

Colouring time



SMUGGLERS

SEAFOOD. BAR & GRILL

For the little ones



MAINS



ALL KIDS' MEALS COME WITH A FRUIT SHOOT

DESSERTS

Battered Chicken Bites (657kcal)£6.95

Served with chips and beans.

Hot Dog (592kcal)£6.95

Served with skin-on fries and corn on the cob.

Battered Fish Bites (482kcal).....£6.95

Served with chips and peas.

GF **Grilled Chicken Breast** (387kcal)£6.95

Served with mashed potato, carrots, peas and gravy.

VG **Vegan Spaghetti & Meatballs** (498kcal)£6.95

Delicious vegan meatballs in a tomato sauce with spaghetti pasta and garlic bread.

VG **Sweet Potato Falafel** (249kcal)£6.95

Served with a salad of baby crispy lettuce, cherry tomatoes and cucumber with a lemon and mint yoghurt.

VG **Kids' Ice Lolly** (19/17kcal)£1.50

Organic fruit ice lolly with no added sugar, colours, or flavourings. Choose from rainbow ice lolly or berry fruity lolly.

V **Kids' Cookie Sandwich** (573kcal)£3.95

Vanilla ice cream sandwiched between two chocolate chip cookies and dipped in hundreds and thousands

V **Ice Cream & Summer Berry Sundae** (288kcal)£4.95

Mini white chocolate and raspberry meringue cloud with 2 scoops of award-winning Sussex Ice Cream. Served with berries and topped with strawberry sauce.

VG Vegan **GF** Gluten Free

Our menu descriptions do not include all ingredients. If you have a food allergy, please speak to a member of our team before placing your order. We follow good hygiene practices in our busy kitchens, but unfortunately we cannot guarantee that any of our dishes are completely free of allergens. Fish dishes may contain small bones. Products are subject to availability. Prices include VAT.

The nutrition values provided are for each complete dish as listed on the menu. Figures are typical and may vary due to seasonal factors and chef practices. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

Teenage Cancer Trust is a registered charity: 1062559 (England & Wales), SC039757 (Scotland)



50p from every kids' meal sold is donated by Cove UK to Teenage Cancer Trust.

