



# The Nab

*Bar & Eatery*



# LUNCH

Served from midday to 3pm

**Tuna Mayo Wrap** 444 kcal  
Homemade tuna mayonnaise, mixed with cucumber, red onion and lettuce, wrapped in a soft tortilla. **7.90**

**Chicken and Bacon Caesar Wrap** 667 kcal  
Grilled ★chicken breast, ★bacon and lettuce topped off with a traditional Caesar dressing, all wrapped in a soft tortilla. **8.50**

**Southern Fried Chicken Wrap** 714 kcal  
Lightly coated, seasoned chicken fillet strips wrapped in a soft tortilla with lettuce and mayonnaise. **8.75**  
*Add cheese 1.25 131 kcal*

**NEW Vegan Plantball Ciabatta** 502 kcal  
Vegan plant balls coated in a rich tomato and sail sauce, vegan style mozzarella in a toasted ciabatta. **8.50**

Add chips 405 kcal for only 1.00

# STARTERS

**NEW Baked Camembert** 669 kcal  
Served piping hot with rosemary, garlic and freshly baked ciabatta. **7.55**

**Southern Fried Crispy Coated Chicken Strips** 461 kcal  
Lightly coated, seasoned chicken fillet strips with sweet chilli dipping sauce. **7.60**

**Nachos Our Way** Serves 2 621 kcal per serving  
Tortilla chips topped with guacamole, jalapeños, salsa, sour cream, and melted mature Cheddar cheese. **8.95**  
*Add Cajun ★chicken 129 kcal for 2.25*  
Vegan option available 2.00 half board supplement

**Chicken Wings**  
*Choose from:*  
BBQ ★chicken wings with a BBQ dip 646 kcal **7.90**  
Spicy ★chicken wings with either original hot sauce or extra hot sauce, served with a sour cream dip 679 kcal **7.90**

**NEW Filo Prawns** 639 kcal  
Crispy filo wrapped king prawns served with sweet chilli and ranch sauces. **7.95**

# PIZZA

**Margherita** 1159 kcal  
Rich tomato sauce topped with grated mozzarella. **12.90**

**Pepperoni** 1375 kcal  
Rich tomato sauce and topped with plenty of pepperoni slices **13.40**  
*2.00 half board supplement*

**Chicken and Bacon** 1438 kcal  
BBQ base, topped with tender ★chicken and ★bacon. **13.40**  
*2.00 half board supplement*

**Roasted Vegetable Meatball** 946 kcal  
Rich tomato sauce topped with vegan style mozzarella cheese, roasted pepper, onions, mushrooms and plant based meatballs. **13.40**  
*2.00 half board supplement*

*Add an extra toppings for only 1.80 each.*

*Choose from: ★bacon 104 kcal cajun ★chicken 129 kcal red onion 20 kcal chillies 7 kcal sun dried tomatoes 100 kcal jalapenos 11 kcal ★ham 50 kcal pepperoni 121 kcal sweetcorn 40 kcal*

# MAINS

**Wholetail Scampi** 857 kcal  
Wholetail scampi, served with chunky chips, homemade tartare sauce and peas. **13.15**

**Hunters Chicken** 1123 kcal  
Succulent ★chicken breast, with ★bacon and melted Cheddar cheese coated in BBQ sauce and coleslaw. Served with chunky chips. **13.40**

**Mushroom Penne** 1077 kcal  
Pan fried mushrooms with garlic in a creamy sauce with chopped parsley, wilted spinach, cracked black pepper, and sprinkled with cheese shavings, basil, and fresh chillies. **11.95**  
*Add ★bacon 109 kcal or ★chicken 129 kcal for 2.25*

**Katsu Curry**  
Homemade aromatic coconut sauce, served on a bed of rice with a chilli and coriander garnish.  
*Choose from*  
★chicken **13.50** 1048 kcal  
or vegetable **13.15** 597 kcal

**Fajitas**  
Your choice of a marinated, chargrilled filling, on a bed of sizzling onions and peppers served with a selection of sour cream, fresh salsa and guacamole. Served with soft tortillas to wrap everything up!  
*Choose from*  
★chicken **13.50** 1107 kcal,  
or vegetable **12.95** 834 kcal

**Caesar Salad** 714 kcal  
Crispy Little Gem lettuce, tomato and rustic garlic croutons, coated in a Caesar dressing and topped with Italian cheese shavings. **11.50**  
*Add sliced ★chicken breast 259 kcal for 1.75*

**Chicken Strips and Chunky Chips** 932 kcal  
Southern fried chicken strips, served with chunky chips, salad, bbq and sweet chilli sauce. **13.50**

