# DUCKLINGS

# DAILY MENU

# DUCKLINGS
# DAILY MENU

## SANDWICHES

Finger sandwiches on white or wholemeal bread. All sandwiches are served with crisps.

*Choose from:*

**Wiltshire ham** *284 kcal*
*Ask for Wiltshire ham made gluten free* **GF** *264 kcal*

**Banana V** *370 kcal*
*Ask for Banana made vegan* **VE** *393 kcal*

**Strawberry jam V** *379 kcal*
*Ask for Strawberry jam made vegan* **VE** *402 kcal*

**Cheddar Cheese V** *386 kcal*
*Ask for Cheddar cheese made gluten free* **GF** *366 kcal*
*Ask for Cheddar cheese made vegan* **VE** *383 kcal*

**Cheese on toast fingers V** *300 kcal*
Served on white or wholemeal bread
*Ask for Cheese on toast fingers made gluten free* **GF** *310 kcal*
*Ask for Cheese on toast fingers made vegan* **VE** *260 kcal*

## SMALL PLATES

**Hummus with carrot and cucumber** *305 kcal*
*Ask for Hummus with carrot and cucumber made gluten free* **GF** *or vegan* **VE** *305 kcal*

**Sliced apple and sliced grapes pot** *72 kcal*
*Ask for Sliced apple and sliced grapes pot made gluten free* **GF** *or vegan* **VE** *72 kcal*

**Mini hash browns with ketchup** *289 kcal*
*Ask for Mini hash browns with ketchup made gluten free* **GF** *or vegan* **VE** *289 kcal*

## DUCKLINGS MEAL DEAL

### MAIN + DESSERT + DRINK

### CHOOSE ONE MAIN:

**Golden chicken tenders** *435 kcal*
*Ask for grilled chicken breast strips made gluten free* **GF** *146 kcal*

**Crispy cod bites** *419 kcal*

**Golden vegetable nuggets V** *296 kcal*
*Ask for Golden vegetable nuggets made vegan* **VE** *296 kcal*

**Hot dog in a soft bun** *457 kcal*

**Grilled cheeseburger** *437 kcal*
*Ask for Grilled cheeseburger made gluten free* **GF** *290 kcal (served as chicken breast)*
*Ask for Cheeseburger made vegan* **VE** *487 kcal*

### CHOOSE TWO SIDES:

Garden peas **V GF VE** *51 kcal* | Heinz baked beans **V GF VE** *25 kcal*
Crispy fries **V GF VE** *188 kcal* | Steamed sweetcorn **V GF VE** *27 kcal*
Garlic bread **V** *142 kcal*

### OR CHOOSE ONE OF OUR SET MAINS BELOW:

**Meatball pasta** *539 kcal*
Yummy meatball pasta, served with garlic bread.

**Tomato pasta V** *431 kcal*
Tasty tomato pasta, served with garlic bread.
*Ask for Tomato pasta made vegan* **VE** *289 kcal (served without garlic bread)*

**Vegetable lasagne V** *389 kcal*
Baked vegetable lasagne, served with garlic bread.

**Grilled chicken** *367 kcal*
Grilled chicken breast, peas, gravy and either new potatoes *(+68 kcal)* or mashed potatoes *(+176 kcal)*.
*Ask for Grilled chicken made gluten free* **GF** *367 kcal*

## DESSERTS

**Fruit pot V** *103 kcal*
Sliced apple, sliced grapes and banana.
*Ask for Fruit pot made gluten free* **GF** *or vegan* **VE** *103 kcal*

**Chocolate sundae V** *396 kcal*
Chocolatey heaven! Layers of chocolate brownie, vanilla ice cream, chocolate sauce and cream.

**Pip Organic Rainbow Fruity** *or* **Berry Fruity Ice Lolly V** *19 kcal*
*Ask for Pip Organic Rainbow Fruity Ice Lolly made gluten free* **GF** *or vegan* **VE** *19 kcal*

**Profiteroles V** *407 kcal*
Yummy profiteroles, topped with chocolate sauce and filled with fluffy whipped cream.

**Ice cream V**
Served with a teddy bear wafer. *10 kcal*

*Choose from:*

Vanilla *241 kcal* | Chocolate *239 kcal* | Strawberry *192 kcal* | Bubblegum *221 kcal*

**Vegan ice cream or sorbet**

Vegan Vanilla **VE** *182 kcal* | Vegan Chocolate Orange **VE GF** *151 kcal* | Blackcurrant sorbet **VE GF** *79 kcal* | Mango sorbet **VE GF** *114 kcal*

*Ask for Vegan ice cream or sorbet made gluten free* **GF** *or vegan* **VE** *(see symbols above for options)*

## DRINKS

**Pepsi Max | Tango**
**R White's Lemonade**
*0 kcal*

**Orange juice** *104 kcal*

**Apple juice** *93 kcal*

**Robinsons Fruit Shoot**
Apple and Blackcurrant | Orange

**Child's water**

**Child's milk** *120 kcal*

## IMPORTANT ALLERGEN INFORMATION

**Use the QR code to access important allergy information and to select suitable dishes for your specific food allergy or intolerance. It is your responsibility to ensure that dishes are suitable based on the information provided on the portal. Menu descriptions may not include all ingredients.**

**V - No meat or fish | GF - Ask for gluten free | VE - Ask for vegan**
Please note that some of our meat/fish dishes may contain bones.

**Sample Menu**

Ella's kitchen

Scan here to see the available range of Ella's Kitchen organic baby food. Please order via your server. When you are ready to warm your baby food, please use one of our baby stations.