

GLUTEN INTOLERANT

LUNCH

Served 12pm-3pm

Tuna Mayo Roll 816 kcal Mixed with cucumber, crunchy red onion and lettuce in a gluten free roll. 9.50

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 (V (Serves 2-3) 442 kcal Smothered in guacamole, jalapeños, salsa, sour cream and cheese. 10.50 Add cajun chicken 114 kcal 3.50

Vegan Nachos (Serves 2-3) 351 kcal Smothered in guacamole, jalapeños, salsa and vegan cheese. 10.50

STARTERS

The ideal way to kick off your meal!

BBQ Wings 645 keal Sticky BBQ chicken wings with BBQ dip. 9.50

Spicy Wings 679 kcal Spicy chicken wings covered in Frank's Xtra Hot Sauce. 9.50

MAINS

Lunch

Club

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. **15.00**

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. 13.50

Fish and Chips 1001 keal

Hand-battered fish, chunky chips, tartare sauce and peas. **16.50**

Sirloin Steak 896 kcal

Red Tractor prime 8oz sirloin steak, grilled to perfection, and served with chunky chips, roasted tomato and flat mushrooms. 21.50

Add peppercorn sauce 46 kcal 3.00

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. 13.00 Add sliced chicken breast 259 kcal 3.00 Add poached salmon 168 keal 4.50

BURGERS

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

House Burger 1197 keal

A juicy beef burger with crispy lettuce, sliced beef tomato and burger sauce. 13.00

Bacon Cheeseburger 1468 kcal

Chargrilled beef burger topped with melted Cheddar cheese, crispy bacon, fresh lettuce, beef tomato and burger sauce. 15.00

ADD A LITTLE EXTRA...

Bacon 109 keal **2.00** Mozzarella V 92 kcal 2.00 Cheese 131 keal 1.60 Chilli jam 🕡 116 keal 2.00

Frank's Hot Sauce 😯 12 kcal 2.00

SIDES

Skinny Fries **4**38 kcal **4.00**

Chunky Chips @ 404 kcal 4.00

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 Fudge

Brownies V 690 kcal

Gooey 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 layered 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! 6.50 Choose from: Chocolate 255 kcal Strawberry 241 kcal Vanilla 237 kcal

Sorbet @

Three scoops of your favourite flavour or enjoy a mixture! 6.50 Choose from: Raspberry 209 keal

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



Served 12pm-3pm

Plant Ball Marinara Ciabatta 🖸 494 kcal Tasty plant balls in a rich tomato sauce, with melted vegan cheese. 9.50

Tuna Mayo Ciabatta 816 kcal Mixed with cucumber, crunchy red onion and lettuce. 9.50

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. 10.50 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

BBO Wings 645 keal Sticky BBQ chicken wings with BBQ dip. 9.50

Spicy Wings 679 kcal

Spicy chicken wings covered in Frank's Xtra Hot Sauce. 9.50

MAINS

Club Any dish from Our lunch menu

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. 13.50

Fish and Chips 1001 keal

Hand-battered fish, chunky chips, tartare sauce and peas. 16.50

Katsu Curry

Aromatic coconut sauce, served on a bed of rice with a chilli and coriander garnish. Choose from:

Panko chicken 1104 keal 15.00 Vegan nuggets 🕏 738 kcal **14.50**

Sirloin Steak 896 kcal

Red Tractor prime 8oz sirloin steak, grilled to perfection, and served with chunky chips, roasted tomato and flat mushrooms. 21.50

Vegetable Fajitas **10** 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! 14.50

All Day Brunch 1626 keal

Our classic all-day full English breakfast served with chips.

Mushroom and Jalapeño Quesadilla 🔞 474 kcal Sautéed mushrooms, chopped jalapeño chillies and dairy free cheese, inside a grilled flour tortilla, served with salsa and guacamole. 7.50

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 keal

A juicy beef burger with crispy lettuce, sliced beef tomato and burger sauce. 13.00

Bacon Cheeseburger 1468 kcal

Chargrilled beef burger topped with melted dairy free cheese, crispy bacon, fresh lettuce, beef tomato and burger sauce. 15.00

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. 15.00

ADD A LITTLE EXTRA...

Bacon 109 kcal 2.00 BBO pulled pork 251 kcal 5.00

Chilli jam 🔞 116 keal **2.00** Frank's Hot Sauce Ve 12 keal 2.00

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. 10.50 Add sliced chicken breast 259 kcal 3.00 Add poached salmon 168 keal 4.50

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 keal 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

Sticky Toffee Pudding **1** 538 kcal Moist sponge drenched in toffee sauce, served with dairy free ice cream. 6.95

Ice Cream 🔞

Three scoops of your favourite dairy free flavour or enjoy a mixture! 6.50 Choose from: Chocolate 255 kcal

Strawberry 241 kcal Vanilla 237 keal

Sorbet ®

Three scoops of your favourite flavour or enjoy a mixture! 6.50 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

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

Scratch's Strawberry Sundae V 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. 3.50

Ice Cream @

Two scoops of your favourite dairy free flavour or enjoy a mixture! 3.50 Choose from:

Chocolate 170 kcal Strawberry 160 keal

Vanilla 158 kcal

Monster Meal Deal

Choose a starter, main, dessert and drink for only 9.95.

Choose your drink:

Pip Organic Juice 77 kcal Milk 90 kcal

Lemonade 5 kcal

Pepsi Max 2 kcal

Orange juice 94 kcal Apple juice 94 kcal

Diet Pepsi 2 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 3 218 kcal 2.00

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 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**

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

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

Fizzy Fruit and Sorbet 133 kcal Seasonal fresh fruit with orange sorbet. **3.50**

Ice Cream @

Two scoops of your favourite dairy free flavour or enjoy a mixture! 3.50 Choose from:







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.

