

THE GROW HEALTHY CLUB KIDS' MENU



A bite-size note for parents

We understand that your children's health always comes first. We believe that the earlier you plant the seed that healthy food can be good food, the more your children will enjoy healthy and delicious dishes, so as they grow up, they grow healthy. We've created a menu full of nutritionally balanced meals and wherever possible they are free from additives and lower in salt and sugar.

- Organic
- 1 of your 5 a day
- Vegetarian
- Additive free
- Low salt
- Omega-3

A LITTLE BIT HUNGRY

Tremendously tasty tomato soup 2.95

Creamy tomato soup to slurp

Really cheesy garlic bread 2.95

Crunchy slices of toasted garlic bread and cheese

REALLY HUNGRY

Terrific tomato pasta 4.95

Pasta tubes and yummy tomato sauce topped with Cheddar cheese

Magnifico margherita pizza 4.95

Pizza topped with tomato sauce, Cheddar cheese and chips on the side

Crispy chicken dippers 4.95

Oven-baked chicken dippers made from 100% chicken breast with chips and mixed vegetables

Mega fish fingers 4.95

100% fish fillet fingers (bursting with Omega-3), chips and beans

ROOM FOR A TREAT

Double ice cream 2.95

Two scoops of your all-time favourite flavours, choose from strawberry, chocolate or vanilla

Funky fruit salad 2.95

Diced seasonal fresh fruit

CAN'T SEE WHAT YOU WANT,
WHY NOT ASK FOR OUR RESTAURANT MENU

(V) Suitable for vegetarian.

*Approximate uncooked weight. Food allergies and food intolerance: We welcome enquiries from customers who wish to know whether any meals contain particular ingredients. A discretionary service charge of 10% will be added to your bill.



IN-ROOM DINING

AMERICAN
STYLE
PANCAKES

SPICY
BEAN
BURGER

PASTA
LINGUINE

YOGHURT
& GRANOLA

STICKY TOFFEE
& ROASTED NUT
PUDDING

QUINOA
SUPER SALAD

THAI PRAWN CURRY

CHARGRILLED CAJUN CHICKEN BURGER

FISH &
CHIPS

SLOW ROASTED
PORK SCRATCHINGS

CAESAR SALAD

PIZZA

WELSH
RAREBIT

PAN SEARED BREAM FILLET

STEAK SANDWICH



This menu is available in your room from 11am-11pm. Items marked (24) are available 24 hours a day. Please contact in-room dining to place your order.

TO GRAZE AND SHARE

For the table & small plates pick 3 items for £12 or £4.50 each

Grilled flat bread & spiced crushed chickpeas (v) 4.50 | Marinated olives (v) 4.50
Welsh rarebit (v) 4.50 | Garlic herb toast (v) 4.50 | Slow roasted pork scratchings 4.50
Rip and share Yorkshire pudding & marrowbone gravy 4.50 | Devilled whitebait 4.50

OFF THE GRILL

7oz Hand Pressed British Burger 14.50
Toasted brioche bun, onion rings, whiskey jam & skinny fries

Chargrilled Cajun Chicken Burger 14.00
Cajun marinated chicken breast on toasted brioche roll with crisp lettuce, tomato, mayo & skinny fries


Spicy Bean Burger (v) 13.45
Bean burger on toasted brioche roll with crisp lettuce, tomato, salsa & skinny fries

10oz Gammon Steak & Fried Egg 14.50
Garden peas & chunky chips

Add a Topping 75p
Choose bacon | Monterey Jack cheese | Yorkshire Blue cheese | mushrooms or fried egg

SALADS

Caesar Salad (24) 12.00
Croutons & parmesan cheese shavings, with or without bacon

Quinoa Super Salad (v) 
Pumpkin seeds, avocado, feta cheese & watermelon
Small 8.00 | Large 14.00


Add a Topping 3.00
Grilled chicken breast


FROM THE KITCHEN

Fish & Chips 14.50
Crispy golden battered fish fillet, mushy peas, tartare sauce & chunky chips

Beef Blade, Kidney & ale Pie 14.00
Creamed potato, seasonal vegetables & real ale gravy

12" Stuffed Crust Pizzas 13.50
Pepperoni - mozzarella cheese, double helping of pepperoni
Four cheese melt (v) - mozzarella, Monterey Jack, mature Cheddar and Emmental cheese

Pan Seared Bream Fillet 17.50 
Provençal vegetables & herb oil

Pasta Linguine (v) 
Roasted garlic, sundried tomatoes, basil oil & lightly dusted with parmesan cheese
Small 7.00 | Large 11.00

SPICE RACK

Buttered Chicken Curry (24) 13.50
Tender chicken breast slow cooked in a creamy spiced butter sauce, Basmati rice, mango chutney & naan bread

Thai Prawn Curry (24) 14.50
Basmati rice, mango chutney & naan bread

Butternut Squash, Spinach & Lentil Curry (v) (24) 11.50
Basmati rice, mango chutney & naan bread

Add a Side Order 2.50
Side order of poppadoms | raita | aubergine pickle (v)

FROM THE DELI

All sandwiches are served on your choice of white or brown bloomer, wrap, bagel or rustic baguette and served with crisps
Gluten Free bread available on request

Flaked tuna & creamy mayonnaise (24) 6.50
Mature cheddar cheese & pickle (v) (24) 6.50
Balsamic roasted vegetables, mozzarella & pesto mayonnaise (v) (24) 6.50
Chicken, herbs & spices, curried creamy mayonnaise (24) 6.50

Add a Side Order 1.50
Choose chunky chips | skinny fries | side salad | a mug of today's soup

Classic Club 11.95
Grilled chicken breast, bacon, egg, mayonnaise, tomato & salad on toasted white or brown bloomer with skinny fries

Fish Finger Sandwich 10.95
Crisp lettuce & in house tartare sauce on white or brown bloomer with skinny fries

Steak Sandwich 12.55
Chargrilled steak, rocket leaves, onion marmalade on white baguette with skinny fries

SIDES

All at 2.50 each
Poppadoms, raita, aubergine pickle | Garlic Bread or add cheese for 50p | Mixed Salad (24h)
Onion Rings | Chunky Chips | Skinny Fries

DESSERTS

Sticky Toffee & Roasted Nut Pudding (v) 5.95
Vanilla pod ice cream & toffee sauce

Triple Chocolate Melt Brownie (v) 5.95
salted caramel icecream

Cornish Country Ice Cream (24) 4.95
Selection of ice cream, vanilla, strawberry or chocolate

PLEASE ASK ABOUT OUR EXTENSIVE RANGE OF BEERS, WINES, SPIRITS AND HOT AND COLD SOFT DRINKS.



Providing freshly prepared meal options that are ready quickly whenever and wherever you are within the hotel to keep you energised and focused.
(V) Suitable for vegetarian. Ask for allergy details. A tray charge of £3.50 will be added to your bill.