

— ROOM WITH A —
VIEW
— & —
Howie's Bar

LIFESTYLE AND
ALLERGEN MENU



GLUTEN INTOLERANT

BREAKFAST

Get your day off to the perfect start!

COOKED BREAKFAST

Traditional Breakfast 1201 kcal

Two rashers of bacon, two gluten free sausages, a free-range egg, beans, mushrooms, fresh tomato, hash browns and gluten free toast. **9.65**

Small Breakfast 813 kcal

One rasher of bacon, one gluten free sausage, free-range egg, beans, fresh tomato and gluten free toast. **7.20**

Plant-based Breakfast 656 kcal

Roasted peppers, garlic and chilli Tenderstem broccoli, mushrooms, hash browns, beans and gluten free toast. **7.65**

Breakfast Bap

Gluten free roll with your choice of delicious filling. Choose from:

Bacon 512 kcal **4.30** **Gluten free sausage** 547 kcal **4.30**

Egg 435 kcal **4.30**

EGGS

Eggs Benedict 858 kcal

Toasted gluten free bread topped with cured ham, two free-range poached eggs and a creamy hollandaise sauce. **8.05**

Eggs Florentine 858 kcal

Toasted gluten free bread topped with spinach, two free-range poached eggs and a creamy hollandaise sauce. **7.35**

Eggs Royale 654 kcal

Toasted gluten free bread topped with freshly smoked salmon, two free-range poached eggs and a creamy hollandaise sauce. **8.10**

Steak and Eggs 918 kcal

Red Tractor sirloin steak seasoned and grilled to your liking, served with fried eggs and hash browns. **19.40**

SMALLER APPETITES

Bacon, Egg and Beans 273 kcal **4.30**

LUNCH

Served 12pm-3pm

Cajun Chicken 684 kcal

Spicy cajun chicken, mayonnaise, crispy lettuce, juicy tomato and melted cheese in a gluten free roll. **8.65**

BLT 714 kcal

Crispy bacon, lettuce and juicy tomato and mayonnaise in a gluten free roll. **8.65**

Tuna and Cucumber 744 kcal

Tuna and cucumber in a gluten free roll with zesty lemon mayonnaise, lettuce and tomato. **8.65**

Add chips 405 kcal *for only 1.00*

STARTERS

Get your meal off to mouthwatering start.

Potted Shrimp 526 kcal

A traditional British classic served with gluten free bread. **7.70**

Whitebait 551 kcal

Lightly-coated crispy fish accompanied by a zesty lemon mayonnaise. **6.75**

Fried Buttermilk Chicken Bites 481 kcal

Tender chicken breast marinated in buttermilk, served with sticky chilli jam and sour cream. **7.70**

Vegetable Tempura 403 kcal

Seasonal vegetables in a crispy tempura batter with sweet chilli dipping sauce. **6.75**

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. **9.20**

Add sliced chicken breast 259 kcal **2.65**

Add poached salmon 168 kcal **3.90**

Lunch Club

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

MAINS

Delicious dishes that have something for everyone.

Vegetable Risotto 513 kcal

Creamy risotto with vegan cheese, basil, garlic pesto and chargrilled seasonal vegetables. **12.55**

Fish and Chips 1001 kcal

Hand-battered fish and chunky chips, served with peas and tartare sauce. A classic! **14.50**

Pan-fried Sea Bass 521 kcal

Pan-fried sea bass served with baby new potatoes, seasonal vegetables and a spicy tomato sauce. **16.45**

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. **19.40**

Add béarnaise sauce 166 kcal **2.70**

Add peppercorn sauce 171 kcal **2.70**

10oz Ribeye Steak 1104 kcal

Red Tractor ribeye steak grilled to perfection, and served with garlic butter, chunky chips, grilled tomato and mushroom. **23.25**

Add béarnaise sauce 166 kcal **2.70**

Add peppercorn sauce 171 kcal **2.70**

Tomahawk Steak (Serves 2) 1746 kcal

One to share! Red Tractor tomahawk steak served with triple-cooked chips, grilled tomato, mushroom and a béarnaise sauce. Allow 30 minutes cooking time for medium. **58.20**

PIZZAS

A choice of gluten free pizzas smothered in a delicious fresh tomato base and covered with a choice of tasty toppings.

