

— 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. **10.00**

#### Small Breakfast 813 kcal

One rasher of bacon, one gluten free sausage, free-range egg, beans, fresh tomato and gluten free toast. **7.50**

#### Plant-based Breakfast 656 kcal

Roasted peppers, garlic and chilli Tenderstem broccoli, mushrooms, hash browns, beans and gluten free toast. **8.00**

#### Breakfast Bap

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

**Bacon** 512 kcal **4.50**    **Gluten free sausage** 547 kcal **4.50**

**Egg** 435 kcal **4.50**

### EGGS

#### Eggs Benedict 858 kcal

Toasted gluten free bread topped with cured ham, two free-range poached eggs and a creamy hollandaise sauce. **8.50**

#### Eggs Florentine 858 kcal

Toasted gluten free bread topped with spinach, two free-range poached eggs and a creamy hollandaise sauce. **7.50**

#### Eggs Royale 654 kcal

Toasted gluten free bread topped with freshly smoked salmon, two free-range poached eggs and a creamy hollandaise sauce. **8.50**

#### **Steak and Eggs** 918 kcal

Red Tractor sirloin steak seasoned and grilled to your liking, served with fried eggs and hash browns. **19.50**

### SMALLER APPETITES

**Bacon, Egg and Beans** 273 kcal **4.50**

## LUNCH

*Served 12pm-3pm*

#### Cajun Chicken 684 kcal

Spicy cajun chicken, mayonnaise, crispy lettuce, juicy tomato and melted cheese in a gluten free roll. **9.00**

#### BLT 714 kcal

Crispy bacon, lettuce and juicy tomato and mayonnaise in a gluten free roll. **9.00**

#### Tuna and Cucumber 744 kcal

Tuna and cucumber in a gluten free roll with zesty lemon mayonnaise, lettuce and tomato. **9.00**

**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. **8.00**

#### Whitebait 551 kcal

Lightly-coated crispy fish accompanied by a zesty lemon mayonnaise. **7.00**

#### Fried Buttermilk Chicken Bites 481 kcal

Tender chicken breast marinated in buttermilk, served with sticky chilli jam and sour cream. **8.00**

#### Vegetable Tempura 403 kcal

Seasonal vegetables in a crispy tempura batter with sweet chilli dipping sauce. **7.00**

## 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. **9.50**

*Add sliced chicken breast* 259 kcal **3.00**

*Add poached salmon* 168 kcal **4.00**

**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. **13.00**

#### 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. **16.50**

## 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. **19.50**

*Add béarnaise sauce* 166 kcal **3.00**

*Add peppercorn sauce* 171 kcal **3.00**

#### **10oz Ribeye Steak** 1104 kcal

Red Tractor ribeye steak grilled to perfection, and served with garlic butter, chunky chips, grilled tomato and mushroom. **23.50**

*Add béarnaise sauce* 166 kcal **3.00**

*Add peppercorn sauce* 171 kcal **3.00**

#### **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. **58.50**

## 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. **13.00**

#### Pepperoni 1210 kcal

Spiced pepperoni and mozzarella. **14.50**

#### Spicy Vegetarian 963 kcal

Chilli and garlic roasted vegetables, red chillies and jalapeños with vegan cheese. **14.00**

#### Prosciutto and Mushroom 1137 kcal

Roasted mushrooms, prosciutto and mozzarella. **15.00**

#### King Prawn and Chilli 1212 kcal

King prawns, red chillies and mozzarella. **16.50**

**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.**

## 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 **4.00**

#### Rocket, Tomato and Mozzarella

313 kcal **6.00**

#### Creamy Mashed

**Potato** 499 kcal **4.00**

#### Tenderstem Broccoli 128 kcal

With lemon butter and chilli. **4.50**

## 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. **7.50**

#### Ice Cream 255 kcal

Three scoops of your favourite dairy free flavour or enjoy a mixture! **6.00**

Choose from:

*Chocolate* 255 kcal

*Strawberry* 241 kcal

*Vanilla* 237 kcal

#### Sorbet 209 kcal

Three scoops of your favourite flavour or enjoy a mixture! **6.00**

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 **10.00**

#### 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. **7.50**

#### Small Breakfast

*813 kcal*  
One rasher of bacon, one sausage, free-range egg, beans, fresh tomato and a choice of white or brown toast. **7.50**

#### Plant-based Breakfast

*656 kcal*  
Roasted peppers, vegan sausages, mushrooms, hash browns, fresh tomato, beans and toast. **8.00**

#### Breakfast Bap

Soft, fluffy roll with your choice of delicious filling. Choose from:  
*Bacon 512 kcal 4.50*  
*Vegan sausage 428 kcal 4.50*  
*Sausage 647 kcal 4.50*  
*Egg 435 kcal 4.50*

### EGGS

#### Eggs on Toast

*645 kcal*  
Keep it simple. Eggs cooked your way, served on white or brown toast. **5.50**



