


# Menu

**LIFESTYLE AND ALLERGEN**

## GLUTEN INTOLERANT

### STARTERS

**Garlic Bread**  398 kcal **5.20**  
Toasted gluten free bread with garlic.

**Cheese Nachos**  (Serves 2) 1348 kcal  
Smothered in guacamole, jalapeños, salsa, sour cream and cheese. **10.45**

**BBQ Wings** 609 kcal  
Sticky BBQ chicken wings with BBQ dip. **9.15**

### MAINS

**Chicken Wings** 1001 kcal  
Crispy chicken wings served with chips, coleslaw, sweet BBQ sauce and Frank's Xtra Hot Sauce. **14.90**

**Chef's Tuna Salad** 242 kcal  
Mixed salad leaves, tomato, cucumber, peppers and sweetcorn with French dressing, topped with tuna chunks. **13.60**

**Penne Arrabbiata**  522 kcal  
Penne pasta in a rich, spiced tomato sauce. **13.50**

**Margherita Pizza**  957 kcal  
Rich tomato base topped with grated mozzarella. **14.10**


**BLT Roll** 985 kcal  
A gluten free roll piled high with back bacon, lettuce, tomato and mayo, served with chunky chips. **12.10**

### SIDES


**Chips**  404 kcal **4.15**   **Side Salad**  50 kcal **4.80**

**Garlic Bread**  398 kcal **5.20**

### DESSERTS

**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**   
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 kcal   *Lemon* 209 kcal   *Mango* 209 kcal

## DAIRY INTOLERANT

### STARTERS

**Garlic Bread**  398 kcal **5.20**

**Vegan Nachos**  (Serves 2) 351 kcal  
Smothered in guacamole, jalapeños, salsa and dairy free cheese. **10.45**

**BBQ Wings** 609 kcal  
Sticky BBQ chicken wings with BBQ dip. **9.15**

### MAINS

**'Chick\*n' Burger**  1294 kcal  
A fried vegan 'chick\*n' burger served with garlic mayo, BBQ sauce and chips. **15.70**

**Vegan Margherita Pizza**  794 kcal  
Rich tomato base topped with dairy free cheese. **14.10**


### SIDES

**Chips**  404 kcal **4.15**   **Side Salad**  50 kcal **4.80**

**Garlic Bread**  398 kcal **5.20**

### DESSERTS

**Sticky Toffee Pudding**  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 kcal

**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 rumbling tummies! Served with your choice of peas, beans or sweetcorn.*

**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. **3.50**

**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 **2.00**

### Mains

*Yummy meals for rumbling tummies! 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. **3.50**

**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 9.95.*

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

Meal Deal  
**9.95**



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

Calories shown are per serving. Each dish is one serving unless otherwise stated. Adults need around 2000 kcal a day. 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.

