

# FOOD MENU

## LIFESTYLE AND ALLERGEN MENU

### LACTOSE INTOLERANT STARTERS

- BBQ Wings** 645 kcal  
Sticky BBQ chicken wings with BBQ dip. 9.15
- Vegan Nachos (Serves 2)**  351 kcal  
Smothered in guacamole, jalapeños, salsa and dairy free cheese. 10.45
- Garlic Bread**  398 kcal 5.20


### GLUTEN INTOLERANT STARTERS

- Cheese Nachos (Serves 2)** 351 kcal  
Smothered in guacamole, jalapeños, salsa, sour cream and cheese. 10.45
- BBQ Wings** 645 kcal  
Sticky BBQ chicken wings with BBQ dip. 9.15
- Garlic Bread**  398 kcal  
Toasted gluten free bread with melted garlic butter. 5.20

### LACTOSE INTOLERANT MAINS

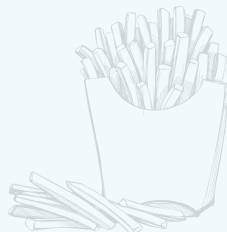
- Chick'n Burger**  1294 kcal  
A fried vegan 'chick'n' burger served with garlic mayo and BBQ sauce. 15.70
- Vegan Margherita**  794 kcal  
Rich tomato base topped with dairy free cheese. 14.10

### GLUTEN INTOLERANT MAINS

- Penne Arrabbiata** 522 kcal  
Gluten-free pasta in a rich, spiced tomato sauce. 13.50
- Chefs Tuna Salad** 242 kcal  
Mixed salad leaves, tomato, cucumber, peppers and sweetcorn with French dressing. Topped with tuna chunks. 13.60
- Fried Wings, Chips & Dips** 1001 kcal  
Crispy chicken wings served with chips, coleslaw, sweet BBQ sauce and Frank's Xtra Hot Sauce. 14.90
- Margherita**  957 kcal  
Rich tomato base topped with grated mozzarella on a gluten free base. 14.10
- BLT** 985 kcal  
A gluten free roll piled high with back bacon, lettuce, tomato, mayo and served with chunky chips. 12.10

### SIDES

- Suitable for gluten and lactose intolerant.**
- Chips**  404 kcal 4.15
- Side Salad**  50 kcal 4.80



 Suitable for vegetarians  Suitable for vegans

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.



# KIDS LIFESTYLE AND ALLERGEN MENU

## GLUTEN INTOLERANT

### MONSTER MEAL DEAL FOR £9.95

MAKE IT A MEAL DEAL WITH A MAIN, DRINK AND DESSERT!

Choose a side: peas, beans or sweetcorn.

Now pick your drink: Pip Organic Juice, orange juice, apple juice, milk, Pepsi Max, Diet Pepsi, or lemonade.

### Starters

Perfect for a quick nibble, or for those with a smaller appetite.

**Rainbow Sticks**  34 kcal  
Fresh carrot, cucumber and peppers. 1.05

### Mains

Yummy meals for rumbly tummys!  
Served with a side of peas, beans or sweetcorn.

**Bacon Cheeseburger** 754 kcal 6.65  
Chargrilled burger in a gluten-free bun, topped with melted cheese and bacon.

### Desserts

**Cheeky Chocolate Brownie** 327 kcal 4.50  
Chocolate and vanilla ice-cream, with fudgy brownie pieces and chocolate sauce.

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

**Vegan Ice Cream**  3.30  
Choose two scoops from  
Chocolate 170 kcal | Strawberry 160 kcal | Vanilla 158 kcal

## DAIRY INTOLERANT

### MONSTER MEAL DEAL FOR £9.95

MAKE IT A MEAL DEAL WITH A MAIN, DRINK AND DESSERT!

Choose a side: peas, beans or sweetcorn.

Now pick your drink: Pip Organic Juice, orange juice, apple juice, Pepsi Max, Diet Pepsi, or lemonade.

### Starters

Perfect for a quick nibble, or for those with a smaller appetite.

**Rainbow Sticks**  34 kcal 1.05  
Fresh carrot, cucumber and peppers.

**Crunchy Garlic Bread**  218 kcal 1.60  
Crispy bread covered in garlic butter.

### Mains

Yummy meals for rumbly tummys!  
Served with a side of peas, beans or sweetcorn.

**Kicking Chicken Fajita Wrap** 758 kcal 6.65  
Chargrilled chicken with onions, peppers and dairy-free cheese, served with chunky chips.

**BBQ Chick\*n' Wrap** 612 kcal 6.65  
Vegan 'Chick'n' in a warm tortilla with BBQ sauce, served with chunky chips.

**Bacon Cheeseburger** 754 kcal 6.65  
Chargrilled burger in a sesame seed bun, topped with melted dairy-free cheese and bacon.

### Desserts

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

**Vegan Ice Cream**  3.30  
Choose two scoops from

Chocolate 170 kcal | Strawberry 160 kcal | Vanilla 158 kcal



## TOTS GLUTEN INTOLERANT


### Mains

#### Monster Meal Deal

Make it a meal deal with a mains, drink and dessert for only 8.50

Choose a side from peas, beans or sweetcorn.

Now pick your drink: Pip Organic Juice, orange juice, apple juice, milk, Pepsi Max, Diet Pepsi, or lemonade.

**Pastacadabra**  234 kcal 5.20  
Gluten-free pasta tubes in a tomato and garlic sauce

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

**Vegan Ice Cream**  3.30  
Choose two scoops from

Chocolate 170 kcal | Strawberry 160 kcal | Vanilla 158 kcal

## TOTS DAIRY INTOLERANT

### Mains


#### Monster Meal Deal

Make it a meal deal with a mains, drink and dessert for only 8.95


Choose a side from peas, beans or sweetcorn.

Now pick your drink: Pip Organic Juice, orange juice, apple juice, Pepsi Max, Diet Pepsi, or lemonade.

**Pirate Jenny's Fish Fingers and Chips** 476 kcal 6.85  
Breaded fish goujons, served with fries and ketchup.

**Pastacadabra**  237 kcal 5.75  
Pasta tubes in a magic tomato and garlic sauce.

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

**Vegan Ice Cream**  3.30  
Choose two scoops from

Chocolate 170 kcal | Strawberry 160 kcal | Vanilla 158 kcal