



THE GEORGE  
COLCHESTER


## LITTLE PERSONS MENU

For children under 12

**TOMATO SOUP** 124 kcal    4.50  
bread G

**TOASTED PITTA** 254 kcal   5.00  
cream cheese, houmous & cucumber G/M/SE

**WARM GARLIC BREAD WITH CHEESE** 348 kcal G/M 5.00

**SMALL COD & CHIPS** 657 kcal G/F  8.00

**SAUSAGE, MASH & GRAVY** 518 kcal M/C/G/SO/MU 8.00

**KIDS MINI CHEESEBURGER, SKINNY FRIES** 884 kcal MU/G/E/M/SE/S/SO 8.00

**PASTA BOLOGNAISE** 246 kcal G 8.00

**PASTA TOMATO SAUCE , BASIL & PARMESAN** 185 kcal M/G/E   7.00




Choose a side to go with your dish

**MIXED VEG** 76 kcal M

**PEAS** 47 kcal S

**SWEETCORN** 33 kcal

**MIXED SALAD** 58 kcal MU/SO

**ICE CREAM** 127 kcal per scoop    4.50  
vanilla, chocolate & strawberry M/E/S

**MIXED FRUIT JELLY** 207 kcal    5.00  
vanilla ice cream M/E


**CHOCOLATE BROWNIE** 584 kcal M/E/S   5.00

Our suppliers & kitchens handle numerous ingredients & allergens. Whilst we have strict controls in place to reduce the risk of contamination, unfortunately, it is not possible for us to guarantee that our dishes will be allergen free. The recommended daily calorie intake is 2,000 calories a day for women and 2,500 for men.

**Allergen Key:** C celery, G gluten, F fish, CR crustaceans, E eggs, MO molluscs, M milk, SE sesame seeds, N nuts, MU mustard, P peanut, SO sulphur dioxide, L lupin, S soya

 **Vegan** on request

 **Vegetarian** on request

 **Gluten free** on request



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