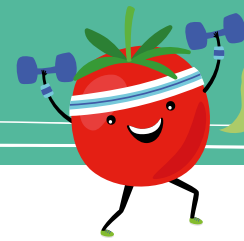


Kids' menu



We love staying active and eating healthily!

COLOUR ME IN!



Holiday Inn
AN IHG HOTEL

Starters

Tomato soup (v) (241kcal) £3.95
Choose from white or brown bloomer, gf bread available

Tortilla chips & BBQ dip (ve) (gf) (491kcal) £3.95

Garlic bread (v) (335kcal) £3.95
Add cheese £1.00 (v) (160kcal)

Houmous & vegetable sticks (ve) (gf) (ls) (107kcal) £3.95

Mains

Pasta & tomato sauce (ve) (gf) (759kcal) £5.95

Sides

Fish fingers (161kcal) £5.95

Choice of one side and one vegetable option

Chicken nuggets (192kcal) £5.95

Choice of one side and one vegetable option

Sausages (gf) (216kcal) £5.95

Choice of one side and one vegetable option

Vegan sausages (ve) (gf) (ls) (147kcal) £5.95

Choice of one side and one vegetable option

Cheeseburger (516kcal) £5.95

Choice of one side and one vegetable option

Mashed potato (v) (gf) (ls) (144kcal)

Fries (ve) (gf) (ls) (317kcal)

Vegetables

Garden peas (ve) (gf) (ls) (38kcal)

Baked beans (ve) (gf) (43kcal)

Sandwiches

Choose from white or brown bloomer.
Served with crisps.

Jam (ve) (353kcal)

£2.95

Vegan cheese (ve) (339kcal) £2.95

Cheese (v) (370kcal)

£2.95

Ham (312kcal)

£2.95

Sweet treats

Banana pancakes

(v) (ls) (441kcal) £3.95

Chocolate sauce, clotted cream
vanilla ice cream

Fresh fruit salad

(ve) (gf) (ls) (69kcal) £3.95

Arctic roll

(v) (ls) (187kcal) £3.95

Raspberry coulis

Ice cream sundae

(v) (gf available) (ls) £3.95

Three scoops of ice cream;

Belgian chocolate (111kcal)

Clotted cream vanilla (107kcal)

Clotted cream strawberry (80kcal)

Complete your sundae with;

Banana (143kcal) OR raspberries (5kcal)

Top with;

