

# wetherspoon CHILDREN'S MENU

MEAL, DRINK AND FRUIT

Each meal includes a drink<sup>1</sup> and a banana 101 kcal or a strawberry Bear Yoyo fruit snack 57 kcal or an apple bag 46 kcal.

Each meal is served with at least two portion of your five-a-day.

## HOW TO ORDER FROM YOUR TABLE

Download the Wetherspoon app **OR** Scan the QR code on the food menu  
Or note your table number and order at the bar.



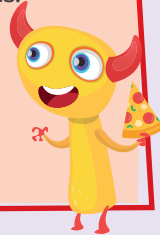
## BREAKFAST Served until 12 noon UNDER 500 kcal

- Children's breakfast** 7.71  
419 kcal 2.5g salt<sup>A</sup>  
Fried egg, bacon, sausage, baked beans, hash brown
- Children's vegetarian breakfast** 7.71  
 313 kcal 1.4g salt<sup>A</sup>  
Fried egg, Quorn sausage, baked beans, hash brown, tomato

## PIZZAS £4.98 each UNDER 500 kcal

All served with cucumber slices and tomato wedges.

- Margherita**  
 408 kcal 2.4g salt<sup>A</sup>  
Mozzarella
- Ham and cheese**  
443 kcal 3.1g salt<sup>A</sup>  
Mozzarella, ham



## SMALLER APPETITES £4.98 each UNDER 400 kcal

- Tomato & mascarpone pasta** 265 kcal 0.4g salt<sup>A</sup>  
Ten-vegetable tomato sauce, with mascarpone cheese
- Spaghetti Bolognese** 310 kcal 0.5g salt<sup>A</sup>  
100% British beef sauce, vegetables and herbs
- Five-bean chilli** 327 kcal 2.2g salt<sup>A</sup>  
Mexican rice
- Jacket potato Choose one filling:**
  - Baked beans 288 kcal 0.8g salt<sup>A</sup>
  - Five-bean chilli 344 kcal 1.7g salt<sup>A</sup>



## WHAT COUNTS AS A CHILD'S VEGETABLE PORTION?

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

40-60g  
cooked fresh,  
frozen or  
finned veg



**Sustainable fish**  
The cod and haddock we serve come from fisheries which have been independently certified to the MSC's standards for well-managed and sustainable fisheries.



**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.



<sup>A</sup>The guideline daily amount (GDA) is 4g of salt for children.

## BIGGER APPETITES £6.08 each UNDER 700 kcal

**STEP 1** Choose one main:

**NEW** **Crunchy chicken strip burger**  
347 kcal, 0.9g salt<sup>A</sup>

**Beef burger** 331 kcal 0.8g salt<sup>A</sup>

**Fish** 285 kcal 2.3g salt<sup>A</sup>  
Freshly battered sustainable fish

**Two pork sausages** 336 kcal 1.8g salt<sup>A</sup>  
If chosen with chips and baked beans 728 kcal

**Two Quorn™ vegan sausages** 232 kcal 1g salt<sup>A</sup>

**Chicken breast nuggets** 149 kcal 0.8g salt<sup>A</sup>

**Wiltshire cured ham, fried free-range egg**  
127 kcal 1.5g salt<sup>A</sup>



**STEP 2** Choose one vegetable portion:

- Cucumber slices and tomato wedges 14 kcal 0g salt<sup>A</sup>
- Peas 65 kcal 0g salt<sup>A</sup>
- Baked beans 63 kcal 0.4g salt<sup>A</sup>

**STEP 3** Choose one potato type  
(or, instead, choose a second vegetable portion above):

- Jacket potato 225 kcal 0.4g salt<sup>A</sup>
- Chips 329 kcal 0.8g salt<sup>A</sup>

## DRINKS Choose one of the following:

**Apple juice** 150ml fruit juice (from concentrate), 70 kcal 17g sugars

**Orange juice** 150ml fruit juice, 75 kcal 15.4g sugars

**Pip organic juice**   
Blackcurrant, raspberry & apple juice with spring water  
180ml, containing 150ml organic fruit juice, 66 kcal 16.8g sugars

**Pip organic smoothie**   
With cheeky veg, strawberry, banana and purple carrot 180ml,  
containing 150ml organic fruit juice, 30ml organic veg juice,  
88 kcal 17.1g sugars

**Juiced apple & pear**   
200ml, containing 100ml fruit juice (from concentrate), 48 kcal 10g sugars

**Brecon Carreg natural mineral water**

500ml bottle, 0 kcal  
**Milk** 150ml cup, 75 kcal 7.2g sugars

Tap water is available



## DESSERTS UNDER 125 kcal and UNDER 16g sugars

**Children's ice cream pot** 121 kcal 0.1g salt<sup>A</sup> 15.6g sugars  
Vanilla ice cream, raspberry sauce, mini chocolate chips

