

# MAINS

## LITTLE LEAGUE

Choose your dish and two sides.

### REAL FISH FINGERS 223 KCAL

Breaded MSC certified Omega 3 rich fish fingers

### CHICKEN BURGER 176 KCAL

Grilled farm assured chicken breast with lettuce, mayo and tomato served in a toasted bun

### HAMBURGER 343 KCAL

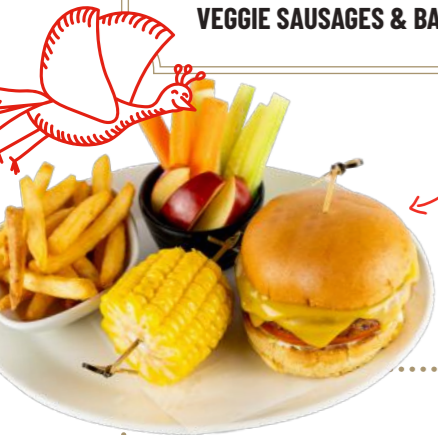
Red Tractor Certified British beef burger with tomato served in a toasted bun

### BONELESS BITES 176 KCAL

Crispy, golden chicken bites

### VEGGIE SAUSAGES & BAKED BEANS POT **NEW** 325 KCAL

£5.25



Veggie sausages



Free baby food available!

Please speak to a team member for more details.

## MAJOR LEAGUE

Choose your dish and two sides.

### HEINZ BEANZ BURGER **NEW** 441 KCAL

A nutritionally rich plant based burger packed with all of the goodness of beans, mushrooms & tomatoes. Served in a vegan bun with lettuce, vegan mayo, vegan cheese and tomato

### CRISPY CHICKEN TENDERS 465 KCAL

Breaded fried chicken

### BACON CHEESEBURGER 374 KCAL

Red Tractor Certified British beef burger with American sliced cheese, bacon, lettuce, mayo and tomato served in a toasted bun

### FRIDAYS® HOTDOG 314 KCAL

American style pork hotdog, served in a toasted bun  
Add cheese 109 KCAL

### HALLOUMI STICKS **NEW** 382 KCAL

Fried halloumi with cucumber yoghurt

£6.75

Chicken tenders



Please inform your server of any allergies or intolerances before you order. Unfortunately it is not possible to guarantee that any product is 100% free from any allergen due to the risk of cross contamination in our busy kitchens and bars.

# MAINS

## SIDE 1

Choose from:



### HOUSE FRIES 208 KCAL

### VEGETABLE WHOLEGRAIN RICE 146 KCAL

### SWEET POTATO FRIES 146 KCAL

## SIDE 2

Choose from:

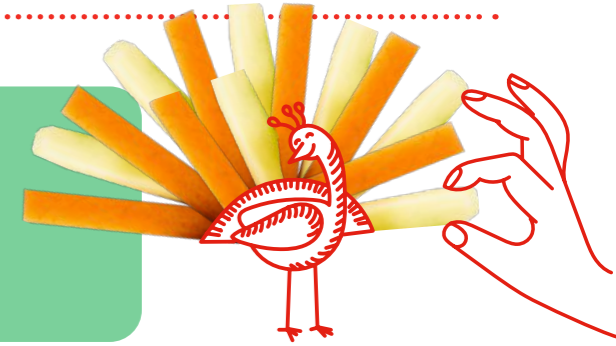
### SLAW 43 KCAL

### CORN WHEELS 28 KCAL

### BROCCOLI FLORETS 26 KCAL


### HEINZ BAKED BEANS 20 KCAL

All our dishes come with tasty sticks of apple, cucumber and carrot. (24 KCAL)  
One of their five-a-day!



## A LEAGUE OF THEIR OWN

### TOMATO TUBES 389 KCAL

Penne pasta with a tasty tomato sauce  
Add cheese  55 KCAL

4.50

### CHICKEN WRAP 413 KCAL

Chargrilled farm assured chicken served with mixed peppers, tortilla wraps, spicy guacamole, cheese and cucumber yogurt

5.75

### VEGAN MEATBALLS **NEW** 248 KCAL

Plant based meatballs, tossed in fresh tomato sauce served with either penne pasta 149 KCAL or Tilda Kids vegetable wholegrain rice 146 KCAL

5.75

How many times can you spot Fred the Fridays® Peacock?

Chicken wrap



 Vegetarian  Vegan

# DESSERTS

## CREATE YOUR OWN SUNDAE

1. Choose from:

**VANILLA ICE CREAM**  107 KCAL

**FROZEN YOGURT**  74 KCAL

£3

2. Choose your sauce:

**CHOCOLATE**  87 KCAL

**STRAWBERRY**  37 KCAL

**CARAMEL**  88 KCAL

3. Choose up to 3 toppings:

**WHITE CHOCOLATE BUTTONS**  81 KCAL

**OREO® PIECES**  72 KCAL

**STRAWBERRIES**  8 KCAL

**HARIBO SWEETS** 51 KCAL

**BANANA**  17 KCAL

**MINI MARSHMALLOWS** 32 KCAL

**BERRIES**  15 KCAL

**BROWNIE PIECES**  60 KCAL

## THE REST

**CHILLY BILLY** 1.50

**ICE LOLLY**  39 KCAL

Choose from:  
Blackcurrant  
or Orange

**FRESH FRUIT** 2.50

**SUNDAE**  105 KCAL

Frozen orange sorbet  
served with fresh fruit

**DONUTS**  **NEW** 234 KCAL 2.50

Four mini donuts  
Choose from:  
Chocolate sauce 87 KCAL  
or Strawberry sauce 37 KCAL



## DRINKS



**NEW**

**FIZZY FRUIT COOLERS**

Our new refreshing range  
of fruity coolers.

**STRAWBERRY COOLER** 51 KCAL

**PINEAPPLE FLIP** 29 KCAL

**BLUEBERRY BLAST** 30 KCAL

**PASSIONFRUIT PUNCH** 81 KCAL

1.80

**FRUIT SHOOT**

No added sugar and  
made from real fruit.

**ORANGE** 10 KCAL

**APPLE & BLACKCURRANT** 10 KCAL

**CAPRI SUN SQUASH** **NEW**

No added sugar.

**ORANGE** 4 KCAL

**APPLE & BLACKCURRANT** 4 KCAL

1.50

1.20

**JUICE**

**ORANGE** 62 KCAL

**APPLE** 68 KCAL

**PINEAPPLE** 80 KCAL

1.50

**MILK**

**PLAIN** 72 KCAL

**CHOCOLATE** 115 KCAL

**STRAWBERRY** 73 KCAL

1.50

Just ask for free tap water!



Vegetarian



Vegan



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# FRIDAYS KIDS

