

River Cottage

HEALTHY KIDS

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.

STARTERS

ORGANIC HUMMUS WITH CRUNCHY VEG STICKS AND CRACKERS

Nutritional Information Typical Values

	Per 100g	Per portion (131g)
Energy (kJ)	503	663
Energy (kcal)	120	159
Fat (g)	8.6	11
Saturates (g)	1.2	1.6
Carbohydrate (g)	9.2	12
Total Sugars (g)	4.7	6.2
Fibre (g)	2.6	3.4
Protein (g)	3.2	4.2
Salt (g)	0.05	0.07

A LITTLE PLATE OF CURED HAMS AND CRUNCHY VEG

Nutritional Information Typical Values

	Per 100g	Per portion (110g)
Energy (kJ)	623	685
Energy (kcal)	149	164
Fat (g)	10	11
Saturates (g)	<0.1	<0.1
Carbohydrate (g)	12	13
Total Sugars (g)	2.4	2.6
Fibre (g)	3.8	4.2
Protein (g)	3.7	4.1
Salt (g)	0.46	0.51

BREAD, BUTTER AND ORGANIC OLIVES

Nutritional Information Typical Values

	Per 100g	Per portion (100g)
Energy (kJ)	953	953
Energy (kcal)	228	228
Fat (g)	13	13
Saturates (g)	6	6
Carbohydrate (g)	25	25
Total Sugars (g)	1.5	1.5
Fibre (g)	1.5	1.5
Protein (g)	4.8	4.8
Salt (g)	1.6	1.6

MAINS

GRILLED CHICKEN, ORGANIC MAYONNAISE

Nutritional Information Typical Values

	Per 100g	Per portion (185g)
Energy (kJ)	1226	2269
Energy (kcal)	295	546
Fat (g)	22	41
Saturates (g)	3.6	6.6
Carbohydrate (g)	<0.5	<0.5
Total Sugars (g)	<0.5	<0.5
Fibre (g)	<0.5	<0.5
Protein (g)	23	42
Salt (g)	0.16	0.29

HERBY SADDLEBACK SAUSAGES, TOMATO KETCHUP

Nutritional Information Typical Values

	Per 100g	Per portion (215g)
Energy (kJ)	878	1887
Energy (kcal)	211	453
Fat (g)	15	32
Saturates (g)	4.9	11
Carbohydrate (g)	2	4.3
Total Sugars (g)	1.9	4.1
Fibre (g)	<0.5	<0.5
Protein (g)	17	36
Salt (g)	0.3	0.64

BUTTERNUT SQUASH FALAFEL, ORGANIC YOGHURT

Nutritional Information Typical Values

	Per 100g	Per portion (180g)
Energy (kJ)	729	1311
Energy (kcal)	175	314
Fat (g)	11	20
Saturates (g)	1.7	3.1
Carbohydrate (g)	14	25
Total Sugars (g)	3	5.4
Fibre (g)	<0.5	<0.5
Protein (g)	6.3	11
Salt (g)	0.17	0.3

BUBBLE AND SQUEAK, PURPLE SPROUTING BROCCOLI, POACHED EGG

Nutritional Information Typical Values

	Per 100g	Per portion (170g)
Energy (kJ)	335	570
Energy (kcal)	79	135
Fat (g)	2.6	4.4
Saturates (g)	0.6	1
Carbohydrate (g)	10	18
Total Sugars (g)	2	3.4
Fibre (g)	1.7	2.8
Protein (g)	3.7	6.3
Salt (g)	0.06	0.1

VEGETABLE SIDES

NEW POTATOES

Nutritional Information Typical Values

	Per 100g	Per portion (105g)
Energy (kJ)	423	444
Energy (kcal)	100	105
Fat (g)	4	4.2
Saturates (g)	2.5	2.6
Carbohydrate (g)	14	15
Total Sugars (g)	1.1	1.1
Fibre (g)	1.7	1.8
Protein (g)	1.7	1.8
Salt (g)	0.06	0.07

