

LITTLE MONSTERS MENU

Starters

Fresh seasonal soup with crusty bread Kcal 120
(G / MI / C)

Tomato hummus with crudites & grilled pitta bread Kcal 363
(S / G)

Breaded chicken goujons with barbeque sauce Kcal 323
(G / M)

Main courses

Pasta with fresh tomato sauce, with or without cheddar cheese Kcal 484
(G / MI / S)

Little monster beef burger with chunky chips and tomato ketchup Kcal 696
(G / S / MI / SE / SD)

Little monster chicken burger with chunky chips and tomato ketchup Kcal 489
(G / MI / SE)

Battered cod goujons with steamed garden peas & chunky chips Kcal 582
(G / F / E / SD)

Stone baked pizza

Cheese and tomato Kcal 1066
(G / MI)

Pepperoni Kcal 1312
(G / MI)

Barbeque chicken Kcal 1197
(G / MI / M)

Served with chunky chips Kcal 267

To finish

Fresh fruit salad Kcal 46

Chocolate fudge cake with warm chocolate sauce Kcal 490
(G / P / N / S / E / MI)

Selection of ice-cream with fruit sauce Kcal 477
(MI)

£5.50 for 2 courses or £6.50 for 3 courses

C: Celery / CR: Crustaceans / MI: Milk / E: Eggs / F: Fish / G: Gluten / P: Peanuts / L: Lupin /
N: Nuts / M: Mustard / MO: Molluscs / S: Soya / SD: Sulphur dioxide / SE: Sesame

Did you know?

You should eat at least
5 pieces of fruit & veg a day.
Luckily, every meal here
contains at least 1
of them!



ALPHABET SOUP

Unscramble the letters to find our monsters' favourite foods...



O



J



A



A



V



R

The Portal To MONSTERLAND



Peek through & see
what's lurking...

(just be careful you don't turn into a monster)



little monsters cook at home HEALTHY FLAPJACKS

Ingredients

150g ready-to-eat stoned dates, 3 generous tbsp agave syrup, 50g raisins, 100g low-fat spread, 50g chopped toasted hazelnuts, 3 tbsp mixed seeds, 150g porridge oats, 50g ready-to-eat stoned dried apricots, finely chopped.

Method

1. Heat the oven to 190C/170C fan/Gas 5. Line an 18cm square tin with baking parchment. Put the dates into a food processor and process until they are finely chopped and sticking together in clumps.
2. Put the low-fat spread, agave syrup and dates into a saucepan and heat gently. Stir until the low-fat spread has melted and the dates are blended in. Add all the remaining ingredients to the pan and stir until well mixed. Spoon the mixture into the tin and spread level.
3. Bake in the oven for 15-20 mins until golden brown. Remove and cut into 12 pieces. Leave in the tin until cold. Store in an airtight container.

DON'T FORGET TO SHARE THEM!

Pssst...
Can you find
Pirate Pea hiding
somewhere on this menu?

FIND THE FOOD

Search for these words in the grid below...

Banana Monster Sausages Tangy Fajita Teeth

Clue:
Words can
read
backwards
too...

Haven't
you found
them yet?!

S A U S A G E S T U E A
V L G O N Q U T L R E H
J Y G N A T W E J N P I
P O M O N S T E R O M G
E G U I A M A T I J A F
O S D H B T P H L Y N D



come on,
your dinner's
getting cold!