Margherita 1080 kcal

Mozzarella and fresh basil. **12.55**

Pepperoni 1210 kcal

Spiced pepperoni and mozzarella. **14.50**

Spicy Vegetarian 963 kcal

Chilli and garlic roasted vegetables, red chillies and jalapeños with vegan mozzarella. **13.55**

Prosciutto and Mushroom 1137 kcal

Roasted mushrooms, prosciutto and mozzarella. **14.95**

King Prawn and Chilli 1212 kcal

King prawns, red chillies and mozzarella. **16.20**

SIDES

Chunky Chips 404 kcal **3.50**

Millionaire Fries 684 kcal

With truffle oil, Italian cheese and garlic mayo. **6.75**

Side Salad 49 kcal **3.85**

Rocket, Tomato and Mozzarella

313 kcal **5.80**

Creamy Mashed

Potato 499 kcal **3.55**

Tenderstem Broccoli 128 kcal

With lemon butter and chilli. **4.05**

DESSERTS

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

White Chocolate and

Lemon Parfait 394 kcal

Sweet and tangy parfait served with raspberry coulis and fresh raspberries. **7.15**

Ice Cream 255 kcal

Three scoops of your favourite flavour or enjoy a mixture! **5.65**

Choose from:

Chocolate 255 kcal

Strawberry 241 kcal

Vanilla 237 kcal

Sorbet 209 kcal

Three scoops of your favourite flavour or enjoy a mixture! **5.65**

Choose from:

Raspberry 209 kcal

Lemon 209 kcal

Mango 209 kcal

DAIRY INTOLERANT

BREAKFAST

Get your day off to the perfect start!

COOKED BREAKFAST

Traditional Breakfast

1201 kcal
Two rashers of bacon, two sausages, a free-range egg, beans, mushrooms, fresh tomato, hash browns and a choice of white or brown toast **9.65**

Vegetarian Breakfast

717 kcal
Two Quorn Best of British sausages, a free-range egg, fresh tomato, beans, mushrooms, hash browns and a choice of white or brown toast or fried bread. **7.20**

Small Breakfast

813 kcal
One rasher of bacon, one sausage, free-range egg, beans, fresh tomato and a choice of white or brown toast. **7.20**

Plant-based Breakfast

656 kcal
Roasted peppers, vegan sausages, mushrooms, hash browns, fresh tomato, beans and toast. **7.65**

Breakfast Bap

Soft, fluffy roll with your choice of delicious filling. Choose from:
Bacon 512 kcal 4.30
Vegan sausage 428 kcal 4.30
Sausage 647 kcal 4.30
Egg 435 kcal 4.30

EGGS

Eggs on Toast

645 kcal
Keep it simple. Eggs cooked your way, served on white or brown toast. **5.10**

Steak and Eggs

918 kcal
Red Tractor sirloin steak seasoned and grilled to your liking, served with fried eggs and hash browns. **19.40**

LIGHTER OPTIONS

Cereals

A bowl of your favourite cereal with soya milk. Choose from:
Cornflakes 127 kcal 2.10
Rice Krispies 121 kcal 2.10
Special K 149 kcal 2.10
Crunchy Nut Cornflakes 176 kcal 2.10

SMALLER APPETITES

Sausage, Egg and Beans

348 kcal **4.30**
Bacon, Egg and Beans *273 kcal* **4.30**

Beans on Toast

545 kcal **3.00**

Smashed Avocado on Toast

674 kcal **6.55**

Toast and Jam

419 kcal **2.30**

LUNCH

Served 12pm-3pm

BLT

714 kcal
Crispy bacon, lettuce and juicy tomato in a toasted ciabatta with mayonnaise. **8.65**

Plant Ball Marinara

491 kcal
Plant-based meatballs coated in a rich tomato sauce, served in a toasted ciabatta with dairy free cheese. **8.65**

Lincolnshire Sausage

611 kcal
Lincolnshire sausages and sweet caramelised onions in a toasted ciabatta. **7.70**

Tuna and Cucumber

744 kcal
Tuna and cucumber in a toasted ciabatta with zesty lemon mayonnaise, lettuce and tomato. **8.65**

Add chips *405 kcal* *for only 1.00*

STARTERS

Get your meal off to mouthwatering start.

Garlic and Rosemary Pizza

685 kcal **5.05**

Whitebait

551 kcal
Lightly-coated crispy fish accompanied by a zesty lemon mayonnaise. **6.75**

Ham Hock Terrine

434 kcal
Layers of tender, coarsely chopped ham served with a spicy piccalilli and toasted ciabatta. **8.05**

Homemade Scotch Egg

513 kcal
Coated with breadcrumbs and deep-fried until golden, served with a curried mayonnaise. **6.75**

Vegetable Tempura

403 kcal
Seasonal vegetables in a crispy tempura batter with sweet chilli dipping sauce. **6.75**

Lunch Club

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

MAINS

Delicious dishes that have something for everyone.

