# CHILDREN'S MENU

ONE COURSE **7.50** • TWO COURSES **9.95**
THREE COURSES **12.50**

*Served from 12pm - 9pm*

## STARTERS

**Soup of the Day** *(v)* (560 kcal) *Warm bread.*

**Potato Nachos** *(v)* (266 kcal) *Warm nacho cheese sauce.*

**Garlic Flatbread** *(v)* (353 kcal)

**Garlic Flatbread with Cheese** *(v)* (484 kcal)

## MAINS

**Fish & Chips** (638 kcal) *With garden peas.*

**Grilled 4oz Beef Burger** (933 kcal) *Served with fries.*

**Buttermilk Chicken Tenders** (895 kcal)
*Fries, beans and tomato ketchup.*

**Penne Pasta** *(v)* (535 kcal) *Tomato sauce and cheese.*

**Cheese & Tomato Pizza** *(v)* (725 kcal)

## DESSERTS

**Duo of Ice Cream** *(v)* (319 kcal) *Ask for today's choice.*

**Chocolate & Caramel Brownie** (511 kcal) *(v) Vanilla ice cream.*

**Apple & Raspberry Crumble** *(v)* (558 kcal) *Thick custard.*

## ABEL'S SUNDAY ROAST

ONLY **11.50**

*Our Sunday roasts are served with traditional vegetables, roasties, homemade Yorkshire puds and real gravy.*

**Roast Beef** (824 kcal) • **Roast Turkey** (762 kcal)

(NOT INCLUDED IN THE CHILDREN'S OFFER)

*Full allergen information is available on request. Please ask our team for details when ordering for both food and drink. Despite our best efforts, we are unable to guarantee that our dishes are free from allergens. Children need around 1,800 kcal per day. (v) Vegetarian (ve) Vegan / Gluten free options available on request.*