#### Steak and Eggs

*918 kcal*  
Red Tractor sirloin steak seasoned and grilled to your liking, served with fried eggs and hash browns. **19.50**

### LIGHTER OPTIONS

#### Cereals

A bowl of your favourite cereal with soya milk. Choose from:  
*Cornflakes 127 kcal 2.50*  
*Rice Krispies 121 kcal 2.50*  
*Special K 149 kcal 2.50*  
*Crunchy Nut Cornflakes 176 kcal 2.50*

### SMALLER APPETITES

#### Sausage, Egg and Beans

*348 kcal 4.50*

#### Bacon, Egg and Beans

*273 kcal 4.50*

#### Beans on Toast

*545 kcal 3.00*

#### Smashed Avocado on Toast

*674 kcal 7.00*

#### Toast and Jam

*419 kcal 2.50*

## LUNCH

*Served 12pm-3pm*

#### BLT

*714 kcal*  
Crispy bacon, lettuce and juicy tomato in a toasted ciabatta with mayonnaise. **9.00**

#### Plant Ball Marinara

*491 kcal*  
Plant-based meatballs coated in a rich tomato sauce, served in a toasted ciabatta with vegan cheese. **9.00**

#### Lincolnshire Sausage

*611 kcal*  
Lincolnshire sausages and sweet caramelised onions in a toasted ciabatta. **8.00**

#### Tuna and Cucumber

*744 kcal*  
Tuna and cucumber in a toasted ciabatta with zesty lemon mayonnaise, lettuce and tomato. **9.00**

**Add chips** *405 kcal for only 1.00*

## STARTERS

*Get your meal off to mouthwatering start.*

#### Garlic and Rosemary Pizza

*685 kcal 5.50*

#### Whitebait

*551 kcal*  
Lightly-coated crispy fish accompanied by a zesty lemon mayonnaise. **7.00**

#### Ham Hock Terrine

*434 kcal*  
Layers of tender, coarsely chopped ham served with a spicy piccalilli and toasted ciabatta. **8.50**

#### Homemade Scotch Egg

*513 kcal*  
Coated with breadcrumbs and deep-fried until golden, served with a curried mayonnaise. **7.00**

#### Vegetable Tempura

*403 kcal*  
Seasonal vegetables in a crispy tempura batter with sweet chilli dipping sauce. **7.00**

**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. **13.00**

#### 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. **16.50**

#### 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. **13.50**

## 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. **19.50**



#### 10oz Ribeye Steak

*1104 kcal*  
Red Tractor ribeye steak grilled to perfection, and served with garlic butter, chunky chips, grilled tomato and mushroom. **23.50**



#### 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. **58.50**

## 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. **13.00**

#### 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 cheese. **14.00**

## 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. **9.50**  
*Add sliced chicken breast 259 kcal 3.00*  
*Add poached salmon 168 kcal 4.00*

## SIDES

#### Chunky Chips

*404 kcal 3.50*

#### Garlic Bread

*685 kcal 5.50*

#### Side Salad

*49 kcal 4.00*

#### Tenderstem Broccoli

*128 kcal*  
With lemon butter and chilli. **4.50**

## 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. **8.00**

#### Ice Cream

Three scoops of your favourite dairy free flavour or enjoy a mixture! **6.00**  
Choose from:  
*Chocolate 255 kcal*  
*Strawberry 241 kcal*  
*Vanilla 237 kcal*

#### Sorbet

Three scoops of your favourite flavour or enjoy a mixture! **6.00**  
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!**  
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. **6.00**

**Pastacadabra**  234 kcal  
Gluten free pasta tubes in a magic tomato and garlic sauce. **5.00**


### 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. **4.00**

**Scratch's Strawberry Sundae**  255 kcal  
Vanilla ice cream with fresh strawberries, sauce and cream. **4.00**

**Fizzy Fruit and Sorbet**  133 kcal  
Seasonal fresh fruit with orange sorbet. **3.00**

**Ice Cream**   
Two scoops of your favourite dairy free flavour or enjoy a mixture! **3.00**  
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  
Crispy bread covered in garlic butter. **1.50**

### 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. **6.00**


**Pirate Jenny's Fish Fingers and Chips**  476 kcal  
Breaded fish goujons, served with fries and ketchup. **6.00**

**Pastacadabra**  234 kcal  
Pasta tubes in a magic tomato and garlic sauce. **5.00**

### Desserts

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

**Fizzy Fruit and Sorbet**  133 kcal  
Seasonal fresh fruit with orange sorbet. **3.00**

**Ice Cream**   
Two scoops of your favourite dairy free flavour or enjoy a mixture! **3.00**  
Choose from:  
*Chocolate* 170 kcal  
*Strawberry* 160 kcal  
*Vanilla* 158 kcal

### Monster Meal Deal

*Choose a starter, main, dessert and drink for only 9.05.*

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



**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.**



**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. 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.



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](http://redtractor.org.uk).