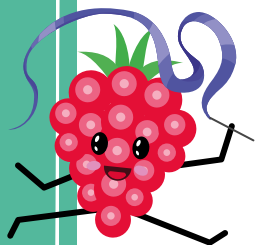
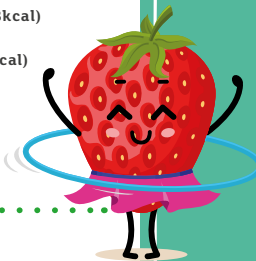
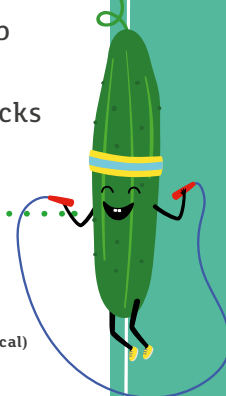
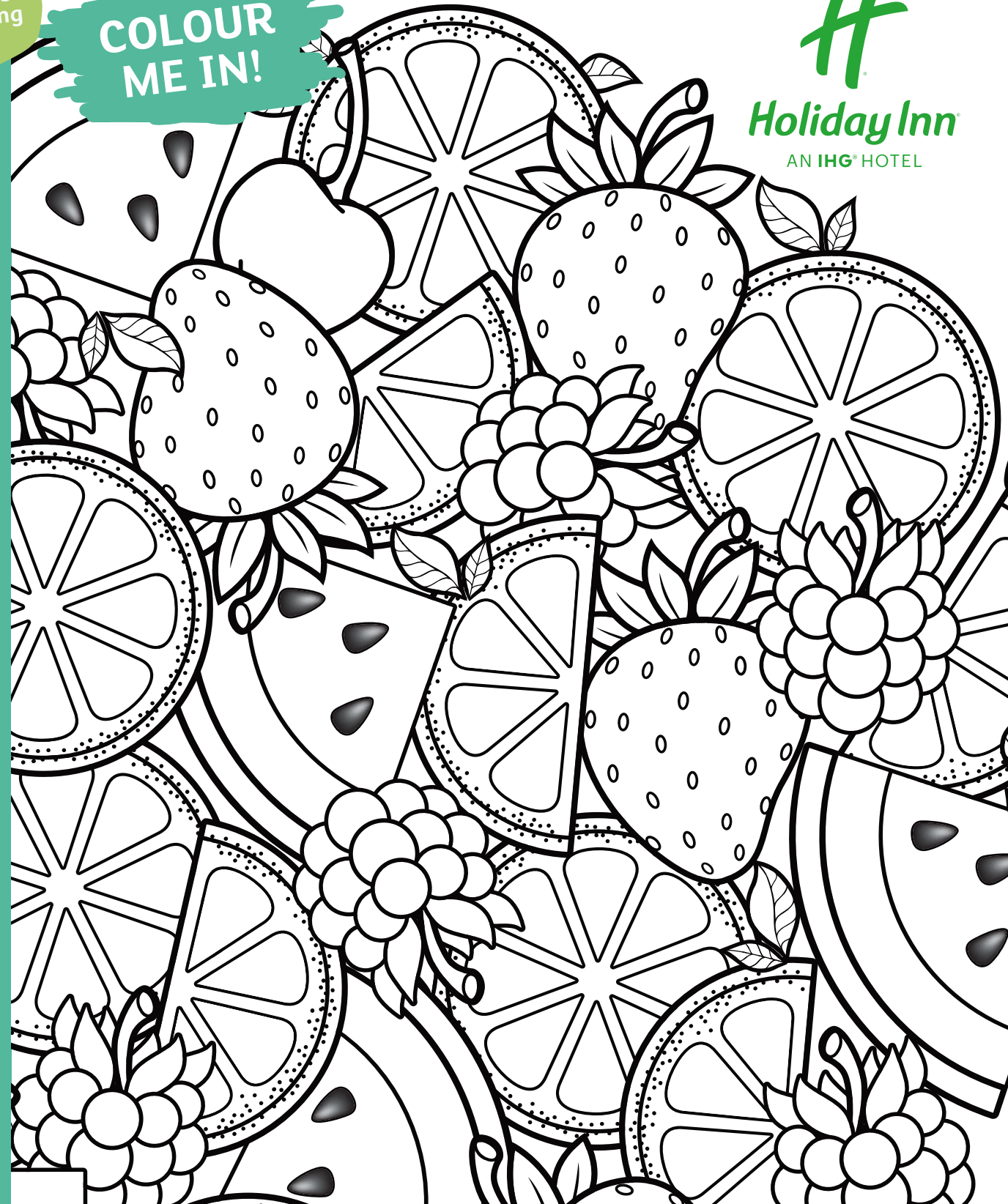
Flake (148kcal) OR crunchie bits (48kcal)

Finish with;

Chocolate (71kcal) OR Biscoff (337kcal) sauce

(v) Suitable for vegetarians (ve) suitable for vegans (gf) gluten free (ls) low salt. Prices include VAT

If you have any dietary requirements or require any information on any of the 14 declarable food allergens then please speak to a member of our team before ordering. Please note that we store, handle and prepare a range of ingredients that contain food allergens and cannot guarantee that our dishes are allergen free due to the potential for cross-contamination (gf) gluten free dishes are produced utilising non-gluten containing ingredients. Prices include VAT. Kids stay and eat free means that children under the age of 13 years can enjoy breakfast free of charge. Lunch and dinner are also free when chosen from the kids' menu and the child is accompanied by at least one adult eating at least one main course. This offer applies to the hotel in which the child's family is staying.



WORD SEARCH

Can you find all of the fruit and vegetables?

B	R	O	C	C	O	L	I
N	W	D	F	A	N	J	B
O	S	V	T	R	I	Q	M
L	I	P	L	R	O	G	H
E	L	E	M	O	N	K	X
M	Q	P	O	T	A	T	O
C	U	C	U	M	B	E	R
E	R	B	A	N	A	N	A

Cucumber | Melon | Broccoli | Banana | Potato |
Lemon | Carrot | Onion

SPOT THE DIFFERENCES

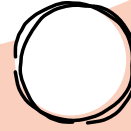
Can you find all 8 differences?



