



## KIDS' MENU

7.95

The River Cottage Kids' Menu is packed with lovely veg, organic & free-range meats and sustainably sourced fish. Choose from either a glass of organic milk, organic apple or orange juice, or of course water.

Available for children up to aged 8.

### KICK IT OFF

Carrot and chickpea hummus with crunchy veg

### PICK A MAIN

Roast fish of the day DF/GF

Herby Saddleback sausages DF/GF

Cauliflower cakes DF/V/VE

### ADD TWO VEGETABLES

New potatoes DF/GF/V/VE

Skin on ripped potato "chips" DF/GF/V/VE

Roast beetroots DF/GF/V/VE

Steamed greens DF/GF/V/VE

### PUDDINGS

Warm chocolate & beetroot cake with chocolate sauce V/N

Vanilla ice cream GF/V

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

## NUTRITIONAL INFORMATION

### Warm chocolate and beetroot cake with chocolate sauce 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%

(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 wellbalanced children's menu, without compromising on taste and flavour.

- We've increased the quantity of fresh veg and fruit in our children's 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.