CHIPS

Nutritional Information Typical Values

	Per 100g	Per portion (177g)
Energy (kJ)	844	1495
Energy (kcal)	200	354
Fat (g)	6.6	12
Saturates (g)	0.4	0.8
Carbohydrate (g)	34	60
Total Sugars (g)	0.9	1.6
Fibre (g)	3.4	6
Protein (g)	3.6	6.3
Salt (g)	1.1	2

GREEN AND LEAFY SALAD

Nutritional Information Typical Values

	Per 100g	Per portion (150g)
Energy (kJ)	57	86
Energy (kcal)	13	20
Fat (g)	<0.5	0.6
Saturates (g)	<0.1	<0.1
Carbohydrate (g)	1.6	2.4
Total Sugars (g)	1.6	2.4
Fibre (g)	<0.5	<0.5
Protein (g)	1	1.5
Salt (g)	0.02	0.03

PURPLE SPROUTING

Nutritional Information Typical Values

	Per 100g	Per portion (105g)
Energy (kJ)	222	233
Energy (kcal)	54	56
Fat (g)	4.5	4.7
Saturates (g)	2.6	2.7
Carbohydrate (g)	1.3	1.3
Total Sugars (g)	0.9	0.9
Fibre (g)	2.9	3.1
Protein (g)	2	2.1
Salt (g)	0.02	0.02

WILTED SPINACH

Nutritional Information Typical Values

	Per 100g	Per portion (177g)
Energy (kJ)	85	151
Energy (kcal)	20	35
Fat (g)	0.7	1.2
Saturates (g)	0.2	0.3
Carbohydrate (g)	<0.5	<0.5
Total Sugars (g)	<0.5	<0.5
Fibre (g)	1.2	2.1
Protein (g)	3.2	5.6
Salt (g)	1.2	2.1

CARROTS, BEETS AND ONIONS

Nutritional Information Typical Values

	Per 100g	Per portion (60g)
Energy (kJ)	228	137
Energy (kcal)	54	33
Fat (g)	1.9	1.2
Saturates (g)	0.1	<0.1
Carbohydrate (g)	8.4	5
Total Sugars (g)	7.2	4.3
Fibre (g)	1	0.6
Protein (g)	1.4	0.8
Salt (g)	0.1	0.06

NUTTY QUINOA

Nutritional Information Typical Values

	Per 100g	Per portion (65g)
Energy (kJ)	1398	909
Energy (kcal)	332	216
Fat (g)	12	8
Saturates (g)	1.3	0.8
Carbohydrate (g)	45	29
Total Sugars (g)	5.2	3.4
Fibre (g)	5.9	3.8
Protein (g)	14	8.8
Salt (g)	0.12	0.08

PUDDINGS

WARM CHOCOLATE & BEETROOT CAKE WITH CHOCOLATE SAUCE

Nutritional Information Typical Values

	Per 100g	Per portion (44g)
Energy (kJ)	2086	926
Energy (kcal)	498	221
Fat (g)	28	13
Saturates (g)	17	7.7
Carbohydrate (g)	62	27
Total Sugars (g)	51	23
Fibre (g)	2.1	0.9
Protein (g)	3	1.3
Salt (g)	0.35	0.15

RHUBARB JELLY

Percentage of recommended daily allowance

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

FRESH FRUIT SALAD

Percentage of recommended daily allowance

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

VANILLA ICE CREAM SCOOP

Nutritional Information Typical Values

	Per 100g	Per portion (40g)
Energy (kJ)	711	284
Energy (kcal)	169	68
Fat (g)	8.2	3.3
Saturates (g)	5.2	2.1
Carbohydrate (g)	22	8.8
Total Sugars (g)	22	8.8
Fibre (g)	<0.5	<0.5
Protein (g)	3.2	1.3
Salt (g)	0.16	0.06

SERVING OF NATURAL YOGHURT

Nutritional Information Typical Values

	Per 100g	Per portion (25g)
Energy (kJ)	333	83
Energy (kcal)	79	20
Fat (g)	3	0.8
Saturates (g)	1.9	0.5
Carbohydrate (g)	7.8	2
Total Sugars (g)	7.8	2
Fibre (g)	<0.5	<0.5
Protein (g)	5.7	1.4
Salt (g)	0.2	0.05