



# HELBY ARMS

## YOUNG PERSONS MENU

### Our promise to parents

We're a health conscious bunch and we promise that we will only serve food to young people that we'd be happy for our children to eat. This is why all our chicken and eggs are free-range, we only ever use pure vegetable oil for frying and roasting, we remove excess fat from meat before cooking and only lightly season dishes. All this costs us a little more but we feel it's worth it.

We've specially selected dishes for this menu that we hope young people will want to eat and parents will be happy for them to eat! Please don't hesitate to ask if you would prefer sauces or dressings on the side or an alternative to the accompaniments offered.

### Drinks & Starters

Fruit shoot H2O 95p

Still Spring Water: Natural Orange or Natural Black currant flavour

Carton of Princes Pure Juice 95p

Orange or Apple

Heinz tomato soup served with soft bread roll £1.60

Mini prawn cocktail with brown bread triangles £2.25

Carrot sticks, cucumber sticks and cherry tomatoes with dips £1.90

Melon, grapes and orange segments cocktail £1.95

### Mains

Chicken nuggets, home made with free range chicken breast pieces in golden crisp batter served with home made chips and Heinz baked beans or peas £4.50

Brown cow cheese burger, made on the premises to our own recipe using lean Aberdeen Angus steak mince, char-grilled and served with home made chips and Heinz baked beans £4.95

Cod fillet coated in our own fresh batter and deep fried until crisp served with home made chips and mushy peas £4.95

Home made pizza with a ciabatta base topped with tomato paste and mozzarella cheese served with home made chips and salad £4.60

Sunday Roasts £3.40 (Sunday Only)

Traditional roast beef with a mega Yorkshire pudding, roast potatoes, steamed vegetables and gravy  
Ask for our other roast selection.

### Desserts

Warm Chocolate brownie with vanilla ice cream £2.95

Marshmallows and ice cream topped with warm chocolate sauce £2.55

Wobbly jelly served with ice cream £1.90

Selection of Cheshire Farm Ice creams with a cone £1.90