

The Armoury

Children's menu

Nibbles

Garlic bread (v) 426 kcal 4.95

Garlic bread, cheese (v) 621 kcal 5.95

BBQ chicken wings (gf) 758 kcal 7.45

Mains

Mozzarella and tomato topped 'pizza' ciabatta, fries (v) 514 kcal 7.45

5oz rump steak, chips, peas (gf) 717 kcal 9.95

Honey roasted ham (served cold), chips and a fried egg (gf) 635 kcal 9.95

Chicken and ham pie, mash, vegetables (gf) 777 kcal 8.95

Pork and leek sausage, chips, garden peas (gf) 1014 kcal 8.95

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

Fish fingers, chips and peas (gf) 734 kcal 7.95

Battered cod, chips and peas (gf) 572 kcal 8.95

Chicken goujons, chips, peas (gf) 767 kcal 7.95

Puddings

Hot waffle, banoffee ice cream (v) 429 kcal 4.95

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

Chocolate brownie, vanilla ice cream (v, gf) 518 kcal 4.95

Cheshire Farms ice cream and sorbets

Choose any of the below for 2.50 per scoop

Vanilla (v, gf) 127 kcal

Honeycomb (v, gf) 137 kcal

Strawberry (v, gf) 122 kcal

Orange Sorbet (vg, gf) 72 kcal

Raspberry Sorbet (vg, gf) 68 kcal

Lemon Sorbet (vg, gf) 74 kcal

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.

The Armoury - www.armoury-shrewsbury.co.uk - 01743 340 525

