continue our work in this area, reducing sugar further as we come up with delicious new pud ideas.
- We haven't banned treats from our menus! We still offer favourites such as chips, ice cream and chocolate cake because we believe that these can be eaten in moderation, as part of a balanced diet.

For further nutritional information please go to rivercottage.net/restaurants