

LITTLE PERSONS MENU

For children under 12

TOMATO SOUP 124 kcal    4.50
bread G

TOASTED PITTA 254 kcal   5.00
cream cheese, houmous & cucumber G/M/SE

WARM GARLIC CHEESY DOUGH BALLS 396 kcal G/M  5.00

SMALL COD & CHIPS 657 kcal G/F  8.00

SAUSAGE, MASH & GRAVY 518 kcal M/C/G/SO/MU 8.00

KIDS MINI CHEESEBURGER, SKINNY FRIES 884 kcal MU/G/E/M/SE/S/SO 8.00

PASTA BOLOGNAISE 246 kcal G 8.00

PASTA TOMATO SAUCE, BASIL & PARMESAN 185 kcal M/G/E   7.00

Choose a side to go with your dish

MIXED VEG 76 kcal M

PEAS 47 kcal S

SWEETCORN 33 kcal

MIXED SALAD 58 kcal MU/SO

ICE CREAM 127 kcal per scoop    4.50
vanilla, chocolate & strawberry M/E/S

MIXED FRUIT JELLY 207 kcal    5.00
vanilla ice cream M/E


CHOCOLATE BROWNIE 584 kcal M/E/S   5.00


Allergen Key

C celery	G gluten
F fish	CR crustaceans
E eggs	MO molluscs
M milk	SE sesame seeds
N nuts	MU mustard
P peanut	SO sulphur dioxide
L lupin	S soya

Please speak with your server if you require vegan or gluten free

We cannot guarantee that any product on this menu is totally free from nuts or nut derivatives. Please ask your server for a full allergen information. The recommended daily calorie intake is 2,000 calories a day for women and 2,500 for men.

 Veggie on request

 Vegan on request

 Gluten free on request



THE GEORGE
COLCHESTER

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