Vegetable Risotto

513 kcal
Creamy risotto with vegan cheese, basil, garlic pesto and chargrilled seasonal vegetables. **12.55**

Fish and Chips

1001 kcal
Hand-battered fish and chunky chips, served with peas and tartare sauce. A classic! **14.50**

Pan-fried Sea Bass

521 kcal
Pan-fried sea bass served with baby new potatoes, seasonal vegetables and a spicy tomato sauce. **16.45**

The Garden Burger

879 kcal
Our vegan burger is packed full of goodness and made from plant-based protein, beetroot and coconut oil. Served on a vegan bun with vegan mozzarella, lettuce, beef tomato, salad and chips. **13.15**

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. **19.40**

10oz Ribeye Steak

1104 kcal
Red Tractor ribeye steak grilled to perfection, and served with garlic butter, chunky chips, grilled tomato and mushroom. **23.25**

Tomahawk Steak

(Serves 2) 1746 kcal
One to share! Red Tractor tomahawk steak served with triple-cooked chips, grilled tomato and mushroom. Allow 30 minutes cooking time for medium. **58.20**

PIZZAS

A choice of hand-stretched pizzas smothered in a delicious fresh tomato base and covered with a choice of tasty toppings.

Margherita

1080 kcal
Vegan mozzarella and fresh basil. **12.55**

Pepperoni

1210 kcal
Spiced pepperoni and vegan mozzarella. **14.50**

Spicy Vegetarian

963 kcal
Chilli and garlic roasted vegetables, red chillies and jalapeños with vegan mozzarella. **13.55**

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. **9.20**
Add sliced chicken breast 259 kcal 2.65
Add poached salmon 168 kcal 3.90

SIDES

Chunky Chips

404 kcal **3.50**

Garlic Bread

685 kcal **5.05**

Side Salad

49 kcal **3.85**

Tenderstem Broccoli

128 kcal
With lemon butter and chilli. **4.05**

DESSERTS

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

Mango Cheesecake

397 kcal
An indulgent treat, served with zingy mango sorbet. **7.70**

Ice Cream

Three scoops of your favourite dairy free flavour or enjoy a mixture! 5.65
Choose from:
Chocolate 255 kcal
Strawberry 241 kcal
Vanilla 237 kcal

Sorbet

Three scoops of your favourite flavour or enjoy a mixture! 5.65
Choose from:
Raspberry 209 kcal
Lemon 209 kcal
Mango 209 kcal

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! **0.85**

Mains


***Yummy meals for rumbling 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. **5.85**

Pastacadabra  234 kcal
Gluten free pasta tubes in a magic tomato and garlic sauce. **4.80**

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. **3.85**

Scratch's Strawberry Sundae  255 kcal
Vanilla ice cream with fresh strawberries, sauce and cream. **3.85**

Fizzy Fruit and Sorbet  133 kcal
Seasonal fresh fruit with orange sorbet. **2.85**

Ice Cream 
Two scoops of your favourite flavour or enjoy a mixture! **2.95**
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! **0.85**


Crunchy Garlic Bread  218 kcal
Crispy bread covered in garlic butter. **1.45**

Mains

***Yummy meals for rumbling 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. **5.85**


Pirate Jenny's Fish Fingers and Chips  476 kcal
Breaded fish goujons, served with fries and ketchup. **5.85**

Pastacadabra  234 kcal
Pasta tubes in a magic tomato and garlic sauce. **4.80**

Desserts

Got a sweet tooth? Then we've got just the thing!

Fizzy Fruit and Sorbet  133 kcal
Seasonal fresh fruit with orange sorbet. **2.85**

Ice Cream 
Two scoops of your favourite dairy free flavour or enjoy a mixture! **2.95**
Choose from:
Chocolate 170 kcal
Strawberry 160 kcal
Vanilla 158 kcal

Monster Meal Deal

Choose a starter, main, dessert and drink for only 8.40.

Choose your drink:

Pip Organic Juice 77 kcal

Milk 90 kcal

Lemonade 5 kcal

Orange juice 94 kcal

Pepsi Max 2 kcal

Apple juice 94 kcal

Diet Pepsi 2 kcal



Meal Deal
8.40



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. 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.

