

# KIDS MENU

HEALTHY, FRESH,  
FUN FOOD



## ALL-DAY BREAKFAST

<b>NEW KIDS BLUEBERRY OATS POT</b> <span>M</span> <span>N</span> <span>GLU</span>	4.00
rolled oats, blueberries, dates, milk, honey, almonds	
<b>PEANUT BUTTER BANANA POT</b> <span>M</span> <span>P</span> <span>N</span> <span>GF</span>	8.00
full cream yoghurt, sugar-free peanut butter, banana, almonds, honey	
<b>NEW LITTLE SMASH</b>	6.00
toasted sourdough, avo	
<b>PEANUT BUTTER BANANA TOAST</b> <span>P</span> <span>GLU</span>	8.00
sugar-free peanut butter, banana, honey, cinnamon, toasted sourdough	
<b>LITTLE SCRAMBLED EGGS ON TOAST</b> <span>E</span> <span>M</span> <span>GLU</span>	9.00
toasted sourdough, butter, eggs	
<b>NEW KIDS CHEESE TOASTIE</b> <span>E</span> <span>M</span> <span>GLU</span>	8.00
toasted sourdough, cheddar	

## WRAPS

Served on a wholewheat wrap (contains gluten)

<b>CHEESY EGG WRAP</b> <span>E</span> <span>M</span> <span>GLU</span>	10.00
free range scrambled eggs, cheddar	
<b>CHEESY CHICKEN WRAP</b> <span>CE</span> <span>E</span> <span>M</span> <span>GLU</span>	12.00
chicken, cheddar, celery & onion mayo	
<b>LITTLE PRINCESS WRAP</b> <span>CE</span> <span>E</span> <span>GLU</span>	13.00
chicken, avo, rosa tomatoes, carrot, greens, celery & onion mayo	

✨ **LESS SUGAR**  
 ✨ **KIDS PORTIONS**  
 ✨ **HEALTHY, FRESH INGREDIENTS**



250ml

## SMOOTHIES

<b>BANANA SHAKE</b> <span>M</span>	6.00
banana, honey, frozen yoghurt, milk	
<b>COCO SHAKE</b> <span>M</span>	7.00
banana, cacao, frozen yoghurt, honey, milk	
<b>STRAWBERRY STINGER</b> <span>M</span>	7.00
strawberries, banana, frozen yoghurt, pressed apple juice	
<b>C-BREEZE</b> <span>V</span>	7.00
mango, strawberries, pineapple, vitamin C (500mg), pressed apple juice, dates	
<b>GEM</b> <span>M</span> <span>N</span>	7.00
banana, toasted almonds, frozen yoghurt, milk, honey	
<b>PEANUT BUTTER BERRY</b> <span>P</span> <span>N</span> <span>V</span>	7.50
sugar-free peanut butter, blueberries, banana, dates, almond milk, purified water	
<b>PEANUT BUTTER BLISS</b> <span>M</span> <span>P</span>	7.50
sugar-free peanut butter, banana, cacao, frozen yoghurt, milk	

## ALLERGENS

Our kitchen uses ingredients containing the following allergens: cereals with gluten, celery, eggs, fish, crustaceans, molluscs, milk, mustard, peanuts, nuts, sesame, soya, sulphur dioxide and lupin which may accidentally come into contact with your meal. We have strict food safety practices in place to avoid this, but there is a small risk of contact with these allergens.

USE THESE ICONS  
TO HELP YOU CHOOSE  
MEAL ITEMS THAT  
FIT YOUR ALLERGEN  
REQUIREMENTS

**GLU**  
CEREALS  
WITH GLUTEN

**E**  
EGG

**P**  
PEANUTS

**N**  
TREE NUTS

**M**  
MILK

**SO**  
SOYA

**SU**  
SULPHUR  
DIOXIDE

**CR**  
CRUSTACEANS

**MO**  
MOLLUSCS

**CE**  
CELERY &  
CELERIAC

**MU**  
MUSTARD

**S**  
SESAME

**F**  
FISH

**LS**  
LUPIN SEEDS  
& FLOUR

## NUTRI KNOW-HOW

**GF** GLUTEN-FREE
**LC** LOW CARB <30g carb per serving
**V** VEGAN