wetherspoon CHILDREN'S MENU

Choose: Meal + Fruit + Drink

Award-winning children's menu Independently run 'secret diner' survey.

Five-a-day Each meal is served with at least two of your five-a-day. 1 = 1 of your five-a-day 2 = 2 of your five-a-day

Lower-salt options Pick these options for meals under 1.71g of salt.

Calories Meals available under 500 kcal. Desserts available under 110 kcal.

BREAKFAST Served until 12 noon

Under 500 kcal

- **Children's breakfast** 435 kcal, 2.6g salt$^{\Delta}$ 5.99
  Fried egg, bacon, sausage, baked beans, hash brown
- **Children's vegetarian breakfast** V 281 kcal, 1.6g salt$^{\Delta}$ 5.99
  Fried egg, vegan sausage, baked beans, hash brown, tomato
- **Children's beans on toast** V 248 kcal, 1g salt$^{\Delta}$ 3.29
  Buttered toast
- **Children's pancakes** V 245 kcal, 1.1g salt$^{\Delta}$ 5.45
  Strawberries, blueberries

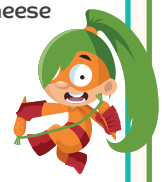
SMALLER APPETITES £5.49 each

Under 400 kcal

- **Tomato cheesy pasta** V 265 kcal, 0.4g salt$^{\Delta}$
  Ten-vegetable tomato sauce, with mascarpone cheese
- **Spaghetti Bolognese** 310 kcal, 0.5g salt$^{\Delta}$
  100% British beef sauce, vegetables and herbs
- **Chilli bean non-carne** Very mild, Vegan 388 kcal, 1.5g salt$^{\Delta}$
  Mexican rice

Jacket potato
Served with cucumber slices and tomato slices.
Choose one filling:
- Baked beans Vegan 307 kcal, 0.7g salt$^{\Delta}$
- Chilli bean non-carne Very mild, Vegan 392 kcal, 1.5g salt$^{\Delta}$

All meals under 1.71g of salt.



PIZZAS £5.49 each

Under 500 kcal

Served with cucumber slices and tomato slices.
- **Margherita** V 417 kcal, 1.9g salt$^{\Delta}$. Mozzarella
- **Ham and cheese** 437 kcal, 2.2g salt$^{\Delta}$
  Mozzarella, ham
- **Mediterranean vegetable** V 453 kcal, 2g salt$^{\Delta}$
  Mozzarella, roasted pepper, courgette, onion
- **Vegan Mediterranean vegetable** Vegan 364 kcal, 1.6g salt$^{\Delta}$ Roasted pepper, courgette, onion

BIGGER APPETITES £6.25 each

Step 1 Choose one main:
- **Crunchy chicken strip burger** Very mild 341 kcal, 1.8g salt$^{\Delta}$
- **Five chicken breast nuggets** 153 kcal, 0.7g salt$^{\Delta}$
- **Five Quorn™ nuggets** Vegan 192 kcal, 1g salt$^{\Delta}$
- **Wiltshire cured ham, fried free-range egg** 136 kcal, 1.1g salt$^{\Delta}$
- **Two pork sausages** 336 kcal, 1.4g salt$^{\Delta}$
- **Two vegan sausages** Vegan 143 kcal, 1.5g salt$^{\Delta}$

Step 2 Choose one vegetable portion:
- Mediterranean vegetables Vegan 36 kcal, 0g salt$^{\Delta}$
  Roasted pepper, courgette, onion
- Cucumber slices and tomato slices Vegan 18 kcal, 0g salt$^{\Delta}$
- Peas Vegan 66 kcal, 0g salt$^{\Delta}$
- Baked beans Vegan 63 kcal, 0.4g salt$^{\Delta}$

Step 3 Choose one potato type:
- Jacket potato Vegan 225 kcal, 0.3g salt$^{\Delta}$
- Chips Vegan 329 kcal, 0.8g salt$^{\Delta}$
- Mash V 140 kcal, 0.6g salt$^{\Delta}$
- or, instead, choose a second vegetable portion above

FRUIT

ALL MEALS ABOVE INCLUDE FRUIT

No added sugars

Choose one of the following:

