



DUCKLINGS

DAILY MENU

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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.