



Sands
BISTRO

LIFESTYLE AND ALLERGEN MENU

GLUTEN INTOLERANT

BREAKFAST

Get your day off to the perfect start!

COOKED BREAKFAST

Traditional Breakfast 1201 kcal
Two rashers of bacon, two gluten free sausages, a free-range egg, beans, mushrooms, fresh tomato, hash browns and gluten free toast. **10.50**

Small Breakfast 813 kcal
One rasher of bacon, one gluten free sausage, free-range egg, beans, fresh tomato and gluten free toast. **8.00**

Plant-based Breakfast 656 kcal
Roasted peppers, garlic and chilli Tenderstem broccoli, mushrooms, hash browns, beans and gluten free toast. **8.50**

Breakfast Bap
Gluten free roll with your choice of delicious filling. Choose from:
Bacon 512 kcal **5.00** **Gluten free sausage** 547 kcal **5.00**
Egg 435 kcal **5.00**

EGGS

Eggs Benedict 858 kcal
Toasted gluten free bread topped with cured ham, two free-range poached eggs and a creamy hollandaise sauce. **8.50**

Eggs Florentine 858 kcal
Toasted gluten free bread topped with spinach, two free-range poached eggs and a creamy hollandaise sauce. **8.00**

Eggs Royale 654 kcal
Toasted gluten free bread topped with freshly smoked salmon, two free-range poached eggs and a creamy hollandaise sauce. **9.00**

Steak and Eggs 918 kcal
Red Tractor sirloin steak seasoned and grilled to your liking, served with fried eggs and hash browns. **20.50**

SMALLER APPETITES

Bacon, Egg and Beans 273 kcal **5.00**

LUNCH

Served 12pm-3pm

Tuna Mayo Roll 816 kcal
Mixed with cucumber, crunchy red onion and lettuce in a gluten free roll. **9.00**

Add chips 405 kcal for only 1.50

SHARERS

The perfect choice to share with a friend - or if you're feeling hungry, enjoy to yourself!

Nachos 442 kcal (Serves 2-3)
Smothered in guacamole, jalapeños, salsa, sour cream and cheese. **10.00**
Add cajun chicken 114 kcal **3.50**

Vegan Nachos 351 kcal (Serves 2-3)
Smothered in guacamole, jalapeños, salsa and vegan cheese. **10.00**

STARTERS

The ideal way to kick off your meal!

BBQ Wings 645 kcal
Sticky BBQ chicken wings with BBQ dip. **9.00**

Spicy Wings 679 kcal
Spicy chicken wings covered in Frank's Xtra Hot Sauce. **9.00**

SALADS

Fancy something lighter or saving room for dessert?

Caesar Salad 714 kcal
Crispy little gem lettuce and tomato, drizzled in a Caesar dressing and topped with Italian cheese shavings. **12.50**
Add sliced chicken breast 259 kcal **3.00**
Add poached salmon 168 kcal **4.50**

Lunch Club
Any dish from our lunch menu and soft drink for **10.00***

MAINS

We've got something to delight every tastebud - which one takes your fancy?

Hunters Chicken Stack 1143 kcal
Succulent chicken breast and crispy bacon, covered in melted Cheddar cheese and BBQ sauce, served with chips and coleslaw. **14.50**

Mushroom Penne 939 kcal
Gluten free pasta in a creamy garlic sauce with pan-fried mushrooms, wilted spinach and black pepper, sprinkled with vegan cheese shavings, basil and fresh chillies. **13.00**

Fish and Chips 1001 kcal
Hand-battered fish, chunky chips, tartare sauce and peas. **15.50**

Sirloin Steak 896 kcal
Red Tractor prime 8oz sirloin steak, grilled to perfection, and served with chunky chips, roasted tomato and flat mushrooms. **20.50**
Add peppercorn sauce 46 kcal **3.00**

BURGERS

Our juicy 100% British beef burgers come served in a toasted gluten free bun with coleslaw and chunky chips.

House Burger 1197 kcal
A juicy beef burger with crispy lettuce, sliced beef tomato and burger sauce. **12.50**

Bacon Cheeseburger 1468 kcal
Chargrilled beef burger topped with melted Cheddar cheese, crispy bacon, fresh lettuce, beef tomato and burger sauce. **14.50**

ADD A LITTLE EXTRA...

