

# THE MAIN EVENT

**SWAP OUT YOUR BROCCOLI AND PETIT POIS FOR SKIN-ON FRIES AND BAKED BEANS. UPGRADE TO SWEET POTATO FRIES FOR £1.**

## FISH FINGERS 4.95

Delicious flakes of fish in a golden crumb, served with tenderstem broccoli and petit pois.

## BANGERS 4.50

Tasty Cumberland sausages, served with tenderstem broccoli and petit pois.

## BEEF OR CHICKEN BURGER 4.50

100% beef or chicken burger, served with tenderstem broccoli and petit pois.

## CHEESE AND TOMATO FLATBREAD PIZZA (V) 3.95

Light, crisp dough base topped with cheese and tomato sauce.

## SUNSHINE CHICKEN SALAD (GF) 4.95

Mixed salad leaves with roasted butternut squash, grated carrot, and cucumber in a light citrus dressing. Topped with slices of chicken breast.

## KATSU CHICKEN CURRY 4.50

Breaded chicken on a bed of jasmine rice with a creamy katsu sauce.

## MAC AND 'CHEESE' (VG) 4.95

Plant-based butternut squash mac and 'cheese'.

## HIDDEN VEGGIE PASTA (V) 4.95

Pasta in a rich tomato sauce, packed full of hidden veggies, topped with cheese.

## TERIYAKI SALMON BOWL (GF) 5.25

Salmon fillet topped with a teriyaki sauce on a bed of jasmine rice with steamed tenderstem broccoli, carrot and cucumber.

(V) Contains no meat or fish. (GF) Gluten Free. (VG) Contains no animal products.

If you have any food allergies or intolerances, please let your server know before ordering. Whilst we make every effort to control cross-contamination, our ingredients are manufactured and our dishes are prepared in environments where allergens are present. We cannot therefore guarantee that any item on our menu is allergen-free. Please check the allergen information each time you visit our restaurant as we may update our recipes. Please ask your server for details. Please be aware that whilst the ingredients used within our vegetarian and vegan meals are suitable for these diets, the dishes are prepared and cooked in the same kitchen as the rest of the dishes on our menu and therefore we cannot guarantee that they do not contain traces of animal products.



## YUMMY PUDS

### STRAWBERRY AND BANANA LOLLIPOPS (VG) (GF) 1.95

Fresh fruit skewers with yummy chocolate dipping sauce.

### CHOC BROWNIE (V) (GF) 2.50

With melting chocolate sauce and vanilla ice cream.

### TROPICAL FRUIT ICE LOLLY (V) 1.95

100% organic and no added sugars.

### ICE CREAM (V) (GF) 1.95

Two delicious scoops of ice cream. Choose from chocolate, strawberry, vanilla or vegan vanilla (VG)



FOR ALLERGEN INFO AT YOUR FINGERTIPS PLEASE SCAN THE QR CODE.

# DELICIOUS DRINKS

## WHOLE MILK 1.25

## FRUIT JUICE 1.95

Orange / Apple / Cranberry / Pineapple

## FRUIT SHOOT No added sugar 1.95

Apple and Blackcurrant / Orange

## FRUIT SHOOT HYDRO No added sugar 1.95

Blackcurrant

## FRUIT SHOOT JUICED No added sugar 1.95

Strawberry & Raspberry



FRUIT SHOOT IS RECOMMENDED BY NETMUMS

UPGRADE YOUR MEAL DEAL DELICIOUS DRINK TO A SUNSHINE SMOOTHIE FOR £1

## SUNSHINE SMOOTHIES

### STRAWBERRY SPLIT (VG) (GF) 2.25

A luscious mix of strawberries and banana blended with apple juice.

### PASH 'N' SHOOT (VG) (GF) 2.25

A delicious tropical concoction of passion fruit, pineapple and mango, blended with apple juice.

### PINEAPPLE PUNCH (VG) (GF) 2.25

A perfect mix of pineapple, mango, kiwi and strawberry, blended with apple juice.

### COCO LOCO (VG) (GF) 2.25

Go crazy with a deliciously tropical cocktail of coconut, pineapple and mango with a dash of mint and lime, blended with apple juice.



WIFI WAHOO FREE WIFI!