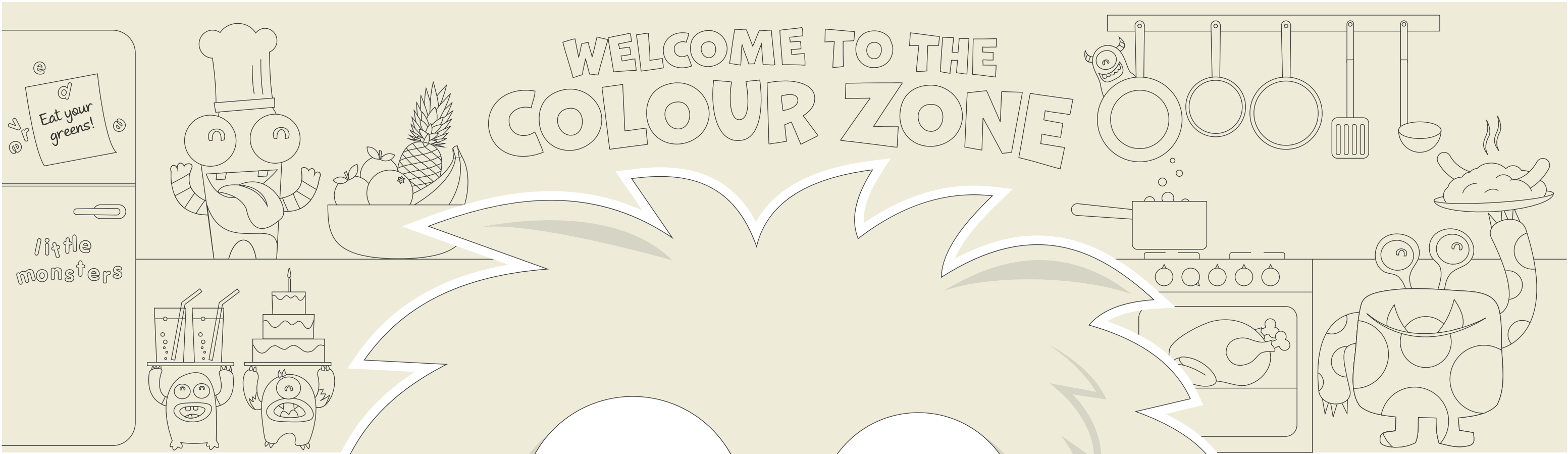
keep your
eyes peeled
sunshine...

SPOT THE DIFFERENCE

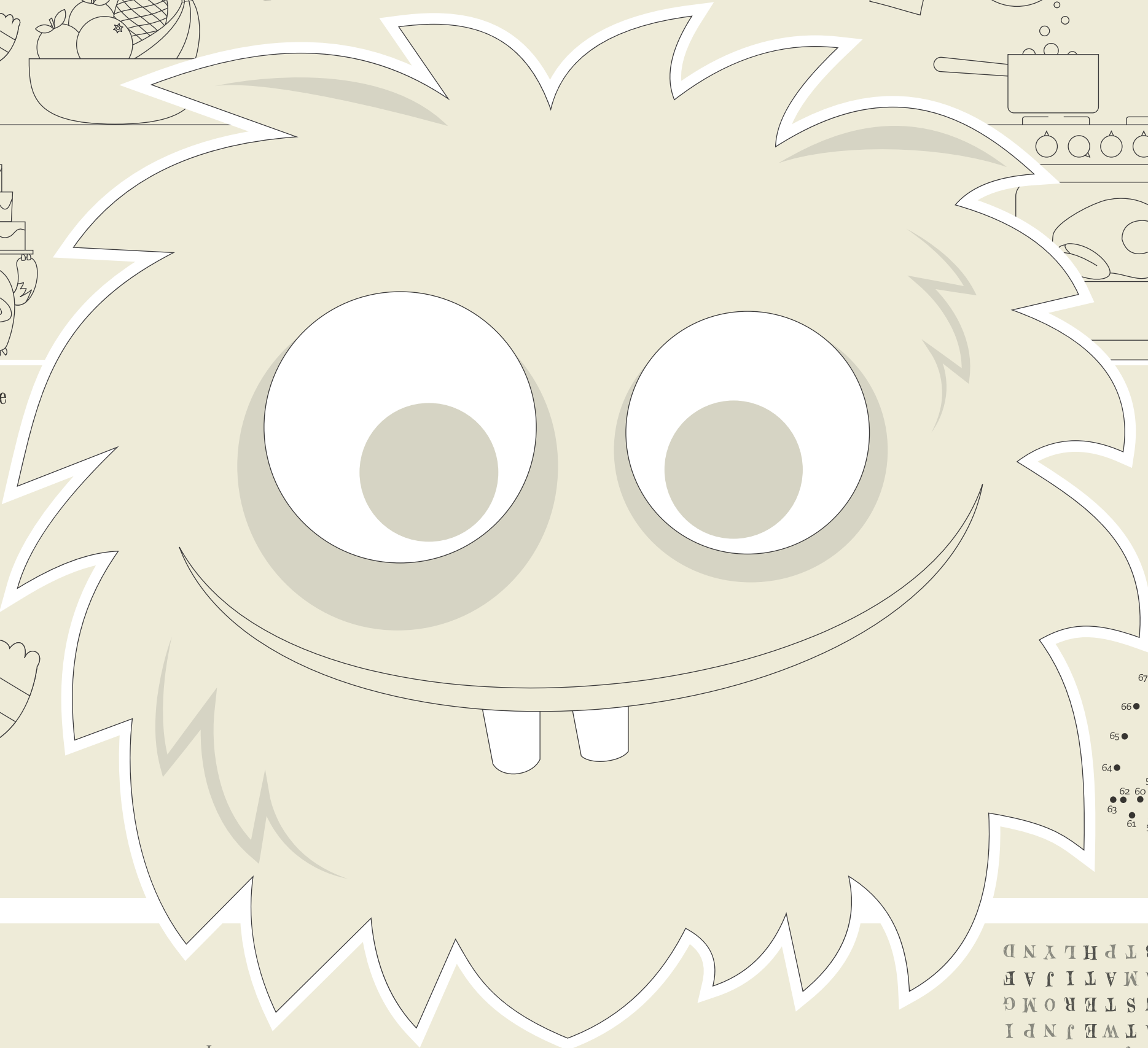
This is Spot and his (almost)
indentical twin, Spit.

