



The Sparrowhawk Childrens Menu

Starters and Nibbles

Halloumi fries, tomato relish (v, gf) 554 kcal Garlic bread (v) 426 kcal 5.45
7.75

Garlic bread, cheese (v) 634 kcal 5.75 Crispy squid, sweet chilli 413 kcal 7.75

Main Courses

Beef burger, melted cheese, chips, salad 626 kcal 9.95

Penne pasta, tomato sauce, cheese (v, gf) 567 kcal 7.95

Fish goujons, chips, peas (gf) 559 kcal 9.95

Southern fried coated, buttermilk chicken, salad and fries (gf) 509 kcal 9.95

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

Puddings

Chocolate brownie, vanilla ice cream (v, gf) 482 kcal 5.45

Sticky toffee pudding, vanilla ice cream (v, gf) 480 kcal 5.45

Cheshire Farm Ice Cream

Choose any of the below for 2.95 per scoop

Vanilla (v, gf) 125 kcal

Chocolate (v, gf) 127 kcal

Strawberry (v, gf) 124 kcal

Honeycomb (v, gf) 137 kcal

Raspberry Ripple (v, gf) 128 kcal

White chocolate, raspberry and cookie (v) 148 kcal



Additional Menu Information

Please speak to a member of crew if you have any food allergies or intolerances before ordering. For calories and allergen information please scan this QR or ask a crew member for assistance.

Gluten Free - Where we offer gluten free dishes, controls are in place to ensure that dishes contain no more than 20 parts per million gluten.

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

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