**Strawberries and blueberries**

31 kcal 0g salt<sup>A</sup> 5.2g sugars

£1.11 each

**DIETARY SYMBOLS** Vegetarian Vegan = Very mild

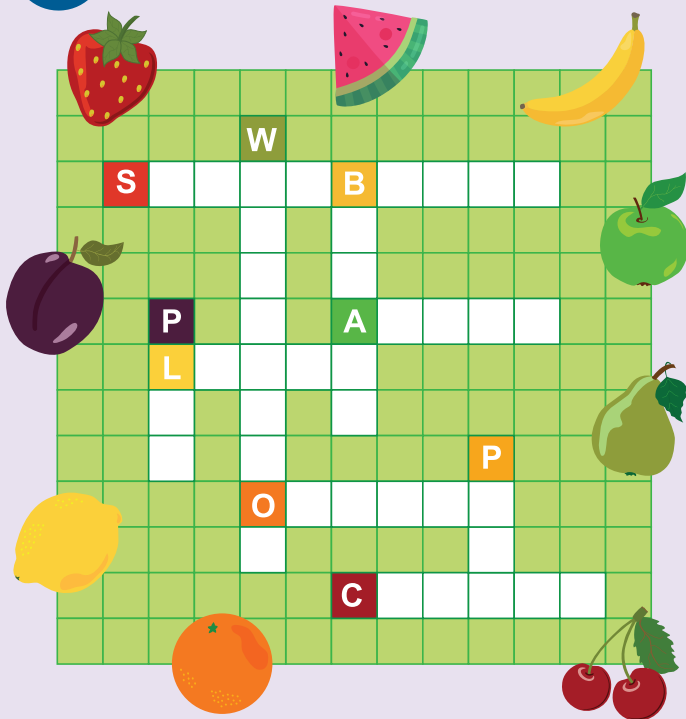
Pricing may vary per pub. Subject to local licensing restrictions and availability at participating free houses. J.D Wetherspoon plc reserves the right to withdraw/change offers (without notice), at any time. See above/overleaf, main menus and customer information screen for allergen information, symbol explanations and additional details of our terms and conditions.

# CHILDREN'S MENU

## DOODLES AND GAMES

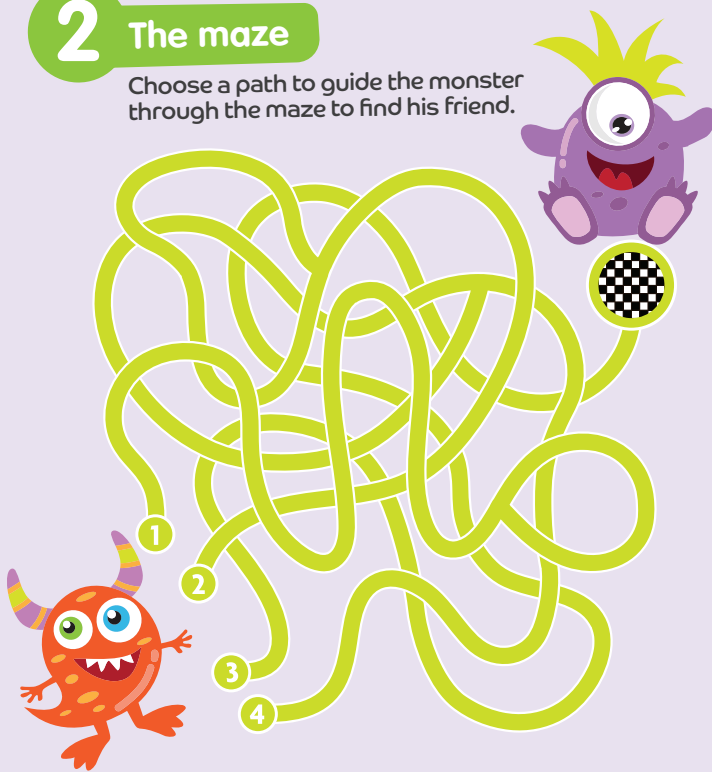
### 1 Crossword

Name the nine fruits.



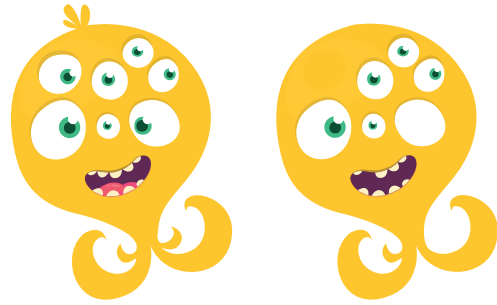
### 2 The maze

Choose a path to guide the monster through the maze to find his friend.



### 3 Spot the difference

There are six differences to find.



Draw your own monster in this frame



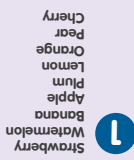
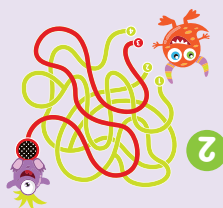
#### ALLERGEN AND NUTRITIONAL INFORMATION

This can be found on our customer information screen, website and Wetherspoon app. Ingredients vary, depending on location, and may have changed since your last visit. Use the customer information screen to filter menus by specific dietary requirements, such as:

- Exclude those dishes containing certain allergens.
- See full lists of ingredients.
- Set Calorie and carbohydrate limits.
- List only vegan or vegetarian dishes.

While we have procedures for segregating preparation within meals and drinks, kitchen and bar service may involve shared preparation/cooking areas. If you have any specific food/drinks allergen needs, please inform us when ordering; we will take reasonable steps to prepare your meal safely, although cannot guarantee completely allergen-free environments or products. Our staff cannot offer specific advice or recommendations beyond our published allergen communications. Swapping items may result in changes to allergens contained in the dish.

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1  
Strawberry  
Watermelon  
Banana  
Apple  
Pumpkin  
Lemon  
Orange  
Pear  
Cherry



Scan for more information about sourcing ingredients for this menu.