

The Grow Healthy Club Kids' Menu



A bite-size note for parents

We understand that your children's health always comes first. With this in mind, we've developed 'The Grow Healthy Club'. We believe that the earlier you plant the seed that healthy food can be good food, the more your children will enjoy healthy and delicious dishes, so as they grow up, they grow healthy.

We've created a menu full of nutritionally balanced meals and wherever possible they are free from additives and lower in salt and sugar.

Our fish is MSC approved Alaskan Pollock fish fillet and sustainably sourced, our beef is organic. Plus our clever chefs have ensured that our dishes include lots of fresh fruit and vegetables so your children will look forward to eating their five a day.

With so many tasty dishes to choose from, we've included the handy icons below to help you with your selection:

- Organic
- 1 of your 5 a day
- Vegetarian
- Additive free
- Low salt
- Omega-3

A little bit hungry All dishes 2.95

Tremendously tasty tomato soup

Creamy tomato soup to slurp

Really cheesy garlic bread

Crunchy slices of toasted garlic bread with delicious melted mozzarella

Really hungry All dishes 4.95

Terrific tomato pasta

Favourite pasta tubes and yummy tomato sauce topped with Cheddar cheese

Magnifico margherita pizza

Pizza topped with tomato sauce, Cheddar cheese with chips

Crispy chicken dippers

Oven-baked chicken dippers made from 100% chicken breast with chips and mixed vegetables

Mega fish fingers

100% fish fillet fingers (full to bursting with Omega-3), chips and tomato ketchup

Bangers and mash

Cumberland sausage, mash potato and gravy

Room for a treat All dishes 2.95

Double ice cream

Two scoops of your all-time favourite flavours, choose from sumptuous strawberry, cool chocolate or vanilla

Funky fruit salad

Diced seasonal fresh fruit

Super treats All dishes 2.50

Not included in the Kids Eat Free

Cookie monster

Chocolate cookie bits, vanilla ice cream and chocolate sauce

Big mess

Crushed meringue, fruit of the forest sauce, Greek yoghurt and whipped cream

Thirst quenchers

Fruit Shoot My-5

Real juice with a splash of water. Choose from; Orange and Pineapple, Apple and Pear or Apple and Blackcurrant

1.95

Glass of chilled milk

95p

(v) No meat or fish. (24) Available 24 hours. *Approximate uncooked weight.

Kids Eat Free Programme. Children under the age of 13 years are offered free dinner taken from a children's menu, when accompanied by at least one adult taking at least one main course from a full priced main restaurant menu. The meal offers apply only to the hotel in which the family is staying and during the normal hours of food provision.

A tray charge of £3.00 will be added to your bill. Food allergies and food intolerance: We welcome enquiries from customers who wish to know whether any meals contain particular ingredients.

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IN-ROOM DINING

ABERDEEN

ANGUS

BEEF

BURGER

COLESLAW

GLAZED

APPLE

TART

ROAST
SALMON

GA
MIMION
STEAK

SKINNY
FRIES

CAESAR
SALAD

STICKY BEEF SALAD



IN-ROOM DINING

Please ask about our extensive range of beers, wines, spirits and hot and cold soft drinks. This menu is available in your room from 10am-11pm. Items marked (24) are available 24 hours a day. Please contact in-room dining to place your order.

To graze

Smokin' jalapeño cheese bites (v) (s)	3.95
Honey glazed chicken wings (s)	4.25
Honey and mustard sausages (s)	3.95
Half rack of barbecue pork ribs	5.95
Coriander houmous, grilled pitta strips (v) (s)	3.95

Off the grill

Aberdeen Angus beef burger 6oz*
Our delicious gourmet burgers are served in a toasted brioche roll with crisp lettuce, tomato, mayo and skinny fries on the side



Aberdeen Angus beef burger 6oz* (s)	12.45
Classic (s) Monterey Jack cheese and grilled back bacon	13.45
Deli (s) Salami, Emmental Swiss cheese, mustard sauce	13.45
BBQ (s) Sweet caramelised onions, Monterey Jack cheese and BBQ sauce	13.45
Double up! Add another beef patty for just £2.00	
Chargrilled chicken breast burger (s)	12.45
Falafel burger and minted yoghurt (v) (s)	12.45
Gammon steak and egg (s) Grilled 6oz* gammon steak, fried egg and chunky chips	10.95

From the garden

Sticky beef salad Honey soy glazed Sirloin, bean sprouts on a crunchy oriental salad	12.95
Roast salmon and couscous (24) Flakes of roast salmon, vegetable couscous, sunblush tomatoes and rocket leaves	11.95
Caesar salad (v) (s) Cos leaves, Caesar dressing, hard-boiled egg, garlic ciabatta strips Add a topping:	9.95
Grilled British chicken breast	2.00
Grilled salmon fillet	3.00

From the kitchen

Today's soup (v) (s) (24) Crusty bread	5.50
Hunter's chicken (s) Chicken breast topped with BBQ sauce, bacon and Monterey Jack cheese, chunky chips and coleslaw	13.45
Fish and chips (s) Sustainably sourced hake fillet in crispy golden batter, chunky chips, mushy peas and tartar sauce	12.95
Beef or vegetable lasagne (v) (s) Oven-baked lasagne with mixed salad and garlic ciabatta	10.95
Stonebaked pizza Choose your topping:	
Mozzarella, sunblush tomatoes, cherry tomatoes and rocket leaves (v)	9.95
Pepperoni, red onion and peppers	10.95
Punjab chicken tikka masala (s) (24) Tender chicken breast slow cooked in a spicy masala sauce. Basmati rice, poppadums and mango chutney	11.95
Spicy king prawn noodles Stir-fried vegetables, egg noodles in a soy and chilli sauce	12.95

From the deli

Wiltshire ham, sweet mustard pickle in a baguette (24)	5.75
Prawn, avocado and cos lettuce in a tortilla wrap (24)	5.95
Cheddar cheese, tomato and salad on white or brown bloomer (v) (24)	5.75
Chicken, chipotle mayonnaise, cos lettuce in a baguette (24)	5.95
Classic club Grilled chicken breast, back bacon, egg, mayonnaise, tomato and salad on toasted white or brown bloomer with skinny fries	9.95
Steak baguette Chargrilled British sirloin steak 4oz* with sweet caramelised onions, and skinny fries Ask for gluten-free bread	10.95

Sides

All at 2.50 each
Garlic and coriander naan bread (v)
Garlic ciabatta (v) Add cheese 50p
Onion rings (v)
Sweet potato fries (v)
House salad (v) (24)
Skinny fries (v)

Treats

Cookies and cream (s) Freshly baked chocolate cookie, vanilla ice cream and chocolate sauce	4.95
Eton mess (s) Traditional English dessert, crushed meringue, seasonal berries with Greek yoghurt and whipped cream	4.95
Chocolate brownie (s) (24) Chunky chocolate brownie layered with a chocolate sauce and vanilla ice cream	4.95
Glazed apple tart Crisp pastry case filled with English apples, custard or vanilla ice cream	4.95
Cornish country ice cream (s) (24) Selection of ice cream, vanilla, strawberry or chocolate	3.95

Bakery treats

All at **2.00** each

Carrot cake (24)
Caramel shortcake (24)
Lemon drizzle (24)

Classic cream tea

All butter scones with jam and clotted cream served with pot of tea or coffee **6.95**