

— 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 Roll 684 kcal
Spicy cajun chicken, mayonnaise, crispy lettuce, juicy tomato and melted cheese in a gluten free roll. **9.00**

BLT Roll 714 kcal
Crispy bacon, lettuce and juicy tomato and mayonnaise in a gluten free roll. **9.00**

Tuna and Cucumber Roll 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.

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**

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**


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

Lunch Club

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

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**

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**

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**

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.

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.

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

Bacon, Egg and Beans

Beans on Toast

Smashed Avocado on Toast

Toast and Jam

LUNCH

Served 12pm-3pm

BLT Ciabatta

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

Plant Ball Marinara Ciabatta

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

Lincolnshire Sausage Ciabatta

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

Tuna and Cucumber Ciabatta

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 6.25

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**

Haddock and Chips

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

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**

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 cheese and fresh basil. **13.00**

Pepperoni

1210 kcal
Spiced pepperoni and vegan cheese. **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 6.25

Side Salad

49 kcal 4.00

Tenderstem Broccoli

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

DESSERTS

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

Sticky Toffee Pudding

538 kcal
Moist sponge drenched in toffee sauce, served with dairy free ice cream. **6.60**

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

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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 rumbly 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**

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



Meal Deal
9.05


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 **1.50**

Mains

***Yummy meals for rumbly 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**

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.

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



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.

