



The Sparrowhawk Childrens Menu

Starters and Nibbles

Halloumi fries, tomato relish (v, gf) *554 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

