

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 V 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 **V** 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 keal

Mixed with cucumber, crunchy red onion and lettuce in a gluten free roll. 8.65

Add chips 405 keal for only 1.50

SHARERS

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

Nachos V (Serves 2-3) 442 kcal

Smothered in guacamole, jalapeños, salsa, sour cream and cheese. 10.00

Add cajun chicken 114 kcal 3.50

Vegan Nachos (Serves 2-3) 351 kcal 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 V 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

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.

MAINS

Lunch

Club

Any dish from

our lunch menu

or 10.00*

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

Hunters Chicken Stack 1143 keal

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 keal 3.00

BURGERS

Our juicy 100% British beef burgers come served in a toasted aluten 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**

Mozzarella V 92 kcal 1.50

Frank's Hot Sauce 🔞 12 kcal 1.50

Cheese 131 kcal 1.50

Chilli jam 🛂 116 keal 1.50

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SIDES

Skinny Fries 🕏 438 kcal 4.00

Chunky Chips 10 404 keal 4.00

Mixed Leaf Salad 15.00

Spicy Corn 265 keal 4.00

Herby Peas @ 153 kcal 4.00

Mashed Potato V 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 (V) 690 kcal

Gooev chocolate brownies with a delicious melt-in-the-middle centre, served with vanilla ice cream. 7.50

Knickerbocker

Sundae V 657 kcal

Vanilla ice cream lavered with raspberry, strawberry, meringue and whipped cream, with a flake and a cherry on the top. A true classic! 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 keal

Mango 209 kcal

Sorbet ®

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

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 or fried bread. 10.50

Vegetarian

Breakfast V 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 547 kcal **5.00** Egg **V** 435 keal **5.00**

EGGS

Eggs on Toast **(V)** 545 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 V 127 keal 2.50 Rice Krispies V 121 kcal 2.50 **Special K (V)** 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 keal 5.00

Beans on Toast 545 kcal **3.50**

Smashed Avocado on Toast 🚱 674 kcal 7.00

Toast and Jam

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

Lunch

Club

Any dish from

our lunch menu

Or 10.00*

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 (Serves 2-3) 351 kcal 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 **3** 409 kcal **5.00**

BBQ Wings 645 kcal

Sticky BBQ chicken wings with BBQ dip. 9.00

Spicy Wings 679 keal

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**

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 keal

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 ve 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.

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 keal **1.50**

BBQ pulled pork 251 kcal 5.00

Chilli jam 🛂 116 keal **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 keal 4.50

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DAIRY INTOLERANT

PIZZAS

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

Margherita V 1159 kcal

Rich tomato base topped with dairy free mozzarella. **14.00**

Pepperoni 1375 kcal

vegan cheese. 15.00

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 3 409 kcal 5.00

Mixed Leaf Salad & 50 kcal 5.00

Spicy Corn © 265 kcal 4.00

Herby Peas 153 kcal 4.00

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 keal

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

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.

Kids Menu

GLUTEN INTOLERANT



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**

Mains

Yummy meals for rumbly 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 ① 255 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

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 rumbly tummies! All served with your choice of peas, beans or sweetcorn.

Bear's Banging Beef Burger 673 keal
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! ${\bf 3.50}$

Choose from:

Chocolate 170 kcal Strawberry 160 kcal Vanilla 158 kcal

Monster Meal Deal

Choose a starter, main, dessert and drink for only 9.50.

Choose your drink:

Pip Organic Juice 77 kcal

Apple juice 94 kcal

Pepsi Max 2 kcal

Lemonade 5 kcal

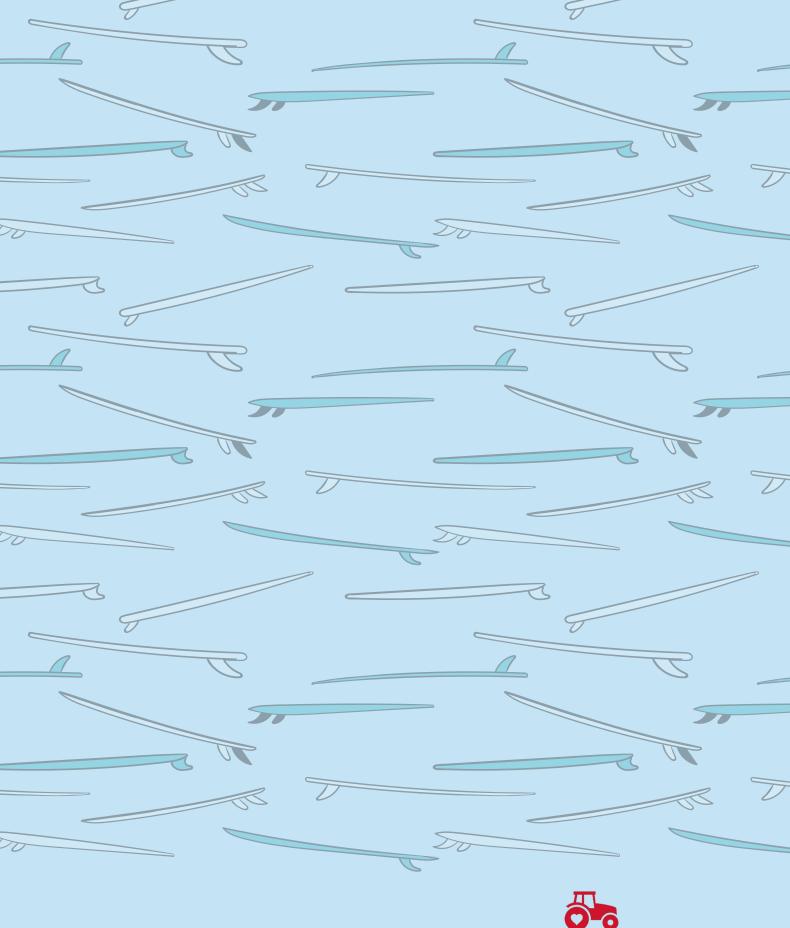
Orange juice 94 kcal Milk 90 kcal Diet Pepsi 2 kcal

9.50









♥ Suitable for vegetarians **♦** 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.

