



PROPELLER

BAR & KITCHEN

**LIFESTYLE AND
ALLERGEN MENU**

GLUTEN INTOLERANT

LUNCH

Served 12pm-3pm

Tuna Mayo Roll 734 kcal

Tuna and capers in a zesty lemon mayonnaise with cucumber in a toasted gluten free bun. **9.50**

Spicy Roasted Vegetable Roll 807 kcal

Spicy roasted vegetables in a toasted gluten free bun with vegan cheese. **8.50**

Chicken and Pesto Roll 832 kcal

Poached chicken, homemade pesto and crunchy salad in a toasted gluten free bun. **9.50**

Add rosemary fries 339 kcal for only 1.50

Lunch Club

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

NIBBLES

Perfect to snack on while unwinding with a drink, or waiting for your main meal.

Mixed Olives 146 kcal 5.00

Garlic and Rosemary Pizza 685 kcal

On a gluten free base. **5.50**

Garlic and Rosemary Pizza with Mozzarella 980 kcal

On a gluten free base. **7.00**

SHARERS

There's nothing better than sharing a meal with friends and family.

Cured Meat Board (Serves 2) 682 kcal

A selection of Italian cured meats, pickled red onion, olives, bread, and balsamic vinegar and olive oil for dipping. **20.50**

STARTERS

The ideal start to every meal.

Calamari 381 kcal

Lightly-coated crispy squid accompanied by a zesty lemon mayonnaise. **9.00**

Rosemary and Garlic Fried Chicken 381 kcal

Lightly-coated crispy chicken served with marinara sauce. **9.50**

Caprese Salad 460 kcal

Juicy beef tomatoes, buffalo mozzarella and homemade basil pesto. **8.50**

Courgette Fries 661 kcal

Hand-battered crispy courgette fries served with garlic aioli and a tomato and basil sauce. **7.15**

PASTA

Freshly cooked pasta served with a choice of mouthwatering toppings made from the finest ingredients.

Pasta Bolognese 664 kcal

Gluten free pasta topped with a delicious homemade minced beef, tomato and garlic ragu. **13.50**

Pasta Carbonara 1142 kcal

Gluten free pasta in a creamy sauce with smoked bacon, mushroom and Italian cheese. **13.50**

PIZZAS

A choice of gluten free pizzas smothered in a delicious fresh tomato base and covered with a choice of tasty toppings.

Margherita 1080 kcal

Mozzarella and rich tomato base. **13.50**

Pepperoni 1210 kcal

Spiced pepperoni and mozzarella. **14.50**

Chicken and Pesto 1177 kcal

Chicken, mozzarella and homemade basil pesto. **14.00**

GRILL

Straight from the grill to your table, bursting with smoky flavours.

10oz Ribeye Steak 1104 kcal

Red Tractor ribeye steak grilled to perfection, and served with garlic butter, rosemary fries, grilled tomato and mushroom. **24.50**

Add béarnaise sauce 166 kcal **3.00**

Add peppercorn sauce 171 kcal **3.00**

Garlic and Herb Chicken 579 kcal

Marinated chicken served with roasted baby potatoes, fresh seasonal vegetables and a rich tomato sauce. **15.50**

Grilled Tuscan Salmon 1084 kcal

Delicious salmon accompanied by creamed potato and wilted spinach, with a creamy tomato and chilli sauce. **18.00**

MAINS AND SALADS

Combining the finest ingredients to create vibrant dishes filled with flavour.

Slow-cooked Beef Rib 1106 kcal

Tender beef rib served with mashed potato, braised red cabbage, crispy onions and a Chianti sauce. **18.95**

Vegetable Risotto 513 kcal

Creamy risotto with homemade basil and garlic pesto, and chargrilled seasonal vegetables. **15.00**

Italian Salad Bowl 363 kcal

Roasted peppers, rocket, charred Tenderstem broccoli, grilled pear and marinated tomatoes all tossed in a zingy lemon and herb dressing. **13.50**

Add sliced chicken breast 259 kcal **3.00**

Add poached salmon 188 kcal **4.50**

SIDES

Rosemary Fries 339 kcal 4.00

Millionaire Fries 675 kcal

With truffle oil, Italian cheese and garlic mayo. **7.50**

Buttered New Potatoes 437 kcal 4.50

Tenderstem Broccoli 128 kcal

With chilli and garlic butter. **5.50**

Mixed Leaf Salad 49 kcal 4.50

DESSERTS

The perfect finish to every meal!

