

# GLUTEN INTOLERANT

NO GUESSWORK HERE - WE'VE ID'D THE USUAL SUSPECTS FOR YOU!

## NIBBLES

- MIXED OLIVES **Ve** 146 kcal 5.25
- GARLIC GLUTEN FREE BREAD **Ve** 409 kcal 6.60
- GARLIC GLUTEN FREE BREAD WITH MOZZARELLA **V** 617 kcal 7.65

## LUNCH

- ROASTED MUSHROOM AND TRUFFLE **Ve** 511 kcal 8.95  
In a toasted gluten-free roll with garlic mayonnaise, tomato and rocket.
- CHICKEN AND PESTO 832 kcal 9.95  
Poached chicken, homemade pesto and salad in a toasted gluten-free bun.
- TUNA MAYO 734 kcal 9.95  
Tuna and capers in a lemon mayonnaise with cucumber in a toasted gluten-free bun.
- ADD SEASONED FRIES **Ve** 404kcal 1.70

## STARTERS

- CALAMARI 381 kcal 9.45  
Lightly-coated crispy squid with a zesty lemon mayonnaise.
- ROSEMARY AND GARLIC FRIED CHICKEN 410 kcal 8.95  
Lightly-coated crispy chicken served with marinara sauce & Axle Jack Glaze.
- ROASTED PEPPER AND PROSCIUTTO SALAD 295 kcal 8.50  
Roasted peppers topped with mozzarella, served with prosciutto and dressed rocket.

## SHAKERS

- CURED MEAT BOARD [Serves 2] 443 kcal 19.50  
A selection of Italian cured meats, capers, olives, and gluten-free bread with olive oil and balsamic vinegar.

## PASTA

- PASTA BOLOGNESE 664 kcal 14.20  
Gluten-free pasta topped with a delicious homemade minced beef, tomato and garlic ragù.
- SPAGHETTI CARBONARA 1142 kcal 14.20  
Gluten-free pasta in a creamy sauce with smoked bacon and Italian cheese.
- SICILIAN GNOCCHI **Ve** 601 kcal 12.95  
Aubergine, olives, capers, in a rich tomato and garlic sauce. Served with freshly cooked gluten-free pasta.

## PIZZAS

- MARGHERITA **V** 1080 kcal 14.35  
Mozzarella and fresh basil on a gluten-free base.
- PEPPERONI 1210 kcal 15.45  
Spiced pepperoni, tomato and mozzarella on a gluten-free base.
- HAWAIIAN 947 kcal 15.45  
Ham and pineapple with mozzarella and rich tomato on a gluten-free base.
- CHICKEN AND PESTO 1177 kcal 15.45  
Classic tomato base topped with chicken, pesto, mozzarella and fresh basil on a gluten-free base.

## MAINS

- ITALIAN SALAD BOWL **Ve** 363 kcal 10.50  
Roasted peppers, kale, brown rice, quinoa, marinated tomatoes, spinach, rocket and broccoli in zingy lemon dressing.  
Add Sliced Chicken Breast 259 kcal 3.15

## SIDES

- SEASONED FRIES **Ve** 339 kcal 4.20
- MILLIONAIRE FRIES **V** 675 kcal 7.05  
Tossed in garlic butter, Italian cheese, truffle oil and garlic mayonnaise.
- BUTTERED GREENS **Ve** 128 kcal 4.50  
With garlic and lemon.
- MIXED LEAF SALAD **Ve** 49 kcal 4.50

## DESSERTS

- AFFOGATO **Ve** 193 kcal 5.00  
Warm espresso shot poured over two scoops of dairy-free vanilla ice cream.
- VEGAN ICE CREAM **Ve** 3.95  
Choose three scoops from:  
Chocolate 255 kcal | Strawberry 241 kcal  
Vanilla 237 kcal
- SORBET **Ve** 209 kcal 3.95  
Choose three scoops from:  
Raspberry | Lemon | Mango

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

**V** SUITABLE FOR VEGETARIANS **Ve** SUITABLE FOR VEGANS

## NIBBLES

- MIXED OLIVES **Ve** 146 kcal 5.25
- GARLIC CIABATTA BREAD **Ve** 409 kcal 6.60

## LUNCH

- ROASTED MUSHROOM AND TRUFFLE **Ve** 511 kcal 8.95  
In a toasted ciabatta with garlic mayonnaise, tomato and rocket.
- CHICKEN AND PESTO 832 kcal 9.95  
Poached chicken, homemade pesto and salad in a toasted ciabatta.
- TUNA MAYO 734 kcal 9.95  
Tuna and capers in a lemon mayonnaise with cucumber in a toasted ciabatta.
- ADD SEASONED FRIES **Ve** 404kcal 1.70