Bacon 109 kcal **1.50** **Cheese** 131 kcal **1.50**
Mozzarella 92 kcal **1.50** **Chilli jam** 116 kcal **1.50**
Frank's Hot Sauce 12 kcal **1.50**

Feeling hungry?
Then double up your beef burger for only **4.00** 437 kcal

SIDES

Skinny Fries 438 kcal **4.00**
Chunky Chips 404 kcal **4.00**
Mixed Leaf Salad 50 kcal **5.00**
Spicy Corn 265 kcal **4.00**
Herby Peas 163 kcal **4.00**
Mashed Potato 499 kcal **4.00**

DESSERTS

End your meal with a treat - or skip the other dishes completely and go straight to dessert!

Chocolate Fudge Brownies 690 kcal
Goosey chocolate brownies with a delicious melt-in-the-middle centre, served with vanilla ice cream. **7.50**

Knickerbocker Sundae 657 kcal
Vanilla ice cream layered with raspberry, strawberry, meringue and whipped cream, with a flake and a cherry on the top. A true classic! **7.50**

Ice Cream 255 kcal
Three scoops of your favourite dairy free flavour or enjoy a mixture! **6.00**
Choose from:
Chocolate 255 kcal
Strawberry 241 kcal
Vanilla 237 kcal
Sorbet 209 kcal
Three scoops of your favourite flavour or enjoy a mixture! **6.00**
Choose from:
Raspberry 209 kcal
Lemon 209 kcal
Mango 209 kcal

If you have a food allergy, intolerance or coeliac disease, please speak to a team member about the ingredients in your food and drink before you order. Thank you.

DAIRY INTOLERANT

BREAKFAST

Get your day off to the perfect start!

COOKED BREAKFAST

Traditional

Breakfast 1201 kcal
Two rashers of bacon, two sausages, a free-range egg, beans, mushrooms, fresh tomato, hash browns and a choice of white or brown toast **10.50**

Vegetarian

Breakfast 717 kcal
Two Quorn Best of British sausages, a free-range egg, fresh tomato, beans, mushrooms, hash browns and a choice of white or brown toast or fried bread. **8.00**

Small Breakfast

813 kcal
One rasher of bacon, one sausage, free-range egg, beans, fresh tomato and a choice of white or brown toast. **8.00**

Plant-based

Breakfast 656 kcal
Roasted peppers, vegan sausages, mushrooms, hash browns, fresh tomato, beans and toast. **8.50**

Breakfast Bap

Soft, fluffy roll with your choice of delicious filling. Choose from:
Bacon 512 kcal **5.00**
Vegan sausage 428 kcal **5.00**
Sausage 647 kcal **5.00**
Egg 435 kcal **5.00**

EGGS

Eggs on Toast 645 kcal
Keep it simple. Eggs cooked your way, served on white or brown toast. **5.50**

Steak and Eggs

918 kcal
Red Tractor sirloin steak seasoned and grilled to your liking, served with fried eggs and hash browns. **20.50**

LIGHTER OPTIONS

Cereals

A bowl of your favourite cereal with soya milk. Choose from:
Cornflakes 127 kcal **2.50**
Rice Krispies 121 kcal **2.50**
Special K 149 kcal **2.50**
Crunchy Nut Cornflakes 176 kcal **2.50**

SMALLER APPETITES

Sausage, Egg and Beans 348 kcal **5.00**

Bacon, Egg and Beans 273 kcal **5.00**

Beans on Toast 645 kcal **3.50**

Smashed Avocado on Toast 674 kcal **7.00**

Toast and Jam 419 kcal **2.50**

LUNCH

Served 12pm-3pm

Plant Ball Marinara

Ciabatta 494 kcal
Tasty plant balls in a rich tomato sauce, with melted vegan cheese. **9.00**

Tuna Mayo Ciabatta

816 kcal
Mixed with cucumber, crunchy red onion and lettuce. **9.00**

Add chips 405 kcal for only 1.50

SHARERS

The perfect choice to share with a friend - or if you're feeling hungry, enjoy to yourself!

Vegan Nachos 351 kcal
(Serves 2-3) Smothered in guacamole, jalapeños, salsa and vegan cheese. **10.00**
Add pulled pork 216 kcal **5.00**
Add cajun chicken 114 kcal **3.50**

STARTERS

The ideal way to kick off your meal!

