



The Sparrowhawk Childrens Menu

Starters and Nibbles

Garlic bread (v) 426 kcal 4.45

Garlic bread, cheese (v) 621 kcal 4.95

Nocellara, Gaeta, Cerigniona olives (vg, gf)

Crispy squid, sweet chilli 435 kcal 6.95

222 kcal 4.95

Halloumi fries, tomato relish (v, gf) 538 kcal

6.95

Main Courses

Mozzarella and tomato topped 'pizza' ciabatta, fries (v) 514 kcal 7.95

Southern fried buttermilk chicken, salad and fries (gf) 561 kcal 7.95

Cod goujons, chips and peas (gf) 476 kcal 7.95

Beef burger, melted cheese, chips, salad 621 kcal 7.95

Penne pasta, tomato sauce, cheese (v, gf) 453 kcal 6.95

Puddings

Sticky toffee pudding, vanilla ice cream (v, gf) 515 kcal 4.95

Chocolate brownie, vanilla ice cream (v, gf) 572 kcal 4.95

Cheshire Farm Ice Cream

One scoop (vg, gf) 74 kcal

Two scoops (vg, gf) 148 kcal

Three scoops (vg, gf) 221 kcal

2.50

5.00

7.50

Choose any flavour from: , Vanilla (v, gf) 127 kcal , Raspberry Ripple (v, gf) 128 kcal ,

Salted Caramel (v, gf) 135 kcal , Strawberry (v, gf) 122 kcal , Chocolate (v, gf) 127 kcal

We always advise you to speak to a member of staff if you have any food allergies or intolerance. We are happy to provide you with the allergen guidelines to support you in making your own menu choice; however we cannot recommend or tell you what is suitable for you to eat or drink. We declare the main fourteen allergens, but we are unable to give information on allergens outside of this. Where we offer gluten free dishes, controls are in place to ensure that dishes contain less than 20ppm gluten. There may be a risk of cross contamination during the processing stage of the ingredients by our suppliers and in our busy kitchen. This means that we can never guarantee a dish is completely free from any allergens or specific ingredients.

v - vegetarian, vg - vegan, gf - gluten free, gfa - gluten free adaptable, just ask.

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www.brunningandprice.co.uk/sparrowhawk | The Sparrowhawk - www.sparrowhawk-formby.co.uk - 01704 882 350

