

# just for kids

If you have an allergy or intolerance, please speak to a team member before you order your food or drink. For full allergen information please visit our website.

## SUPER STARTERS £1

**GARLIC CIABATTA (Ve)** 113 kcal.

**HOUMOUS & FLATBREAD (Ve)**  
With pomegranate seeds, cucumber batons and flatbread 263 kcal.

## MAGNIFICENT MAINS £5.50

### BANGERS & MASH

Pork sausages with mashed potato and baked beans 614 kcal.  
**(V)** with veggie sausages 431 kcal.  
**(Ve)\*** option available 472 kcal.

### FISH FINGERS

100% fish fillet fingers. Served with chunky chips and garden peas 505 kcal.

### CRISPY CHICKEN DIPPERS

Farm assured crispy Chicken Dippers.  
With chunky chips and baked beans 584 kcal.

### CHEESEBURGER

Grilled beef burger with a cheesy slice.  
With chunky chips and baked beans 688 kcal.

### VEGGIE BURGER (V)\*

Grilled plant-based burger with a cheesy slice.  
With chunky chips and baked beans 689 kcal.  
**(Ve)\*** option available 647 kcal.

## SWEET TREATS £2

### FRESH FRUIT SALAD (Ve)

Chunks of pineapple, strawberries, raspberries and apple 68 kcal.

### CHOCOLATE BROWNIE (V)

With vanilla pod ice cream 380 kcal.

### ICE CREAM SUNDAE (V)

Two scoops of vanilla pod ice cream topped with chocolate sauce and a sugar curl wafer 245 kcal.  
**(Ve)** option available 182 kcal.



Allergen advice: Due to the way our food is prepared it is not possible to guarantee the absence of allergens in our meals and we do not make a "free from" claim. Our allergen information only states allergens if they are an ingredient of a product. We do not include 'May contain' information.

Our menu descriptions do not include all ingredients. Please speak to a member of staff should you have any concerns. Full allergen information is available at the bar or visit [signature@marstons.co.uk](mailto:signature@marstons.co.uk). (V)/(Ve) Suitable for vegetarians and vegans or vegetarian/vegan option available.

(V)\*/(Ve)\* We cannot guarantee that our vegetarian and vegan dishes have been cooked in dedicated vegetarian/vegan fryers. Please ask a member of staff for more information. We regret that we cannot guarantee that our fish, chicken, beef and pork dishes do not contain bones.

Calorie counts are for guidance only and are based on the complete dish/drink as listed on the menu, excluding any additional seasoning or sauces that may be added by the guest. Portion sizes may vary from the quantity on which the calculations have been based, therefore values may not be identical to those served in a particular pub.

# grow your own garden

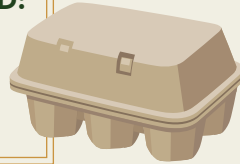
An exciting new world awaits in your garden, have fun learning new ways to grow vegetables and plants.

## magic shoots

Grow a mini vegetable or flower garden from an egg box to watch it grow day by day.

### WHAT YOU WILL NEED:

- An old egg box
- Seedling compost
- A garden tray
- Seeds of your choice



### STEP 1:

Choose a plant you'd like to grow. Choose from growing pretty wildflowers, that attract bees and butterflies such as daisies, or microgreens as salad to put in a sandwich!



### STEP 2:

Fill an egg box with seedling compost. Sow your seeds in the box as per the instructions on the seed pack.



### STEP 3:

Place your egg box garden into a shallow plant tray to stop the water from seeping out through the cardboard.



### STEP 4:

Water the seedlings. Place on a windowsill that receives the most sunlight.



### STEP 5:

Wait for the seedlings to emerge!

## activities

Decorate these pots and colour in the plants...



Draw your own plants in these pots...

