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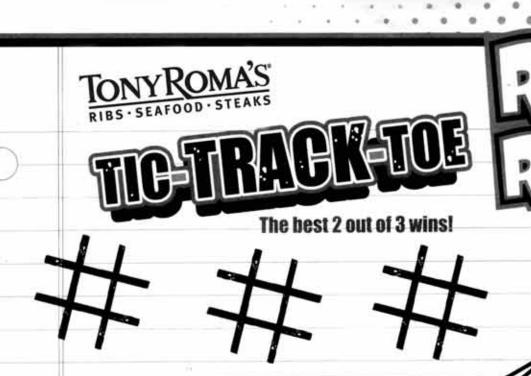
The Tour de France is a bicycle race that began in 1903 that covers 2,500 miles in 20 different stages. That's a lot of time on a bike! American Lance Armstrong has won the event a record six times!

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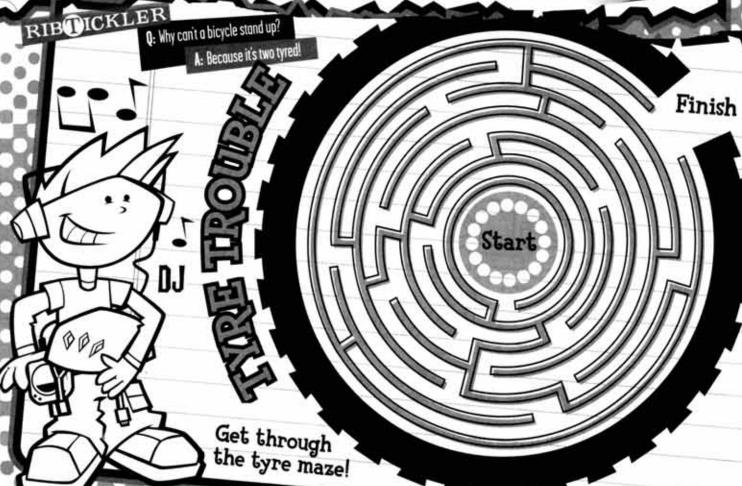
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Here's a bicycle safety checklist an adult can help you do:

- · Always wear your helmet.
- · Check your brakes to be sure they work well and aren't sticking.
- · Check and oil your chain regularly.
- Make sure your seat, handlebars, and wheels fit tightly.
- Check your tyres to make sure they have enough air and the right tyre pressure.







Every Kid's meal includes a choice of main course, dessert and a soft drink. All for just £4.95

ROVERS KID'S ENTREES

A juicy junior hamburger served with French fries BUZZ'S HAMBURGER

ROUND THE GLOBE PIZZA A gooey cheese pizza Margarita served French fries or a personal pizza served wirh French friesl

ROUND THE WORLD RIBS

A short rack of Tony's world famous ribs, smothered in Tony's Carolina Honeys sauce and served with French fries and extra napkins! Don't forget to visit the rib fountain!

DJ'S CHICKEN TENDERS

Tasty chicken tender strips with Carolina Honeys sauce, served with French fries!

EL GRECO'S PENNE PASTA

Perfect pasta smothered with Tony's Alfredo sauce

JULIA'S CAESAR'S SALAD

Caesar salad topped with grilled chicken!

ANDI'S SHRIMP & CHIPS

Our hand breaded, Miami fried shrimp served with French friest

KID'S DESSERTS

DIVA'S FRESH FRUIT CUP

A Cocktail of fresh fruit!

ICE CREAM SUNDAE WITH CHOCOLATE SAUCE

Tony Romas 25-27 University Road, Belfast BT7 1NA