## SHAKERS

- CURED MEAT BOARD [Serves 2] 443 kcal 19.50  
A selection of Italian cured meats, capers, olives, and bread with olive oil and balsamic vinegar.
- TOMATO BRUSCHETTA [Serves 2] **Ve** 525 kcal 11.50  
Garlic pizza bread, topped with tomatoes marinated in garlic and basil. Served with dressed rocket.

## STARTERS

- CALAMARI 381 kcal 9.45  
Lightly-coated crispy squid with a zesty lemon mayonnaise.
- CAPONATA **Ve** 287 kcal 6.95  
A rich vegetable stew served with garlic ciabatta bread.
- PRAWN MARINARA 399 kcal 9.45  
Prawns marinated in fennel, garlic and chilli, pan fried with a spicy tomato sauce, served with toasted ciabatta.

## PASTA

- SPAGHETTI BOLOGNESE 664 kcal 14.20  
Spaghetti pasta topped with a delicious homemade minced beef, tomato and garlic ragù.
- SICILIAN GNOCCHI **Ve** 601 kcal 12.95  
Aubergine, olives, capers, in a rich tomato and garlic sauce. Served with freshly cooked gnocchi.

## PIZZAS

- VEGAN MARGHERITA **V** 1080 kcal 14.35  
Dairy-free cheese and fresh basil.
- DF HAWAIIAN 947 kcal 15.45  
Ham and pineapple with dairy-free cheese on a rich tomato base.

## MAINS

- ITALIAN SALAD BOWL **Ve** 363 kcal 10.50  
Roasted peppers, kale, brown rice, quinoa, marinated tomatoes, spinach, rocket and broccoli in zingy lemon dressing.  
Add Sliced Chicken Breast 259 kcal 3.15

## SIDES

- SEASONED FRIES **Ve** 339 kcal 4.20
- CREAMY GARLIC MASHED POTATO **Ve** 437 kcal 4.50
- BUTTERED GREENS **Ve** 128 kcal 4.50  
With garlic and lemon.
- MIXED LEAF SALAD **Ve** 49 kcal 4.50

## DESSERTS

- AFFOGATO **Ve** 193 kcal 5.00  
Warm espresso shot poured over two scoops of dairy-free vanilla ice cream.
- VEGAN ICE CREAM **Ve** 3.95  
Choose three scoops from:  
Chocolate 255 kcal | Strawberry 241 kcal  
Vanilla 237 kcal
- SORBET **Ve** 209 kcal 3.95  
Choose three scoops from:  
Raspberry | Lemon | Mango

# KIDS LIFESTYLE AND ALLERGEN MENU

## STARTERS

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

**RAINBOW STICKS**  34 kcal  
Fresh carrot, cucumber and peppers.



## GLUTEN INTOLERANT

### MAINS

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

- 1.05** **BEAR'S BANGING BEEFBURGER** 564 kcal 7.00  
A juicy burger, served 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.
- SCRATCH'S SPAGHETTI BOLOGNESE** 330 kcal 6.85  
Gluten-free pasta and homemade Bolognese sauce. Scratch never shares this one!
- PASTACADABRA**  234 kcal 5.50  
Pasta tubes in a tomato and garlic sauce.

### DESSERTS

- CHEEKY CHOCOLATE BROWNIE** 327 kcal 4.75  
Chocolate ice-cream, with fudgy brownie pieces and chocolate sauce.
- FRESH 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**  4.00  
Choose two scoops 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 peppers.



**CRUNCHY GARLIC BREAD**  218 kcal  
Crispy bread covered in garlic butter.

### MAINS

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

- 1.05** **BEAR'S BANGING BEEFBURGER** 564 kcal 7.00  
A juicy burger, served with fries and ketchup.
- 2.10** **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

- FRESH FRUIT AND SORBET**  133 kcal 3.70  
Seasonal fresh fruit with orange sorbet.
- VEGAN ICE CREAM**  4.00  
Choose two scoops from:  
Chocolate 170 kcal  
Strawberry 160 kcal  
Vanilla 158 kcal

**MAKE IT A MEAL DEAL FOR £10.45**  
**PICK A STARTER, 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.



 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.