# Main NGCI MENU

The meals on this menu are made with ingredients which do not intentionally contain gluten. However, we handle gluten-containing ingredients in our kitchens so we cannot guarantee our dishes are 100% gluten-free. Please ensure you make your server aware when ordering from this menu.

# STARTERS

Loaded Potato Dippers With cheese & bacon. Served with reduced-fat soured cream (428kcal)	4.89
Classic Prawn Cocktail**	5.99
Served with non-gluten-containing bloomer bread (368kcal)	

### MAINS

<ul> <li>8oz* Rump</li> <li>British &amp; Irish rump steak served with grilled tomato, peas, skin-on chips or mixed salad (653kcal for chips or 418kcal for salad)</li> <li>8oz* Sirloin</li> <li>British &amp; Irish sirloin steak served with grilled tomato, peas, skin-on chips or mixed salad (653kcal for chips or 418kcal for salad)</li> </ul>	13.69 15.19
Smothered Chicken Topped with bacon, cheese & smoky BBQ sauce. Served with skin-on chips, coleslaw & a salad garnish (731kcal) O Upgrade to double-smothered chicken for 3.49 (+312kcal)	11.69
Chicken Tikka Curry Served with white rice (534kcal) <b>7oz* Gammon Steak</b> With skin-on chips, peas, grilled tomato (661kca & your choice of fried eggs (+216kcal), grilled pineapple rings (+44kcal) or one of each (+130kca	
Fresh Mixed Salad ♥ A mix of cos lettuce, cherry tomatoes, red peppers, cucumber & sweetcorn (98kca O Add a grilled chicken breast for 2.49 O Add your choice of dressing:	

French Dressing ♥ (+66kcal)

Marie Rose Dressing **(**+98kcal)

#### Tomato Soup Ø bloomer bread (291kcal)

4 89

Served with non-gluten-containing

Vegan option available just ask! (199kcal)

## BURGERS

All our burgers are served in a non-glutencontaining brioche bun with skin-on chips & coleslaw, unless otherwise stated. Swap your bun for a fresh mixed salad. (-125kcal)

<b>Big Stack Burger</b> Two 1/4lb* steak burgers, Cheddar, lettuce, gherkin, red onion & burger sauce (1,231kcal)	13.59
Spicy Grilled Chicken Burger Grilled chicken breast with tomato, lettuce, red onion & spicy mayo (809kcal)	13.59
<b>BURGER UPGRADES</b> <b>O</b> + 1/4lb* steak burger (+ 214kcal) <b>O</b> + streaky bacon x2 (+ 63kcal) <b>O</b> + cheese slice <b>O</b> (+ 83kcal)	1.99 99p+ 49p

### SINES

Mixed Side Salad ♥ (42kcal)	2.99
Skin-on Chips V (277kcal)	2.99
Coleslaw 🛛 (154kcal)	1.79

# DESSERTS

### Ice Cream Sundae with Cadbury® Dairy Milk Caramel Nibbles Ø Cadbury® Dairy Milk Caramel Nibbles,

chocolate & caramel sauces and a chocolate flake (509kcal)



#### Mixed Berries Cheesecake<sup>¥</sup> 5.99 Baked New York-style cheesecake, topped with mixed berries. Served with vanila ice cream (613kcal) 5 19 Fruit Salad V (106kcal)

#### Adults need around 2,000kcal a day.

Adults need around 2,000kcal a day. Don't worry, we know there are allergens in our food that we need to tell you about, so please let your server know if you have a specific allergy or would like more information. Ingredients can occasionally be substituted or changed at short notice so please review the allergy information on the website at the time of your visit and ask your server when you arrive. Sustable for vegetarians. If suitable for vegans and vegetarians. Our vegan dishes are made to a vegan recipe, but we cannot guarantee that they are suitable for those with MILK or EGG allergies. "Approximate weight uncooked. \*\*May contain small bones or shell. Fish, meat and poultry dishes may contain bones. Whay contain fruit stones. If of your 5 a day, "O 2 of your 5 a day, a of 5 a day = a minimum of 40g of fruit or vegetables, on 150m lpure juice. We ve provided you with the calorie information for each dish to help you make an informed choice. The calories provided are based on the average serving size for the whole dish as detailed on the menu, unless otherwise stated. We ensure that the calorie information provided is as accurate as possible and correct at time of printing, however some product variation may occur. Ingredients are occasionally substituted or changed which may affect the calorie information. Heade on 5-10 year-olds. Children between 5-10 years old need around 1,800kcal a day. This will vary by age and level of activity, as some children will need less and some will need more. All the dishes on the kids menu meet strict nutrition criteria. We have allowed a slightly higher added sugar content for the choclable brown wuch kids love these occasionally substituted or our website. Cadbury<sup>#</sup> is a registered trademark of Mondeliz International used under licence. All subject to availability. Creat Ormond Street Hospital Children's Charity. Registered charity no. 1160024. Price promotions exclude for the dono.



# Kids' NGCI MENU 2-COURSE MEAL DEAL







**Grilled Chicken Breast** Served with skin-on chips (236kcal)

#### Tortilla Chips 🛛

Served with cucumber, yoghurt & mint dip & diced tomatoes (163kcal) Vegan option available, just ask! (150kcal)



#### **Grilled Chicken** Breast Burger Served in a nongluten-containing burger bun with skin-

on chips (412kcal)

#### Veggie Sticks 🔇 🕕

Served with a cucumber, yoghurt & mint dip (28kcal)

> **Beef Burger** Served in a nongluten-containing burger bun with skinon chips (548kcal)

Swap your Skin-on Chips ♥ (158kcal) for Mash ♥ (110kcal)



2 Mini Corn On The Cobs V (48kcal)

Baked Beans V (41kcal)



#### Berry Blast Sundae<sup>\*</sup> 🕐

Frozen strawberry yoghurt, mixed berries, a whip of cream & sprinkle (125kcal)

Vanilla Ice Cream 🕅 Topped with a crumbled chocolate flake (139kcal)

Fruit Salad V 🕐 (50kcal)

Peas V ① (47kcal)

Mini Salad V (28kcal)

**Pip Organic Rainbow** Fruity Ice Lolly ♥ (18kcal)

**Pip Organic Berry** Ice Lolly ♥ (16kcal)

We care about all our guests, especially our youngest ones. It's why we've designed our kids' menu with the help of our clever nutritionist

#### The Important Stuff

- · 100% responsibly-sourced fish
- 100% chicken breast
- 100% UK and Irish beef
- · No genetically-modified
- ingredients
- We promise:
  - To provide carefully controlled levels of calories, fat, saturates, sugar & salt #
- · To meet the nutritional needs of children
- To include 2 of their 5-a-day in all our main meals
- · To offer yummy vegetarian options
- · To never use artificial colours or flavours
- · To offer a range of no-added -sugar drink <sup>:</sup>
- Sunday ROAST NGCI Served every Sunday 12-6pm

#### Choose from our 3 succulent meats. Can't decide? Why not have all 3? (1,105kcal)

Beef Sourced from British & Irish farms (1175kcal) Turkey Succulent & tender (1,031kcal)

Gammon Roasted until golden (1,108kcal)

Gammon (541kcal)

All our roasts are served with crispy roast potatoes, stuffing, a selection of vegetables & gravy, unless otherwise stated.



#### Choose from our 3 delicious meats:

Beef (585kcal)

Served with roast potatoes, a selection of vegetables & gravy.

Turkey (489kcal)



