

# LIFESTYLE AND ALLERGEN MENU

GLUTEN INTOLERANT

## NIBBLES

- Mixed Olives** 146 kcal 5.25
- Garlic and Rosemary Pizza** 580 kcal 6.60  
On a gluten-free base.
- Garlic and Rosemary Pizza** 980 kcal 7.55  
with **Mozzarella** On a gluten-free base.

## CIABATTAS

- Spicy Roasted Vegetable** 807 kcal  
Spicy roasted vegetables in a toasted gluten-free bun with vegan mozzarella. 8.40
  - Chicken and Pesto** 832 kcal  
Poached chicken, homemade pesto, salad in a toasted gluten-free bun. 9.45
  - Tuna** 734 kcal  
Tuna and capers in a lemon mayonnaise with cucumber in a toasted gluten free bun 9.45
- Add rosemary fries** 404 kcal for only 1.60

## STARTERS

- Calamari** 381 kcal  
Lightly-coated crispy squid accompanied by a zesty lemon mayonnaise. 8.95
- Rosemary and Garlic Fried Chicken** 466 kcal  
Lightly-coated crispy chicken served with marinara sauce & Axle Jack Glaze. 9.45
- Roasted Pepper and Prosciutto Salad** 295 kcal  
Roasted peppers topped with buffalo mozzarella, served with prosciutto and dressed rocket. 8.05

## SHARERS

- Cured Meat Board (Serves 2)** 1217 kcal  
A selection of Italian cured meats, pickles, olives, gluten-free bread and balsamic vinegar. 20.50

## PASTA

- Pasta Bolognese** 664 kcal  
Gluten free pasta topped with a delicious homemade minced beef, tomato and garlic ragu. 13.65
- Pasta Carbonara** 1142 kcal  
Gluten free pasta in a creamy sauce with smoked bacon and Italian cheese. 13.65
- Veganesca** 657 kcal  
Our take on the classic Puttanesca, gluten-free pasta in a spicy tomato sauce with olives and capers. 11.90

## PIZZA

- Margherita** 1080 kcal  
Mozzarella and fresh basil on a gluten-free base. 13.65
- Pepperoni** 1210 kcal  
Spiced pepperoni, tomato and mozzarella on a gluten-free base. 14.70
- Chicken and Pesto** 1177 kcal  
Classic tomato base topped with chicken, pesto, mozzarella and fresh basil on a gluten-free base. 14.20
- Hawaiian** 947 kcal  
Ham and pineapple with mozzarella and rich tomato on a gluten-free base. 14.20

## SALAD

- 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. 13.65
- Add sliced chicken breast 259 kcal 3.15

## SIDES

- Rosemary Fries** 339 kcal 3.80
- Millionaire Fries** 675 kcal  
Tossed in garlic butter, Italian cheese, truffle oil and garlic mayonnaise. 6.95
- Buttered New Potatoes** 437 kcal 4.30
- Tenderstem Broccoli** 128 kcal  
With chilli and garlic butter. 4.30
- Mixed Leaf Salad** 49 kcal 4.30

## DESSERTS

- Affogato** 193 kcal  
Warm espresso shot poured over two scoops of dairy-free vanilla ice cream. 5.00
- Vegan Ice Cream**   
Choose three scoops from: 3.95
- Chocolate** 255 kcal | **Strawberry** 241 kcal | **Vanilla** 237 kcal
- Sorbet** 209 kcal  
Three scoops of your favourite flavour or enjoy a mixture! Choose from: 3.95
- Raspberry | Lemon | Mango**

DAIRY INTOLERANT

## NIBBLES

- Mixed Olives** 146 kcal 5.25
- Garlic and Rosemary Pizza** 580 kcal 7.55

## CIABATTAS

- Spicy Roasted Vegetable** 807 kcal  
Spicy roasted vegetables in a toasted ciabatta with vegan mozzarella. 8.40
  - Chicken and Pesto** 832 kcal  
Poached chicken, homemade pesto, salad in a toasted ciabatta. 9.45
  - Tuna** 734 kcal  
Tuna and capers in a lemon mayonnaise with cucumber in a toasted ciabatta. 9.45
- Add rosemary fries** 404 kcal for only 1.60

## STARTERS

- Calamari** 381 kcal  
Lightly-coated crispy squid accompanied by a zesty lemon mayonnaise. 8.95
- Prawn Marinara** 399 kcal  
Prawns marinated in fennel, garlic and chilli, pan fried with a spicy tomato sauce, served with toasted ciabatta. 9.00
- Beetroot Houmous** 643 kcal  
House made beetroot houmous, served with fresh beetroot, pumpkin seeds and baked tortilla chips. 7.15