See if you can find all 6
differences between these
two handsome brothers...

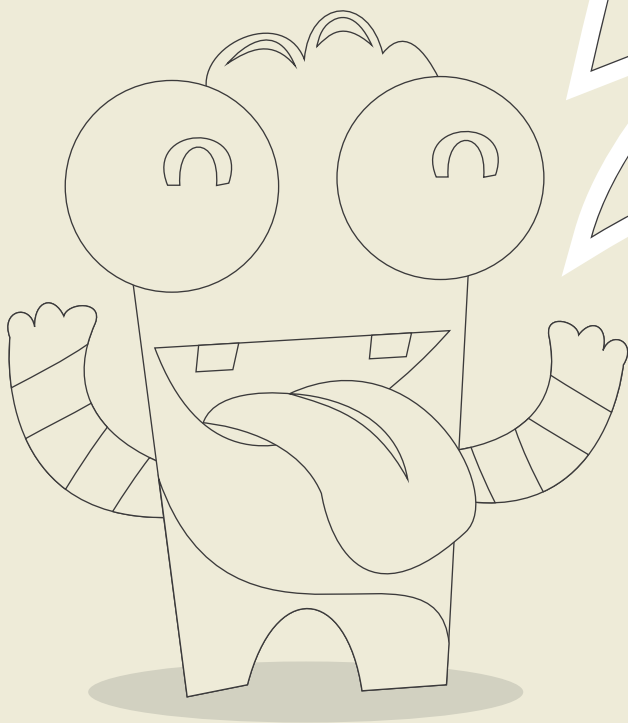




WELCOME TO THE COLOUR ZONE



See how revolting you can make this rude little monster by colouring him in!



Join the dots to find out what's lurking below...



(don't forget to colour me in!)

SAUSAGES, TUNA, ALMOND, BUTTER, PASTA, GRAVY, BEANS, ONION, JELLY, FRUIT

SPOT THE DIFFERENCE

ANSWERS: No looking unless you've done all the puzzles!

Spot has: 1 extra spot, 1 extra line under his tail, 1 extra spike on his back. Spit has: 1 drool on his mouth, 1 extra tooth, 2 extra toes.