



LITTLE FLYERS



IMPORTANT DIETARY INFORMATION

Ingredients & Allergen information

We do occasionally have to substitute products and amend our recipes so you must advise us of any allergies / dietary requirements on every visit. We do use most, if not all allergens in our kitchens and we also cook different foods in the same equipment. Allergen information is available on all intentional ingredients, please ask your server for our allergens table.

Should you require more information on any may contains or potential cross-contact, then please ask your server at the time of ordering.

Plant-based (PB)/Vegetarian (V)

Some of our plant-based/vegetarian items may be cooked in the same equipment/ fried in the same oil as meat and fish products. Please ask your server for information on any specific dishes and we will be able to advise to enable an informed choice. Our Plant-Based dishes may pose a potential risk of cross-contamination as these may be prepared using shared equipment and therefore, not suitable for customers with dairy and egg allergies or other strict dietary requirements.

NGCI

Our NGCI dishes consist of non-gluten containing ingredients only. Where there is an option to swap a bun to a non-gluten bun, please note this does not necessarily mean the whole dish is gluten free and therefore please ask your server to check the other ingredients.

Other notes

Our meat & fish dishes may contain bones



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BREAKFAST

SERVED UNTIL 11AM

CROISSANT WITH BUTTER & PRESERVES (V) 506 kcal **4.50**

LITTLE FLYERS BREAKFAST 5.25

Sausage or bacon with 'Heinz' baked beans and scrambled 'Havensfield' eggs

503 kcal (bacon), 484 kcal (sausage)

Add seeded sourdough & butter 461 kcal **4.25**

SCRAMBLED 'HAVENSFIELD' EGGS ON SEEDED SOURDOUGH BREAD (V) 460 kcal **5.00**

ALL DAY

SERVED AFTER 11AM

MAINS

SAUSAGES, HOME-MADE POTATO WEDGES & 'HEINZ' BAKED BEANS 499 kcal **6.25**

SPAGHETTI BOLOGNESE 377 kcal **6.25**

LITTLE CRUDITÉ & DIPS (V) **6.25**

Carrot and cucumber sticks, tomato wedges and chunks of 'Sussex Charmer' cheese served with houmous and smashed avocado dips and a piece of flat bread 483 kcal

DESSERTS

TWO SCOOPS OF 'BEECHDEAN' FARMHOUSE VANILLA ICE CREAM (V) 216 kcal **2.00**

DRINKS

'Folkington's' Orange Juice 250ml **3.85**

'Folkington's' Cloudy Apple Juice 250ml **3.85**

Milk 180 kcal **2.00**

(V) = VEGETARIAN*

A discretionary service charge of 12.5% will be added to your bill