White Chocolate and Lemon Parfait 394 kcal

Sweet and tangy parfait served with raspberry coulis and fresh raspberries. **8.50**

Affogato 193 kcal

Warm espresso shot poured over two scoops of vanilla ice cream. **7.00**

Ice Cream 16 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 16 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

LUNCH

Served 12pm-3pm

Chicken and Pesto Ciabatta 832 kcal
Poached chicken, homemade pesto and crunchy salad in a toasted ciabatta. **9.50**

Spicy Roasted Vegetable Ciabatta 807 kcal
Spicy roasted vegetables in a toasted ciabatta with vegan cheese. **8.50**

Tuna Mayo Ciabatta 794 kcal
Tuna and capers in a zesty lemon mayonnaise with cucumber in a toasted ciabatta. **9.50**

Add rosemary fries 339 kcal for only 1.50

Lunch Club

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

NIBBLES

Perfect to snack on while unwinding with a drink, or waiting for your main meal.

Mixed Olives 146 kcal **5.00**

Garlic and Rosemary Pizza 685 kcal **5.50**

SHARERS

There's nothing better than sharing a meal with friends and family.

Cured Meat Board (Serves 2) 582 kcal
A selection of Italian cured meats, pickled red onion, olives, bread, and balsamic vinegar and olive oil for dipping. **20.50**

STARTERS

The ideal start to every meal.

Bruschetta 275 kcal
Toasted bruschetta with marinated tomatoes, garlic and basil. **7.50**

Calamari 381 kcal
Lightly-coated crispy squid accompanied by a zesty lemon mayonnaise. **9.00**

Courgette Fries 661 kcal
Hand-battered crispy courgette fries served with garlic aioli and a tomato and basil sauce. **7.15**

PASTA

Freshly cooked pasta served with a choice of mouthwatering toppings made from the finest ingredients.

Spaghetti Bolognese 664 kcal
Spaghetti topped with a delicious homemade minced beef, tomato and garlic ragù. **13.50**

Arrabbiata 522 kcal
Penne pasta in a rich, spiced tomato sauce. **12.50**

Mushroom Penne 885 kcal
Penne pasta in a creamy sauce with pan-fried mushrooms, wilted spinach and chilli. **13.50**

PIZZAS

A choice of hand-stretched pizzas smothered in a delicious fresh tomato base and covered with a choice of tasty toppings.

Vegan Margherita 925 kcal
Vegan cheese and rich tomato base. **13.50**

Spicy Vegetarian 963 kcal
Chilli and garlic roasted vegetables, red chillies and jalapeños with vegan cheese. **14.50**

GRILL

Straight from the grill to your table, bursting with smoky flavours.

10oz Ribeye Steak 1104 kcal
Red Tractor ribeye steak grilled to perfection, and served with garlic butter, rosemary fries, grilled tomato and mushroom. **24.50**

Garlic and Herb Chicken 579 kcal
Marinated chicken served with roasted baby potatoes, fresh seasonal vegetables and a rich tomato sauce. **15.50**

MAINS AND SALADS

Combining the finest ingredients to create vibrant dishes filled with flavour.

Vegetable Risotto 513 kcal
Creamy risotto with homemade basil and garlic pesto, and chargrilled seasonal vegetables. **15.00**

Italian Salad Bowl 363 kcal
Roasted peppers, rocket, charred Tenderstem broccoli, grilled pear and marinated tomatoes all tossed in a zingy lemon and herb dressing. **13.50**
Add sliced chicken breast 269 kcal **3.00**
Add poached salmon 168 kcal **4.50**

SIDES

Rosemary Fries 339 kcal **4.00**

Buttered New Potatoes 437 kcal **4.50**

Tenderstem Broccoli 128 kcal
With chilli and garlic. **5.50**

Mixed Leaf Salad 49 kcal **4.50**

Garlic and Rosemary Pizza 685 kcal **5.50**

DESSERTS

The perfect finish to every meal!

Mango Cheesecake 397 kcal
An indulgent treat served with zingy mango sorbet. **8.00**

Affogato 193 kcal
Warm espresso shot poured over two scoops of vanilla ice cream. **7.00**

Ice Cream 300 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 200 kcal
Three scoops of your favourite flavour or enjoy a mixture! **6.00**
Choose from:
Raspberry 209 kcal *Lemon* 209 kcal *Mango* 209 kcal

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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**

Cracking Carbonara 539 kcal
Gluten free pasta in a creamy sauce with smoked bacon and Italian cheese. **6.50**

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

Monster Meal Deal

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

Choose your drink:

Pip Organic Juice 77 kcal

Orange juice 94 kcal

Apple juice 94 kcal

Milk 90 kcal

Pepsi Max 2 kcal

Diet Pepsi 2 kcal

Lemonade 5 kcal




Meal Deal
9.50




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

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**


Garlic Dough Balls  325 kcal
Freshly baked doughballs with garlic dip. **1.50**

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**

Mega Meatballs 429 kcal
Spaghetti in a basil and tomato sauce topped with meatballs. **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.