Garlic Bread 409 kcal **5.00**

BBQ Wings 645 kcal
Sticky BBQ chicken wings with BBQ dip. **9.00**

Spicy Wings 679 kcal
Spicy chicken wings covered in Frank's Xtra Hot Sauce. **9.00**

Crispy Filo King Prawns 639 kcal
Served with a sweet chilli sauce and garlic mayo. **9.50**

Lunch Club

Any dish from our lunch menu and soft drink for **10.00**

MAINS

We've got something to delight every tastebud - which one takes your fancy?

Mushroom Penne

939 kcal
Pan-fried mushrooms in a creamy garlic sauce, wilted spinach and black pepper, sprinkled with vegan cheese shavings, basil and fresh chillies. **13.00**

Fish and Chips

1001 kcal
Hand-battered fish, chunky chips, tartare sauce and peas. **15.50**

Katsu Curry

Aromatic coconut sauce, served on a bed of rice with a chilli and coriander garnish. Choose from:
Panko chicken 1104 kcal **14.50**
Vegan nuggets 738 kcal **14.00**

Sirloin Steak

896 kcal
Red Tractor prime 8oz sirloin steak, grilled to perfection, and served with chunky chips, roasted tomato and flat mushrooms. **20.50**

Vegetable Fajitas

834 kcal
Marinated, chargrilled vegetables on a bed of sizzling onions and peppers. Served with a selection of dips and soft tortillas to wrap everything up! **14.00**

BBQ Pork Ribs

919 kcal
Succulent and sticky BBQ ribs served with fries and coleslaw. **20.50**

All Day Brunch

1626 kcal
Our classic all-day full English breakfast served with chips. **14.50**

BURGERS

Our juicy 100% British beef burgers and tasty veg option come served in a toasted bun with coleslaw and chunky chips.

House Burger

1197 kcal
A juicy beef burger with crispy lettuce, sliced beef tomato and burger sauce. **12.50**

Bacon Cheeseburger

1468 kcal
Chargrilled beef burger topped with melted dairy free cheese, crispy bacon, fresh lettuce, beef tomato and burger sauce. **14.50**

The Garden Burger

879 kcal
Made from plant-based protein, beetroot and coconut oil. Served on a vegan bun with vegan cheese, lettuce and beef tomato. **14.00**

ADD A LITTLE EXTRA...

Bacon 109 kcal **1.50**
BBQ pulled pork 251 kcal **5.00**
Chilli jam 116 kcal **1.50**
Frank's Hot Sauce 12 kcal **1.50**

SALADS

Fancy something lighter or saving room for dessert?

The Soul Bowl

401 kcal
A colourful bowl of mixed beans, Tenderstem broccoli, roasted vegetables, giant cous cous and fresh spinach, with a basil and lemon dressing. **10.00**
Add sliced chicken breast 259 kcal **3.00**
Add poached salmon 168 kcal **4.50**

Feeling hungry?

Then double up your beef burger for only **4.00** 437 kcal

If you have a food allergy, intolerance or coeliac disease, please speak to a team member about the ingredients in your food and drink before you order. Thank you.


DAIRY INTOLERANT

PIZZAS

A fluffy dough base covered in tasty ingredients – who doesn’t love a good pizza?

Margherita  1159 kcal
Rich tomato base topped with dairy free mozzarella. **14.00**

Roasted Vegetable and Chilli  946 kcal
Rich tomato base topped with roasted vegetables, chilli and vegan cheese. **15.00**

Pepperoni  1375 kcal
Rich tomato base topped with grated dairy free mozzarella and loads of pepperoni. **15.50**

BBQ Chicken and Bacon 1438 kcal
BBQ base, topped with tender chicken, bacon and dairy free mozzarella. **15.50**

Spicy Meatball and Jalapeño 1420 kcal
Rich tomato base topped with whole, juicy meatballs, roasted red onions, spicy jalapeños, crushed red chillies and grated dairy free mozzarella. **15.50**

SIDES

Skinny Fries  438 kcal **4.00**

Chunky Chips  404 kcal **4.00**

Garlic Bread  409 kcal **5.00**

Mixed Leaf Salad  50 kcal **5.00**


Spicy Corn  265 kcal **4.00**


Herby Peas  153 kcal **4.00**

If you have a food allergy, intolerance or coeliac disease, please speak to a team member about the ingredients in your food and drink before you order. Thank you.

DESSERTS

End your meal with a treat – or skip the other dishes completely and go straight to dessert!

