

JAMIE'S ITALIAN

# KIDS' MENU

AVAILABLE IN TWO SIZES - LITTLE KIDS FROM £6.50 & BIG KIDS FROM £6.95  
ALL SERVED WITH A FRESH SHAKE-ME SALAD & A DRINK OF YOUR CHOICE

## ORGANIC MINI SPAGHETTI & MEATBALLS 2

Lower Hurst Farm beef meatballs with Jamie's organic seven-veg tomato sauce, our homemade spaghetti & a sprinkle of Parmesan cheese

kcal: SMALL 383 / LARGE 446

## BABY BEEF BURGER 3

British beef burger served in a scrummy seeded bun with lemony yoghurt, freshly sliced tomato & lettuce, served with baked sweet potato fries

kcal: SMALL 370 / LARGE 452

## FANTASTIC FISH STEW 3

Sustainably caught cod with Jamie's organic seven-veg sauce, potato dumplings, peas, basil & lemon

kcal: SMALL 297 / LARGE 388

## HAPPY CHICKEN LOLLIPOPS 3

Freshly made lemony free-range chicken fillet lollipops with baked sweet potato fries & crunchy seeds

kcal: SMALL 377 / LARGE 524

## SECRET SEVEN GNOCCHI 3

Organic potato dumplings with Jamie's organic seven-veg sauce, cherry tomatoes, our famous buffalo mozzarella & basil

kcal: SMALL 249 / LARGE 337

## MARGHERITA PIZZA 2 One size for all - £6.95

Crispy sourdough with Jamie's organic seven-veg sauce & oozy mozzarella, baked & topped with fresh basil

kcal: ONE SIZE 374

## FIVE-A-DAY PICNIC BOX 5 One size for all - £6.95

A delicious free-range Norfolk chicken wrap with rainbow vegetable crisps, organic dried mango pieces & an organic apple

kcal: ONE SIZE 455

## DRINKS

Help yourself to unlimited fruity water or choose from a glass of organic milk or organic fruit juice

## DESSERTS £1.50

**ICE CREAM** A scoop - choose your flavour - served with an Italian cookie & chocolate sauce

**FRESH FRUIT** 1 A selection of beautiful, fresh seasonal fruit

Ice cream 130 / Fresh fruit 54

## WHAT ARE CALORIES?

Calories tell us how much energy we get from our food and drink. The amount of calories you need every day depends on how old you are, whether you are a boy or a girl, and how active you are. The average 7-10 year-old needs around 1800 calories a day. To stay healthy we need to balance the energy we eat and drink with energy we use in a day.

1 2 3 4 5 YOUR 5 A DAY

£1.50 each

## YUMMY ORGANIC ICE LOLLIES

Choose from two delicious flavours: Juicy, fruity strawberry & mango swirl or Creamy chocolate

kcal: Fruit 51 / Chocolate 96

All main course calorie counts include a shake-me salad (kcal 30). Five a day values based on recommended serving sizes for 4-10 year olds