

CHILDREN'S MENU

Over the years we have noted many of our young diners have allergies. To help you, please see over the page a sub-menu of Reds children's food that is free from the most common allergens. Always let us know if your child has an allergy.

Start the Day

Last orders for breakfast is 1pm. All breakfasts available with thick white or wholemeal bread

Reds Children's Breakfast £2.90

Link sausage, beans, fried egg and toast

Breakfast Wrap £2.90

SAVOURY - One egg omelette, cheese, bacon and Reds own tomato sauce wrapped in a toasted tortilla
SWEET A toasted tortilla filled with nutella, banana, strawberries and a dusting of icing sugar (v)

Toast, Brown or White with (v) £1.70

Scrambled eggs or Beans or Dippy poached egg

Mini Cheese and Beans Omelette (v) £2.10

French Toast (v) £1.70
Soft bread soaked in beaten egg, griddled and served as fingers with maple syrup or nutella and a sprinkle of icing sugar

Toasted Croissant (v) £1.70

A Munch Before Lunch

Garlic Bread (v) £1.70

Hand-cut, Skin-on, Chunky Chips (vg) £1.70

Soup of the Day (vg) £2.70

with thick white or wholemeal bread

Lentil Soup (vg) £2.70

with thick white, thick brown or gluten free bread (add 30p for gluten free bread)

Mini Nachos (v) with melted cheese £1.70

Baby Food £1.20

A selection of delicious, appetising meals. Packed with organic goodness, they are available for 4+ months and 7+ months

Caught on the hop?

We can warm your baby's bottle or food and provide soft tip spoons and bowls

Maybe a Sandwich or Wrap

Choose from panini, untoasted or toasted wrap or bread (thick white or wholemeal). All sandwiches and wraps are served with our homemade nachos and dressed salad or extra nachos instead of dressed salad. These are our suggestions, all are made to order so if you fancy something different just ask

Ham £2.70

Cheese (v) £2.70

Chicken £2.70

Tuna Mayo £2.70

Egg Mayonnaise (v) £2.70

Additional sandwich/wrap fillings £0.40

Cheese Ham Tuna Mayo Egg Mayo

Bacon Chicken Tomatoes



Enjoyed your visit with us today?

Why not like and share us on Facebook



Reds Edinburgh

v vegetarian

vg vegan

*** £1 per child for unlimited soft play. This helps cover the ongoing cost of maintenance of the soft play areas ***



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Reds-Edinburgh



redsedinburgh

But I'm Starving

5-a-Day Pasta (v) with hidden vegetables **£3.60**
RED Reds own pasta sauce made with fresh tomatoes, carrots, peppers, onions and apples
GREEN Reds own pasta sauce made with fresh avocado, spinach, peas, basil, coconut and onions

Mini-Bakes topped with melted cheese **£3.10**
Cheesy-beany potato pie (v)
Chicken & pasta bake
Tuna & pasta bake

Sticky Rice **£3.10**
 Boiled basmati rice with honey, fresh chicken and peas

Jacket Potato with one filling (v) **£3.30**
 Served with dressed salad and nachos. Give it up and add another filling
Additional fillings/toppings **£0.40**
 Cheese Beans Tuna Mayo
 Ham Bacon Egg Mayo

Reds Burgers beef, chicken or soya chicken **£3.95**
 Served on a brioche bun with chips and dressed salad
 Little Italy Burger – with 5 a day sauce
 Mac Burger – with macaroni and cheese
 BBC Burger – Burger with Bacon and Cheese

Fish and Chips **£3.95**
 Fresh haddock in a crispy batter with chips and beans

Macaroni Cheese (v) **£3.95**
 Really cheesy macaroni pasta with chips or garlic bread and dressed salad

Chicken or Soya Chicken Goujons (v) **£3.95**
 Fresh battered chicken strips with chips and dressed salad

Link Sausages, Beans and Mash **£3.95**
 Two tasty gluten free sausages with beans and mash

Gluten and Dairy Allergen Menu

Start the Day

Reds Children's Breakfast (df,gf) **£3.20**
 Gluten free Link sausage, beans, fried egg and gluten free toast with olive oil

Gluten Free Toast and olive oil (df,gf) with... **£2.00**
 Scrambled Eggs or Beans (vg) or Dippy Poached Egg

Mini Cheese and Beans Omelette (gf) **£2.10**

French Toast (v,gf) **£2.00**
 Gluten free bread soaked in beaten egg, griddled and served as fingers with maple syrup or nutella

Breakfast Wrap (df) **£2.90**
SAVOURY - One egg omelette, vegan cheese, bacon and Reds own tomato sauce wrapped in a toasted tortilla
SWEET A toasted tortilla filled with maple syrup, banana, strawberries and a dusting of icing sugar (v)

A Munch Before Lunch

Hand-cut, Skin-on, Chunky Chips (vg,gf,df) **£1.70**

Soup of the Day or Lentil (vg,gf,df) **£3.00**
 with gluten free bread

Mini Nachos (vg,df) with melted vegan cheese **£1.80**

Maybe a Sandwich

Choose untoasted or toasted gluten free bread drizzled with olive oil. Served with dressed salad and homemade potato crisps. These are our suggestions, all are made to order so if you fancy something different just ask

Ham (df,gf) **£3.00**

Vegan Cheese (vg,df,gf) **£3.00**

Chicken (df,gf) **£3.00**

Tuna Mayo (df,gf) **£3.00**

Egg Mayonnaise (v,df,gf) **£3.00**

But I'm Starving

5-a-Day Pasta (v,df) with hidden vegetables **£3.60**
RED - Reds own pasta sauce made with fresh tomatoes, carrots, peppers, onions and apples

GREEN - Reds own pasta sauce made with fresh avocado, spinach, peas, basil, coconut and onions

Mini-Bakes topped with melted vegan cheese **£3.30**

Cheesy-beany potato pie (v,gf,df)
Chicken & pasta bake (df)
Tuna & pasta bake (df)

Sticky Rice (df,gf) **£3.10**
 Boiled basmati rice with honey, fresh chicken and peas

Jacket Potato with no filling (df,gf) **£2.90**
 Served with dressed salad.

Additional Fillings/toppings **£0.40**
 Vegan Cheese (vg,df,gf) Beans (vg,df,gf) Ham (df,gf)
 Tuna Mayo (df,gf) Bacon (df,gf) Egg Mayo (v,df,gf)

Fish and Chips (df,gf) **£3.95**
 Fresh haddock in a crispy batter with chips and beans

Chicken or Soya Chicken Goujons (df,gf) **£3.95**
 Fresh battered strips with chips and dressed salad

Link Sausages, Beans and Mash (df,gf) **£3.95**
 Two tasty gluten free sausages with beans and mash

v vegetarian **vg** vegan
df dairy free **gf** gluten free

Important Note : All our food is freshly prepared on the premises where nuts, gluten and other allergens as well as meat are present. Our menu descriptions do not include all ingredients. If you have a food allergy, please let us know before ordering. We use soya bean oil produced from genetically modified soya.