# FANCY A LIGHTER BITE?

Swap your chips for a salad. 50 kcal

# BURGERS

*All our burgers are served in a toasted bun with coleslaw and chunky chips.*

**Beef Burger** 1197 kcal  
100% British beef burger, lettuce, sliced beef tomato and burger sauce. **11.05**

**NEW Inferno Burger** 1494 kcal  
Spicy and delicious! Chargrilled ★beef burger topped with melted mozzarella cheese, chilli jam, jalapenos, fresh chillies, lettuce, beef tomato and burger sauce. **13.95**

**Bacon Cheeseburger** 1468 kcal  
Chargrilled ★beef burger topped with melted Cheddar cheese, crispy ★bacon, lettuce, beef tomato and burger sauce. **13.50**

**The Cock n Bull Burger** 1748 kcal  
Chargrilled ★chicken breast and ★beef burger sandwiched between crispy ★bacon and topped with melted Cheddar cheese, BBQ sauce, onion rings, lettuce, beef tomato and burger sauce. **15.50**  
*3.00 half board supplement*

**BBQ Chicken and Bacon Burger** 1149 kcal  
Chicken breast marinated in buttermilk with a seasoned crumb, topped with ★bacon, lettuce, sliced beef tomato and smoky BBQ sauce. **13.50**  
*2.00 half board supplement*

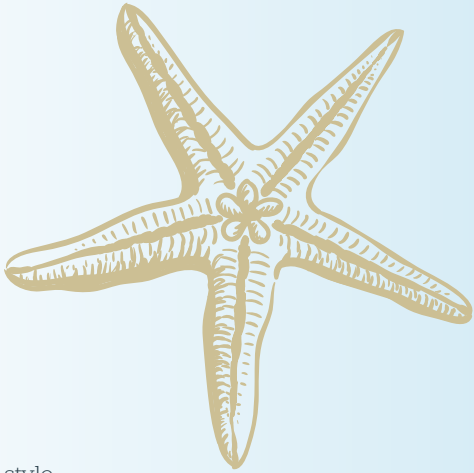
**NEW The Plant-Based Burger** 879 kcal  
A plant-based protein burger with beetroot and coconut oil. Served on a vegan bun with vegan style mozzarella, lettuce, beef tomato and salad. **13.00**

# DOUBLE UP!

Double up your burger, add an extra patty 437 kcal for only 3.50

# EXTRAS

Add ★bacon 109 kcal, cheese 131 kcal, or onion rings 192 kcal for 1.35 each



## SIDES

**Skinny fries**  3.25 438 kcal

**Chunky chips**  3.25 404 kcal

**Onion rings**  3.25 382 kcal

**Garlic bread**  4.15 436 kcal

**Garlic bread with cheese**  4.70 644 kcal

**Coleslaw**  3.25 171 kcal

**Mixed leaf salad**  3.85 50 kcal

**Loaded fries 5.80**

*Choose from:*

- Crispy \*bacon and melted Cheddar cheese 646 kcal
- Katsu sauce and chillies  561 kcal

## DESSERTS

**Salted Caramel Waffle**  772 kcal

Caramelised sticky and sweet, toasted Belgian waffle with salted caramel ice cream, cookie crumbs and a waffle cone top **6.90**

**Chocolate Fudge**

**Brownie**  690 kcal

A smooth chocolate brownie with a gooey centre. Served warm, with a scoop of vanilla ice cream. **6.90**

**NEW Apple Pie**

**with Custard**  621 kcal

Shortcrust pastry filled with sweet and tart apples, served with a jug of hot custard. **6.45**

**Ice Cream** 

Three scoops of your favourite flavour or enjoy a mixture! **5.50**


Choose from: Strawberry 307 kcal

Vanilla 406 kcal

Salted Caramel 357 kcal

Mint Choc Chip 361 kcal

Vegan Chocolate  255 kcal

Vegan Strawberry  241 kcal

Vegan Vanilla  237 kcal

**Sorbet**  209 kcal

Three scoops of your favourite flavour or enjoy a mixture! Choose from raspberry, lemon or mango. **5.50**

Vegan options available. 

**NEW Chocolate and**

**Orange Cake**  492 kcal

A warm chocolate and orange cake served with vegan vanilla ice cream. **6.45**

**Ultimate Sharer**

*Serves 4 416 kcal per serving*

The perfect sharer for two or take on the challenge alone! Enjoy a selection of ice cream, cookie crumble, Smarties, waffle, flakes and delicious sauces.

Served in our ultimate sharing bowl and finished with hundreds and thousands. **12.55**

**5.00 half board supplement**

*we love*



 **Suitable for vegetarians**  **Suitable for vegans**

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.



\*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).



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