

the grow healthy club

A bite size note for parents

We understand that your children's health always comes first. With this in mind, we've developed 'The Grow Healthy Club'. We believe that the earlier you plant the seed that healthy food can be good food, the more children will enjoy healthy and delicious dishes, so as they grow up, they grow healthy.

Wherever possible our dishes are free from additives and lower in salt and sugar, plus our clever chefs have ensured they include:

Lots of fresh fruit and vegetables in such a way that your children will look forward to eating their five a day. We've also sourced where possible organic and sustainable produce so our menu is full of nutritionally balanced meals that are not only good for your children, but taste good too!

With so many tasty dishes to choose from, we've included the handy icons below to help you with your selection:

 = 1 Of Your Five A Day **V** = VEGETARIAN  = ADDITIVE FREE  = LOW SALT  = LOW FAT

a little bit hungry

All Dishes £2.99

Chunky Dipping Sticks  **V**

Fresh carrot & cucumber with houmous dip

Tasty Tomato Soup  **V**

Heinz tomato soup

Fresh Melon with Fruits  **V**

really hungry

All Dishes £4.95

Terrific Tomato Pasta  **V**  

Pasta tubes served in a tomato sauce topped with cheese

Crispy Crumb Chicken Strips  

British organic 100% chicken breast strips served with creamed mash and gravy

Super Spaghetti Bolognese  

Wholewheat spaghetti and organic minced beef in a delicious vegetable bolognese sauce

room for a treat

All Dishes £2.95

Melon & Strawberries  **V**

Delicious chunks of melon with freshly cut strawberries

Squidgy Chocolate Fudge

Warm chocolate fudge cake with vanilla ice cream

Dreamy Ice Cream

A cool mix of vanilla, chocolate and strawberry ice cream

Banana Split 

Served with chocolate sauce