

**£8.50 MEAL DEAL**  
Includes a choice of main,  
two sides\*, dessert and a drink.

# GLUTEN-AVOIDING CHILDREN'S MENU

While we strive to ensure that all ingredients used for this menu are gluten-free, the dishes are made in an environment which contains gluten, so we can't guarantee the complete absence of gluten.

## MAINS

### SMASHED VEGGIE BURGER vg

Toasted gluten-free bun, lentil burger, salsa and lettuce. 232 kcal  
+ vegan cheese for 50p vg 64 kcal

### CRISPY BATTERED FISH GOUJONS 200 kcal

## ADD YOUR SIDES TO ANY OF THE ABOVE

#### Side One - choose:

mashed potatoes vg 266 kcal, chips vg 323 kcal, fries vg 437 kcal or rice vg 237 kcal

#### Side Two - choose:

beans vg 39 kcal or peas vg 21 kcal

\*deal includes one choice from each of the above.

### CHICKEN KORMA 683 kcal

Sliced chicken breast cooked in a creamy coconut sauce,  
served with basmati rice and mini poppadoms.

### SWEET POTATO & VEGETABLE KORMA v 448 kcal

Sweet potato and vegetables cooked in a creamy korma sauce,  
served with basmati rice and mini poppadoms.

v - vegetarian / vg - vegan

Our allergen information is available on request. Please let your server know if you have any allergies or intolerances. We take steps to minimise the risk of cross-contamination when preparing your food, however, we do not have specific allergen-free zones in our kitchens. It is therefore not possible for us to guarantee separation of all allergens.

## DESSERTS

### TRIPLE CHOCOLATE BROWNIE SUNDAE v

Warm triple chocolate brownie topped with vanilla ice cream, mint and chocolate sauce. 341 kcal

### YOGHURT & FRUIT v

Cornish natural yoghurt, mixed berries, raspberry coulis and mint. 147 kcal

### ICE CREAM v, vg option 212 kcal

Vanilla v 135 kcal per scoop, chocolate v 177 kcal per scoop

strawberry v 160 kcal per scoop, salted caramel v 193 kcal per scoop

banana v 191 kcal per scoop, vegan raspberry ripple vg 106 kcal per scoop

raspberry sorbet vg 112 kcal per scoop

## DRINKS

### CAWSTON PRESS

Choose Apple & Pear 54 kcal per carton, Apple & Mango 54 kcal per carton  
or Apple & Summer Berries 50 kcal per carton

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