What's small, round and giggles a lot?
A TICKLED ONION

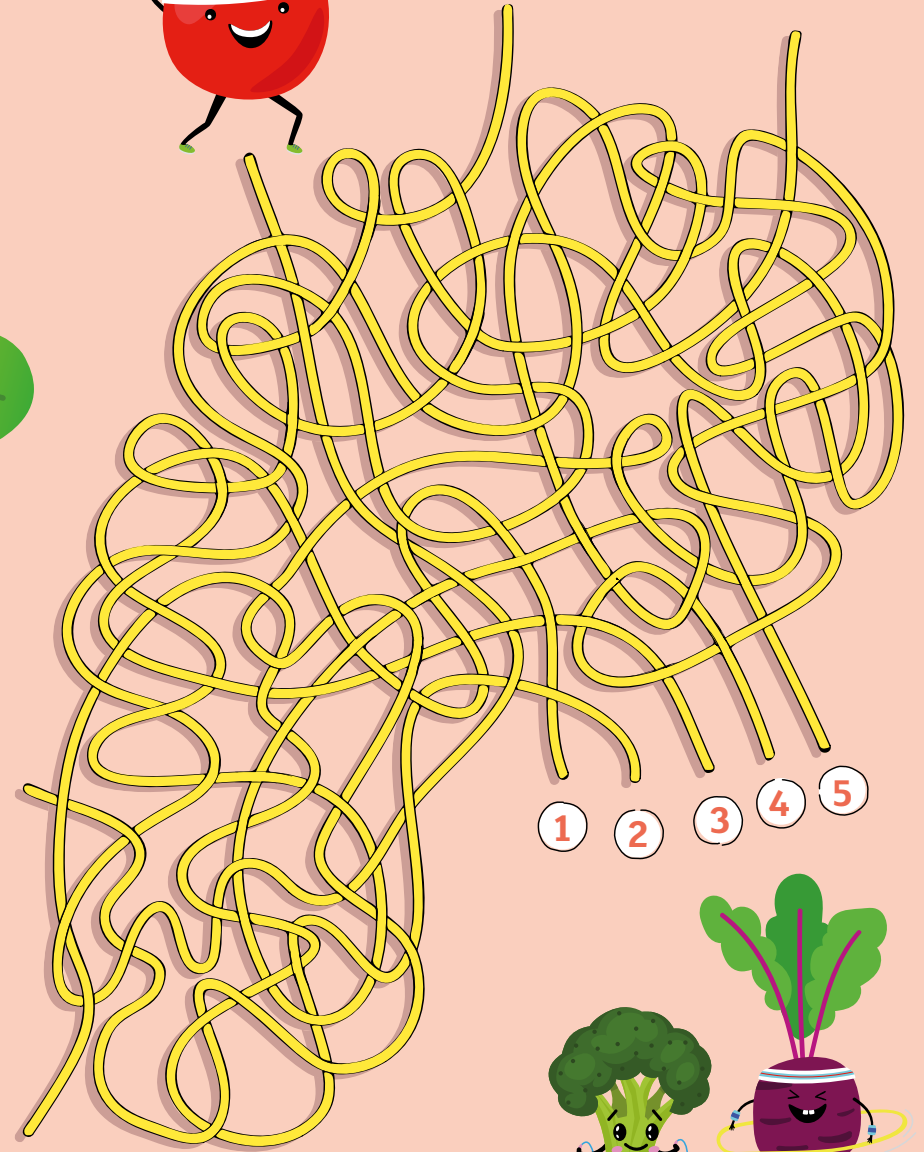
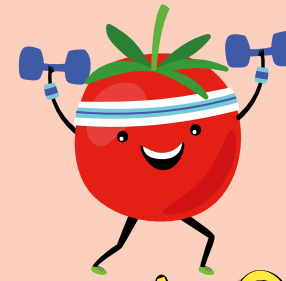
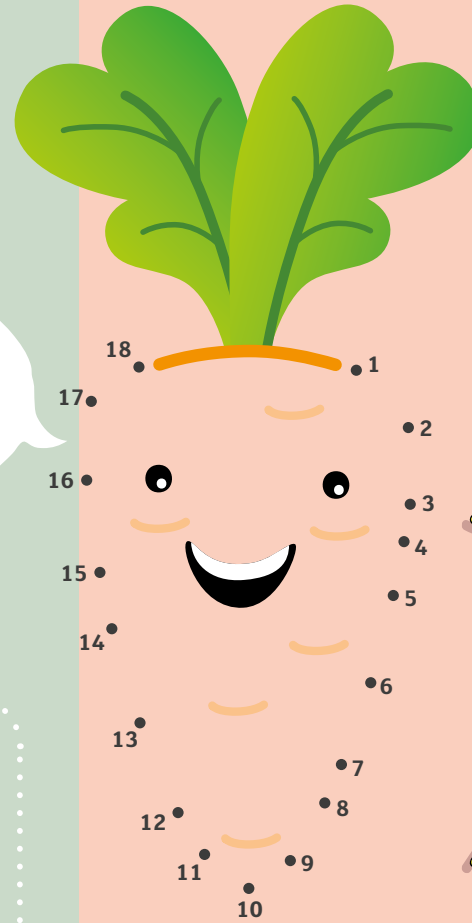


How many fruit & vegetables were in your meal today?



JOIN THE DOTS
Can you see what vegetable appears when joining all of the dots together?

What vegetable am I?
.....



Which route will reunite us with our friend Mr Tomato?



What do you call two rows of vegetables?
A DUAL CABBAGE WAY