## SHARERS

- Cured Meat Board (Serves 2)** 1217 kcal  
A selection of Italian cured meats, pickles, olives, and bread with olive oil and balsamic vinegar. 20.50
- Tomato Bruschetta (Serves 2-3)** 350 kcal  
Garlic Pizza bread, topped with tomatoes marinated in garlic and basil. Served with dressed rocket. 10.90

## PASTA

- Spaghetti Bolognese** 664 kcal  
Spaghetti topped with a delicious homemade minced beef, tomato and garlic ragu. 13.65
- Mushroom Penne** 885 kcal  
Penne pasta in a creamy sauce with mushrooms, spinach and chilli. 13.65
- Veganesca** 657 kcal  
Our take on the classic Puttanesca, Spaghetti in a spicy tomato sauce with olives and capers. 11.90

## PIZZA

- Vegan Margherita** 925 kcal  
Dairy-free cheese and fresh basil. 13.65
- Spicy Vegetarian** 963 kcal  
Chilli and garlic roast vegetables on a tomato base with dairy-free cheese, red chillies and jalapeños. 14.70

## SALADS

- 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. 13.65
- Add sliced chicken breast 259 kcal 3.15

## SIDES

- Rosemary Fries** 339 kcal 3.80
- Buttered New Potatoes** 437 kcal 4.30
- Tenderstem Broccoli** 128 kcal  
With chilli and garlic butter. 4.30
- Mixed Leaf Salad** 49 kcal 4.30

## DESSERTS

- Affogato** 193 kcal  
Warm espresso shot poured over two scoops of dairy-free vanilla ice cream. 5.00
- Mango Cheesecake** 397 kcal  
An indulgent treat served with zingy mango sorbet. 7.90
- Vegan Ice Cream**   
Choose three scoops from: 3.95
- Chocolate** 255 kcal | **Strawberry** 241 kcal | **Vanilla** 237 kcal
- Sorbet** 209 kcal  
Three scoops of your favourite flavour or enjoy a mixture! Choose from: 3.95
- Raspberry | Lemon | Mango**



# KIDS LIFESTYLE AND ALLERGEN MENU

## GLUTEN INTOLERANT

### MONSTER MEAL DEAL FOR £10.45

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

**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.*

**Bear's Banging Beefburger** 673 kcal 7.00  
A juicy burger served in a gluten-free bun, with fries and ketchup.

**Cracking Carbonara** 539 kcal 7.00  
Gluten-free pasta in a creamy sauce with smoked bacon and Italian cheese.

**Aloha Hawaiian Pizza** 595 kcal 7.35  
Mozzarella, tomato sauce, ham and pineapple on a gluten-free base.

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

**Scratch's Spaghetti Bolognese** 330 kcal 6.85  
Gluten-free pasta and homemade Bolognese sauce. Scratch never shares this one!

### Desserts

**Cheeky Chocolate Brownie** 327 kcal 4.75  
Chocolate and vanilla ice-cream, with fudgy brownie pieces and chocolate sauce.

**Fizzy Fruit and Sorbet** 133 kcal 3.70  
Seasonal fresh fruit with orange sorbet.

**Scratch's Strawberry Sundae** 255 kcal 4.75  
Vanilla and strawberry ice cream with fresh strawberries, sauce and cream.

**Vegan Ice Cream**  3.70  
Choose two scoops from

**Chocolate** 170 kcal | **Strawberry** 160 kcal | **Vanilla** 158 kcal

## DAIRY INTOLERANT

### MONSTER MEAL DEAL FOR £10.45

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.

**Garlic Dough Balls**  325 kcal 2.10  
Freshly baked dough balls with garlic butter.

### Mains

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

**Bear's Banging Beefburger** 673 kcal 7.00  
A juicy burger, served with fries and ketchup.

**Scratch's Spaghetti Bolognese** 330 kcal 6.85  
Pasta and homemade Bolognese sauce. Scratch never shares this one!

**Pastacadabra**  234 kcal 5.50  
Pasta tubes in a tomato and garlic sauce.

### Desserts

**Fizzy Fruit and Sorbet** 133 kcal 3.70  
Seasonal fresh fruit with orange sorbet.

**Vegan Ice Cream**  3.70  
Choose two scoops from

**Chocolate** 170 kcal | **Strawberry** 160 kcal | **Vanilla** 158 kcal



 Suitable for vegetarians  Suitable for vegans

Calories shown are per serving. Each dish is one serving unless otherwise stated. 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.