

KIDS' MENU

MEAL DEAL MADNESS!

ANY 2 COURSES

£1.99

Monday to Saturday
Before 5pm

OUR MAINS
INCLUDE AT LEAST
1 OF YOUR 5 A DAY!
LOOK FOR THE
NUMBERS AND SEE
HOW MANY ARE
IN YOUR MEAL

5
A DAY



WE USE 100% RESPONSIBLY
SOURCED COD



ALL OUR KIDS' FOOD IS FREE
FROM ARTIFICIAL COLOURINGS



WE HAVE FUN ACTIVITY SHEETS
- JUST ASK A TEAM MEMBER

STARTERS

ONLY 99p

CHICKEN MEATBALLS

177 Kcal

Served with cucumber
sticks & BBQ dip



GARLIC BREAD V

112 Kcal

Served with cucumber sticks

VEGGIE STICKS V

48 Kcal

Pepper, carrot and cucumber
sticks served with a yoghurt
& cucumber dip

MAINS £3.99

CHICKEN CURRY

444 Kcal

Chicken, carrots and peas in a mild curry
sauce served with brown rice & veggie sticks

TOMATO PENNE PASTA V

359 Kcal

Served with garlic bread & veggie sticks

POPPIN' CHICKEN

394 Kcal

Breaded chicken bites made with 100% chicken
breast and served with chips & baked beans

COD BITES**

507 Kcal

Responsibly sourced breaded
cod bites with chips & peas

BANGERS 'N' MASH

402 Kcal

Three pork sausages served
with mash, peas & gravy

Veggie sausages also available V

354 Kcal

CHICKEN BURGER

453 Kcal

Half a grilled chicken breast in a 50/50
white & wholemeal bun with lettuce
and mayo. Served with two mini
jacket potatoes & baked beans

TOMATO PASTA & CHICKEN MEATBALLS

525 Kcal

Served with garlic bread & veggie sticks

BEEF BURGER

619 Kcal

4oz' 100% beef burger in
a 50/50 white and wholemeal
bun served with chips &
two mini corn on the cob

SPAGHETTI BOLOGNESE

322 Kcal

Made with beef mince and
served with garlic bread
& veggie sticks

SWAPSIES

Just ask if you would like to swap your sides

CHIPS

181 Kcal

BAKED BEANS

51 Kcal

TWO MINI JACKET POTATOES

155 Kcal

MINI CORN ON THE COB

79 Kcal

MASHED POTATO

131 Kcal

VEGGIE STICKS

26 Kcal

BROWN RICE

192 Kcal

SIDE SALAD

23 Kcal

PEAS

47 Kcal

GARLIC BREAD

109 Kcal

All our sides are suitable for vegetarians

TURN
OVER
FOR PUDS
AND DRINKS

PUDS £1.25

MIXED FRUIT SALAD

49 Kcal

Orange segments, pineapple, red & green apple and grapes

ICE CREAM

199 Kcal^

2 scoops of vanilla ice cream served with your choice of raspberry, chocolate or caramel sauce

STRAWBERRY YOGHURT

115 Kcal

STRAWBERRY FROZEN YOGHURT

142 Kcal

MINI DOUGHNUTS

218 Kcal

Served with chocolate sauce for dipping and chocolate beans to sprinkle on top!

PANCAKES

217 Kcal

Served with banana slices, fresh strawberries & chocolate sauce

FUNNY FACE SUNDAE

196 Kcal

Create your own funny face with a strawberry lace, chocolate beans, marshmallows & a wafer cone hat

DRINKS

All our drinks have no added sugar - they contain naturally occurring sugars



Our Fruit Shoot range is recommended by netmums!

FRUIT SHOOT ORANGE OR APPLE & BLACKCURRANT

Contains added vitamins

£1.50

FRUIT SHOOT JUICED APPLE & PEAR

£1.70

FRUIT SHOOT HYDRO APPLE & RASPBERRY

£1.50

INNOCENT SMOOTHIES

Strawberries, Blackberries and Raspberries.

Made with 100% Pure Fruit

£1.85

CAPRI-SUN ORANGE

£1.50

BALLYGOWAN WATER

99p

MILK

80p



Pennies!
The digital charity box






Please help our fundraising for Great Ormond Street Hospital Children's Charity by topping up your bill by 25p. Every penny you give goes to charity: 95% to GOSH (registered charity no. 1160024) and 5% to Pennies (registered charity no. 1122489)

CERTIFIED SUSTAINABLE SEAFOOD MSC www.msc.org



Seafood with this mark comes from an MSC certified sustainable fishery. www.msc.org.

Don't worry, we know there are allergens in our food and drink which we need to tell you about, so please let your server know if you have a specific allergy or would like more information about our dishes. Please refer to our NGCI menu for non gluten containing ingredient options. Due to the nature of our kitchens, we cannot guarantee that your meal will be free from any allergens including gluten. For further details and to view our full terms and conditions, please visit www.tabletable.co.uk. This menu is available for children aged 12 or under. Kids Meal deal for £1.99. The offer is only available Monday to Saturday BEFORE 5pm. A starter can be added for 99p or a pudding can be added for £1.25. At all other times, main courses are £3.99, starters are 99p and puddings are £1.25. Images are for illustrative purposes only. Prices are inclusive of VAT. This menu is available for a limited period only and is subject to availability. We may occasionally sell out of some of the more popular dishes. If we do, we'll do our best to offer you the nearest alternative. Menu descriptions may not list every individual ingredient. Calories stated are based on the average serving size. Key to Symbols:  Suitable for vegetarians. *Approximate weight uncooked. **May contain small bones.

 1 of a child's 5 a day.  2 of a child's 5 a day. ^Based on the highest calorie content. Children should eat at least 5 portions of a variety of fruit & vegetables a day. The amount of food a child needs varies with age, body size & physical activity. As a rough guide, 1 portion is the amount they can fit in the palm of their hand.