

The Nelson Inn Children's Menu

Nibbles

Garlic bread (v) 426 kcal 4.45

Garlic bread, cheese (v) 621 kcal 4.95

Mains

Beef burger, melted cheese, chips, salad 621 kcal 8.25

Cod goujons, chips and peas (gf) 476 kcal 8.25

Mac 'n' Cheese (v) 1034 kcal 6.95

Mozzarella and tomato topped 'pizza' ciabatta, fries (v) 514 kcal 7.75

Puddings

Sticky toffee pudding, toffee sauce, vanilla ice cream (v, gf) 515 kcal 4.95 **Chocolate brownie,** vanilla ice cream (v, gf) 572 kcal 4.95

Ice Cream

Ice Cream, Vanilla (v, gf) 127 kcal, Chocolate (v, gf) 127 kcal, Honeycomb (v, gf) 137 kcal,

Raspberry Ripple (v, gf) 128 kcal

Sorbet, Raspberry Sorbet (vg, gf) 68 kcal

One scoop (vg, gf) 74 kcal 2.50, Two scoops (vg, gf) 148 kcal 5.00

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.

