

THE
TATTERSHALL
PARK
Pub & Kitchen

LIFESTYLE AND
ALLERGEN MENU

GLUTEN INTOLERANT

LUNCH

Served 12pm-3pm

Cajun Chicken Roll 684 kcal

Spicy cajun chicken, mayonnaise, crispy lettuce, juicy tomato and melted cheese in a gluten free roll. **9.50**

BLT Roll 714 kcal

Crispy bacon, lettuce and juicy tomato and mayonnaise in a gluten free roll. **9.50**

Tuna and Cucumber Roll 744 kcal

Tuna and cucumber in a gluten free roll with zesty lemon mayonnaise, lettuce and tomato. **9.50**

Add chips 405 kcal for only 1.50

Lunch Club

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

STARTERS

Get your meal off to mouthwatering start.

Whitebait 551 kcal

Lightly-coated crispy fish accompanied by a zesty lemon mayonnaise. **7.50**

Fried Buttermilk Chicken Bites 481 kcal

Tender chicken breast marinated in buttermilk, served with sticky chilli jam and sour cream. **8.50**

Vegetable Tempura 403 kcal

Seasonal vegetables in a crispy tempura batter with sweet chilli dipping sauce. **7.50**

MAINS

Delicious dishes that have something for everyone.

Vegetable Risotto 513 kcal

Creamy risotto with vegan cheese, basil, garlic pesto and chargrilled seasonal vegetables. **13.50**

Fish and Chips 1001 kcal

Hand-battered fish and chunky chips, served with peas and tartare sauce. A classic! **15.50**

GRILL

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

Sirloin Steak 896 kcal

Red Tractor prime 8oz sirloin steak, grilled the way you like it, and served with chunky chips, roasted tomato and flat mushrooms. **20.50**

Add béarnaise sauce 166 kcal **3.00**

Add peppercorn sauce 171 kcal **3.00**

10oz Ribeye Steak 1104 kcal

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

Add béarnaise sauce 166 kcal **3.00**

Add peppercorn sauce 171 kcal **3.00**

SALADS

Perfect for someone who wants a lighter bite, fancies being good for the day - or is just leaving room for dessert!

Caesar Salad 714 kcal

Crispy little gem lettuce and tomato, drizzled in a Caesar dressing and topped with Italian cheese shavings. **10.00**

Add sliced chicken breast 259 kcal **3.00**

Add poached salmon 168 kcal **4.50**

SIDES

Chunky Chips 404 kcal **4.00**

Millionaire Fries 684 kcal

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

Side Salad 49 kcal **4.50**

Rocket, Tomato and Mozzarella 313 kcal **6.50**

Creamy Mashed Potato 499 kcal **4.00**

Tenderstem Broccoli 128 kcal

With lemon butter and chilli. **4.50**

DESSERTS

Sweet treats and naughty dishes which make the perfect finish to every meal.

Ice Cream 16

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

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

BLT Ciabatta 714 kcal

Crispy bacon, lettuce and juicy tomato in a toasted ciabatta with mayonnaise. **9.50**

Plant Ball Marinara Ciabatta 491 kcal

Plant-based meatballs coated in a rich tomato sauce, served in a toasted ciabatta with vegan cheese. **9.50**

Lincolnshire Sausage Ciabatta 611 kcal

Lincolnshire sausages and sweet caramelised onions in a toasted ciabatta. **8.50**

Tuna and Cucumber Ciabatta 744 kcal

Tuna and cucumber in a toasted ciabatta with zesty lemon mayonnaise, lettuce and tomato. **9.50**

Add chips 405 kcal for only 1.50

Lunch Club

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

STARTERS

Get your meal off to mouthwatering start.

Garlic and Rosemary Pizza 685 kcal **6.60**

Whitebait 551 kcal

Lightly-coated crispy fish accompanied by a zesty lemon mayonnaise. **7.50**

Ham Hock Terrine 434 kcal

Layers of tender, coarsely chopped ham served with a spicy piccalilli and toasted ciabatta. **8.50**

Homemade Scotch Egg 513 kcal

Coated with breadcrumbs and deep-fried until golden, served with a curried mayonnaise. **7.50**

Vegetable Tempura 403 kcal

Seasonal vegetables in a crispy tempura batter with sweet chilli dipping sauce. **7.50**

MAINS

Delicious dishes that have something for everyone.

Vegetable Risotto 513 kcal

Creamy risotto with vegan cheese, basil, garlic pesto and chargrilled seasonal vegetables. **13.50**

Fish and Chips 1001 kcal

Hand-battered fish and chunky chips, served with peas and tartare sauce. A classic! **15.50**

GRILL

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

Sirloin Steak 896 kcal

Red Tractor prime 8oz sirloin steak, grilled the way you like it, and served with chunky chips, roasted tomato and flat mushrooms. **20.50**

10oz Ribeye Steak 1104 kcal

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

SALADS

Perfect for someone who wants a lighter bite, fancies being good for the day - or is just leaving 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 188 kcal **4.50**

SIDES

Chunky Chips 404 kcal **4.00**

Garlic Bread 685 kcal **5.50**

Side Salad 49 kcal **4.50**

Tenderstem Broccoli 128 kcal

With lemon and chilli. **4.50**

DESSERTS

Sweet treats and naughty dishes which make the perfect finish to every meal.

Sticky Toffee Pudding 538 kcal

Moist sponge drenched in toffee sauce, served with dairy free ice cream. **6.60**

Ice Cream Ve

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 Ve

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**

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



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**


Crunchy Garlic Bread  218 kcal **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**


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

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.



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.