Chocolate and Orange Cake  492 kcal
A vegan chocolate and orange cake served warm with a scoop of vegan vanilla ice cream. **7.50**

Ice Cream 
Three scoops of your favourite dairy free flavour or enjoy a mixture! **6.00**
Choose from:
Chocolate 255 kcal
Strawberry 241 kcal
Vanilla 237 kcal

Sorbet 
Three scoops of your favourite flavour or enjoy a mixture! **6.00**
Choose from:
Raspberry 209 kcal
Lemon 209 kcal
Mango 209 kcal

Kids Menu

GLUTEN INTOLERANT

Starters

Perfect for a quick nibble, or for those with a smaller appetite.

Rainbow Sticks  34 kcal
Fresh carrot, cucumber and red pepper. Lucy’s favourite snack and one of your 5-a-day! **1.00**

Mains


Yummy meals for rumbling tummies! All served with your choice of peas, beans or sweetcorn.

Bear’s Banging Beef Burger 673 kcal
A juicy beef burger, served in a gluten free bun with fries and ketchup. **6.50**

Pastacadabra  234 kcal
Gluten free pasta tubes in a magic tomato and garlic sauce. **5.50**


Desserts

Got a sweet tooth? Then we’ve got just the thing!

Chunky Chocolate Brownie  327 kcal
Chocolate and vanilla ice cream, with fudgy brownie pieces and chocolate sauce. **4.50**

Scratch’s Strawberry Sundae  255 kcal
Vanilla ice cream with fresh strawberries, sauce and cream. **4.50**

Fizzy Fruit and Sorbet  133 kcal
Seasonal fresh fruit with orange sorbet. **3.00**

Ice Cream 
Two scoops of your favourite dairy free flavour or enjoy a mixture! **3.50**
Choose from:
Chocolate 170 kcal *Strawberry* 160 kcal *Vanilla* 158 kcal

Monster Meal Deal

Choose a starter, main, dessert and drink for only 8.85.

Choose your drink:

Pip Organic Juice 77 kcal
Apple juice 94 kcal
Pepsi Max 2 kcal
Lemonade 5 kcal

DAIRY INTOLERANT

Starters

Perfect for a quick nibble, or for those with a smaller appetite.

Rainbow Sticks  34 kcal
Fresh carrot, cucumber and red pepper. Lucy’s favourite snack and one of your 5-a-day! **1.00**

Crunchy Garlic Bread  218 kcal
Crispy bread covered in garlic butter. **1.50**

Mains

Yummy meals for rumbling tummies! All served with your choice of peas, beans or sweetcorn.

Bear’s Banging Beef Burger 673 kcal
A juicy beef burger, served in a bun with fries and ketchup. **6.50**


Pirate Jenny’s Fish Fingers and Chips 476 kcal
Breaded fish goujons, served with fries and ketchup. **6.50**

Pastacadabra  234 kcal
Pasta tubes in a magic tomato and garlic sauce. **5.50**

Desserts

Got a sweet tooth? Then we’ve got just the thing!

Fizzy Fruit and Sorbet  133 kcal
Seasonal fresh fruit with orange sorbet. **3.00**

Ice Cream 
Two scoops of your favourite dairy free flavour or enjoy a mixture! **3.50**
Choose from:
Chocolate 170 kcal *Strawberry* 160 kcal *Vanilla* 158 kcal

Meal Deal
8.85

Orange juice 94 kcal
Milk 90 kcal
Diet Pepsi 2 kcal





V Suitable for vegetarians **Vg Suitable for vegans**

*Dishes from lunch section only. Small Pepsi Max, Diet Pepsi, lemonade and soda only.

Calories shown are per serving. Each dish is one serving unless otherwise stated. Adults need around 2000 kcal a day. Allergen menus are available on request. Please inform your server of any allergies or intolerances before you order. Unfortunately, it is not possible to guarantee that any product is 100% free from any allergen due to the risk of cross contamination in our busy kitchens. All menu items may contain ingredients not listed in the menu description. Weights are approximate and uncooked. Some meat/fish dishes may contain small bones. Menu items are subject to availability. All prices include VAT. All card and cash tips are shared out to all employees through a system controlled by a team representative. No monies are deducted by Away Resorts. Tips are paid on top of a team member's wage. If you have any queries about how tips are distributed, please ask.



Red Tractor is an independent not-for-profit food and farm assurance scheme ensuring the food you choose is safe, traceable and farmed with care. By choosing food with the Red Tractor logo you can be sure that it has been produced in the UK to world-leading standards and is traceable back to farms. For more information, please go to redtractor.org.uk.



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