

Summer 2023

The summer holidays can be an expensive time of year, from organising activities for the kids to keeping them fed while out and about. Luckily, there are a variety of restaurants and cafes around the country that are offering free or discounted meals for kids over the school holidays. Please check the terms and conditions prior to purchasing.

1. Bill's restaurants

Kids eat free at Bill's restaurants this summer school holiday! Up to two kids can eat free ALL DAY, Monday to Friday, from 25 July to 1 September, if one adult orders any main dish (breakfast, lunch, and dinner).

2. Morrisons café

Kids aged under 16 eat for free at any Morrisons café when an adult spends £4.99 or more on a meal. The kid's meal includes piece of fruit and Tropicana Kids Orange or Apple drink or bottle of water.

3. Pausa Cafés inside Dunelm stores

You can get one free main meal, plus two snacks and a drink for every £4 an adult spends in the in-store café.

4. Yo Sushi!

Kids under 10 eat free at Yo Sushi! Restaurants from 17 July until the 11 August. As you enjoy your sushi and Japanese hot favourites (one child eats free for every £10 spent on food by the accompanying adult).

5. Tesco cafes

This school summer holiday, kids eat free at Tesco's cafes from Monday to Friday. Fuel them up for the day with a brilliant breakfast. Kids can get a free breakfast, for example, with any adult purchase in a Tesco Café while the Kids Eat Free offer is available.

6. Bella Italia

Kids eat for £1 with every adult main between 4pm and 6pm, Mondays to Thursdays at Bella Italia. Kids can enjoy three delicious courses and a Cawston Pressed Fruit Water for just £1. These fab, bargain meals are suitable for 2-11 year olds.

7. Asda's family-friendly cafés

Firstly, you can receive a free Ella's Kitchen baby food pouch for babies under 18 months with any purchase in Asda's cafés. And kids (up to age 16) across England and Wales can eat for just £1 at any time of day in Asda Cafés, seven days a week, with no minimum adult spend required.

8. Premier Inn

You don't have to be a guest to enjoy a Premier Inn breakfast! Two under-16s can eat breakfast for free when one adult orders a full Premier Inn Breakfast or a Meal Deal.

9. IKEA

Children can enjoy pasta with tomato sauce and a soft drink for 95p at IKEA stores. If your kids aren't fans of pasta, there are other kids meal deals on offer for just £1.50. You can enjoy these bargains every day from 11am in any IKEA restaurant.

10. Sainsbury's cafes

Enjoy one children's hot main meal or lunch bag for £1 with the purchase of an adult hot main meal from £5.20 in the Sainsbury's café. Kids' meals in the Sainsbury's cafe come with a drink (blackcurrant water, apple juice, Happy Monkey chocolate milkshake or milk) and a piece of fruit.

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