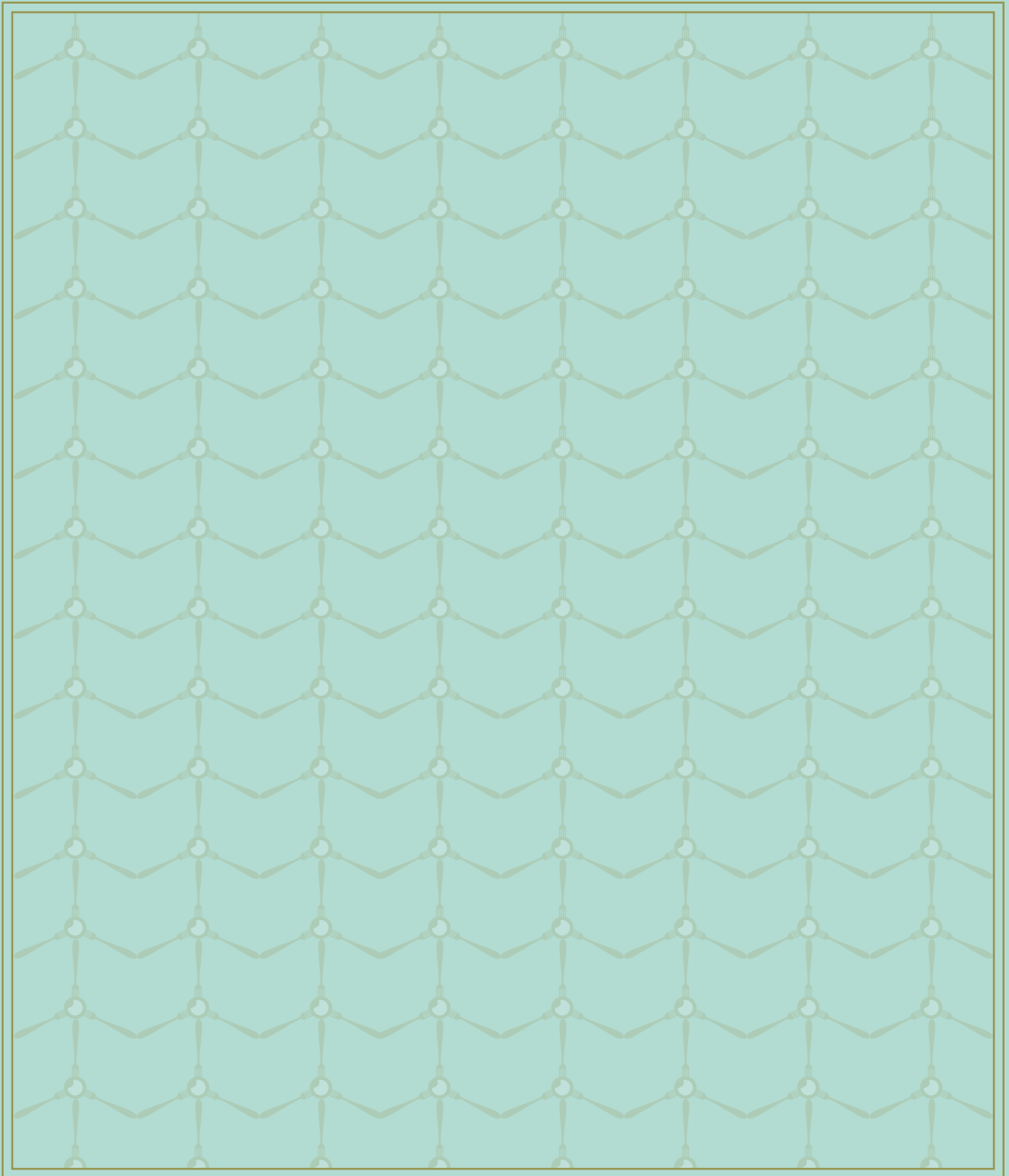
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Fizzy Fruit and Sorbet  133 kcal
Seasonal fresh fruit with orange sorbet. **3.00**

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





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.

