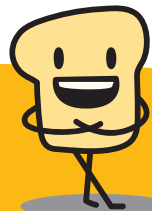




# Kids menu

## Brekkie

available until 3pm



**Poached egg with dippy soldiers ... £2.20**  
Cavanagh free range egg served with sourdough toasted soldiers

**Creamy whole oat porridge ..... £1.50**  
Made with whole milk & a choice of mixed berries, honey or peanut butter topping

**Jammy toast ..... £1.50**  
Sourdough toast with a choice of GR sugar free jam, honey or peanut butter

**Mini breakfast ..... £2.90**  
NI reared pork sausage with poached egg, GR baked beans & brown soda



## Snacks

available 12 noon until close  
£1.50 each

**Ham & cheese toastie**  
Massey's of Saintfield cooked ham with mozzarella on sourdough

**Soup & dippy soldiers**  
Soup of the day served with sourdough toasted soldiers

**Peanut & banana toastie**  
Smooth peanut butter & sliced banana on toasted sourdough with maple syrup



## Meal Deal

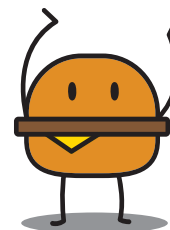
available 12 noon until close

£5.95



**Choose One main, One Side & One Dessert**  
Also includes one bottle drink, please ask your server for today's flavours (juices, smoothies & shakes not included in meal deal)

- 1 Pasta Bolognese**  
NI reared pork mince with hidden vegetable sauce & penne pasta
- Mini pizza**  
3 Slices of wholemeal seeded flatbread pizza with either ham & pineapple or pepperoni served with sweet potato wedges
- Fish bites & potato cubes**  
Oven baked fish bites with sweet potato cubes
- Bangers & mash**  
NI reared pork sausages with sweet potato & hidden veg mash



## 3 Desserts

part of meal deal

- Chocolate brownie & ice cream**  
Warm chocolate brownie served with low sugar vanilla ice cream
- Wobbly jelly & ice cream**  
Sugar free jelly served with low sugar ice cream



## Drinks

junior juices & shakes  
£2.50 each

**Incredible hulk slushy**  
Spinach, apple, & pineapple blended with ice

**Brain booster berry slushy**  
Mixed red berries blended with ice

**Magic marshmallow milkshake**  
Strawberries, soya or almond milk & sugar free marshmallows

**Cheeky monkey chocolate milkshake**  
Banana, cacao & soya or almond milk



goodnessrocks.co.uk | 07594 298686 | 75 Saintfield Road, Belfast, BT8 7HN

Should you have any allergens/special dietary requirements please inform your server & we will do our best to accommodate your needs