Strawberry Bear Yoyo fruit snack Vegan 57 kcal, 8.4g sugars; Banana Vegan 110 kcal, 22.8g sugars; Apple bag Vegan 46 kcal, 9.9g sugars

DRINKS

ALL MEALS ABOVE INCLUDE A DRINK

Choose one of the following:

- **Apple juice** Vegan 150ml fruit juice (from concentrate), 70 kcal, 17g sugars
- **Orange juice** Vegan 150ml fruit juice, 75 kcal, 15.4g sugars
- **Pip organic juice** Vegan 66 kcal, 16.8g sugars
  Blackcurrant, raspberry & apple juice with spring water 180ml, containing 150ml organic fruit juice
- **Pip organic smoothie** Vegan 88 kcal, 17.1g sugars
  With cheeky veg, strawberry, banana and purple carrot 180ml, containing 150ml organic fruit juice and 30ml organic veg juice
- **Cawston Press Apple & Pear** Vegan 54 kcal, 12g sugars
  Pressed apple juice, Williams pear purée and still water 200ml, containing 120ml fruit juice
- **Natural mineral water** Vegan 500ml bottle, 0 kcal
- **Milk** V 150ml, 75 kcal, 7.2g sugars

Tap water is available

DESSERTS £1.25 each

Under 110 kcal and 11g sugars

- **Strawberries and blueberries** Vegan
  31 kcal, 5.2g sugars
- **Children's ice cream pot** V 105 kcal, 10.3g sugars
  Vanilla ice cream, raspberry sauce, mini chocolate chips

Table service Scan the QR code on the food menu or note your table number and order at the bar.

DIETARY SYMBOLS
V Vegetarian Vegan Very mild = Very mild

JUN26KIDSV13

wetherspoon SUPERHEROES

Aqua

Superpower:
WATER MAGIC
Mission: To create drinking water awareness to help everyone to stay hydrated.
Top tip: Don't forget to drink water, especially after running around.

Green Guardian

Superpower:
FORCE OF NATURE
Mission: To use the power of earth, wind and fire to look after the planet.
Top tip: Don't be a litter bug.

Ruby Kind

Superpower:
FLYING
Mission: To fly around the world and be kind to everyone who is sad.
Top tip: Treat everyone how you want to be treated.

Gadget

Superpower:
SUPER SMARTS
Mission: To invent new gadgets and solve problems – one puzzle at a time.
Top tip: Try to learn something new every day.

Swift

Superpower:
SUPER SPEED
Mission: To run at the speed of light, helping everyone to enjoy exercise.
Top tip: Exercise doesn't have to be boring – make it fun.

Veggie Avenger

Superpower:
FLOWER POWER
Mission: To help everyone to eat their veggies by making plants grow really quickly.
Top tip: Always eat your five-a-day.

Children's activity sheets and origami available.

100% UK and Irish beef
Traceable from farm to fork.

Free-range eggs
100% of the eggs we use are free range. All shell eggs are certified with the British Lion quality mark and are RSPCA assured, ensuring the highest standards of animal welfare.

Lower-salt options
[Δ]The guideline amount of salt per meal is 1.71g or less.

BREASTFEEDING FRIENDLY

OUT TO LUNCH
Soil Association

Award-winning children's menu
Independently run 'secret diner' survey.

Scan for more information about sourcing this menu's ingredients.

YOUNG LIVES vs CANCER

Over £26 million raised since 2002.

WHAT COUNTS AS A CHILD'S VEGETABLE PORTION?

1 = Provides one of your five-a-day recommended daily portions.
Pulses and beans count; potatoes don't!

40–60g cooked fresh, frozen or tinned veg

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Prices may vary per pub. Specifications may change periodically, and Calories and other nutritional values stated are subject to change. Subject to local licensing restrictions and availability at participating free houses. Illustration is for guidance only. See above/overleaf for symbol explanations. J D Wetherspoon plc reserves the right to withdraw/change offers (without notice), at any time. See website for full details: jdwetherspoon.com. Allergen and nutritional information can be found on the customer information screen, website and Wetherspoon app.

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