



# **The Nab**

## *Bar & Eatery*

### ALLERGEN MENU



## BREAKFAST

Served from 9am - 11.30am

### Traditional Breakfast 1112 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 or fried bread. **9.70**

*2.00 half board supplement*

### Plant Based Breakfast 656 kcal

Roasted peppers, fresh tomato, garlic and chilli tender stem broccoli, mushrooms, sautéed potatoes and beans served with toasted sourdough. **6.90**

## 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 Wrap 527 kcal

Grilled \*chicken breast, \*bacon and lettuce, all wrapped in a soft tortilla. **8.50**

### 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 404 kcal for only 1.00

## DOUBLE UP!

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

## EXTRAS

Add \*bacon 109 kcal, for 1.35

## STARTERS

### 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* 469 kcal per serving

Tortilla chips topped with guacamole, jalapeños, salsa and melted, dairy free cheese. **8.95**

*Add Cajun \*chicken 129 kcal for 2.25*

*2.00 half board supplement*

### Chicken Wings

*Choose from:*

BBQ \*chicken wings 494 kcal **7.90**

Spicy \*chicken wings with either original hot sauce or extra hot sauce. 369 kcal **7.90**

## 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**

### Bacon Cheeseburger 1323 kcal

Chargrilled \*beef burger topped with dairy free cheese, crispy \*bacon, lettuce, beef tomato and burger sauce. **13.50**

### 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**

## MAINS

### Wholetail Scampi 857 kcal

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

### Hunters Chicken 884 kcal

Succulent \*chicken breast, with \*bacon and melted dairy free cheese coated in BBQ sauce and coleslaw. Served with chunky chips. **13.40**

## FANCY A LIGHTER BITE?

Swap your chips for a salad. 50 kcal

## SIDES

### Loaded fries 5.80

*Choose from:*

Crispy \*bacon and dairy free cheese 571 kcal

Katsu sauce and chillies 561 kcal

### Skinny fries 438 kcal 3.25

### Coleslaw 171 kcal 3.25

### Mixed salad 50 kcal 3.85

### Garlic bread 436 kcal 4.15

### Chunky chips 404 kcal 3.25



### Katsu Curry

Homemade aromatic coconut sauce, served on a bed of rice with a chilli and coriander garnish.

*Choose from \*chicken 1048 kcal 13.50*

*or vegetable 597 kcal 13.15*

### Fajitas

Your choice of a marinated, chargrilled filling, on a bed of sizzling onions and peppers served with a selection of fresh salsa and guacamole. Served with soft tortillas to wrap everything up!

*Choose from \*chicken 964 kcal 13.50,*

*or vegetable 583 kcal 12.95*

## DESSERTS

### Ice Cream 561 kcal

Three scoops of your favourite flavour dairy free ice cream. **5.50**

Choose from:

Strawberry 241 kcal

Chocolate 255 kcal

Vanilla 237 kcal

### Sorbet 209 kcal

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

### Chocolate and Orange Cake 684 kcal

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

## BREAKFAST

Served from 9am - 11.30am

### Traditional Breakfast 1128 kcal

Two rashers of \*bacon, two \*sausages, a free-range egg, beans, mushrooms, fresh tomato, hash browns served with gluten free toast or fried bread. **9.70**  
*2.00 half board supplement*

### Plant Based Breakfast 708 kcal

Roasted peppers, garlic and chilli tender stem broccoli, mushrooms, sautéed potatoes, beans and toasted gluten free bread. **6.90**

## LUNCH

Served from midday to 3pm

### Tuna Mayo Sandwich 399 kcal

Homemade tuna mayonnaise, mixed with cucumber, red onion and lettuce, in a soft, gluten free bun. **7.90**

Add chips 404 kcal for only 1.00

## DOUBLE UP!

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

## EXTRAS

Add \*bacon 109 kcal, for 1.35

## STARTERS

### Nachos Our Way *Serves 2* 621 kcal per serving

Tortilla chips topped with guacamole, jalapeños, salsa and melted cheese. **8.95**  
*2.00 half board supplement*

### Chicken Wings

*Choose from:*

BBQ \*chicken wings with a BBQ dip 645 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**

## BURGERS

All our burgers are served in a toasted, gluten free bun with coleslaw and chunky chips.

### Beef Burger 1197 kcal

100% British beef burger, lettuce, sliced beef tomato and burger sauce. **11.05**

### Bacon Cheeseburger 1468 kcal

Chargrilled \*beef burger topped with cheese, crispy \*bacon, lettuce, beef tomato and burger sauce. **13.50**

### 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**

## FANCY A LIGHTER BITE?

Swap your chips for a salad. 50 kcal

## MAINS

### 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**

### Fish and Chips 1000 kcal

Hand battered fish, served with chunky chips and peas. **14.20**

### Katsu Curry

Homemade aromatic coconut sauce, served on a bed of rice with a chilli and coriander garnish.

*Choose from chargrilled \*chicken* 768 kcal **13.50**,  
*or vegetable* 597 kcal **13.15**

### Mushroom Penne 1389 kcal

Pan fried mushrooms with garlic in a creamy sauce with chopped parsley, wilted spinach, cracked black pepper, and sprinkled with Italian cheese shavings, basil, and fresh chillies. **11.95**

*Add \*bacon* 109 kcal *or \*chicken* 129 kcal *for 2.25*

## FANCY A LIGHTER BITE?

Swap your chips for a salad. 50 kcal

## SIDES

### Loaded fries **5.80**

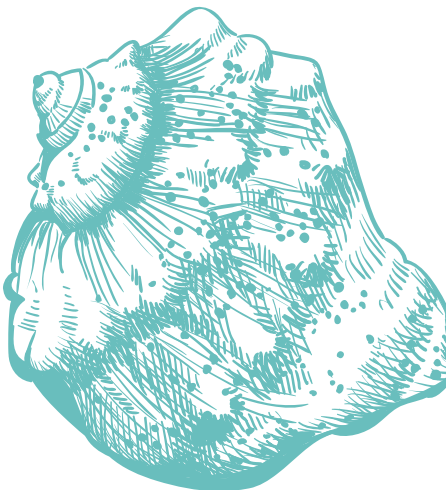
Crispy \*bacon and melted Cheddar cheese 646 kcal

### Skinny fries 438 kcal **3.25**

### Coleslaw 171 kcal **3.25**

### Mixed salad 50 kcal **3.85**

### Chunky chips 404 kcal **3.25**



## DESSERTS

### Ice Cream 6

Three scoops of your favourite flavour dairy free ice cream. **5.50**

Choose from:

Strawberry 307 kcal

Vanilla 406 kcal

### Sorbet 209 kcal

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

### Chocolate Fudge Brownie 690 kcal

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



# CHILDREN’S MENU

## MAINS

*All served with veg sticks.*

**Beefburger** 637 kcal  
Served in a sesame seed bun, with chips and a choice of side. **5.80**

**Cheeseburger** 715 kcal  
with dairy free cheese and served with chips and a choice of side. **5.80**

**Fish Fingers** 476 kcal  
Served with chips and a choice of side. **5.90**

**Hot dog** 587 kcal  
Served with chips and a choice of side. **5.20**

**Grilled Chicken Breast** 448 kcal  
Served with chips and a choice of side. **5.90**

**Penne Pasta with Plant Based Meatballs** 376 kcal  
Penne pasta served with plant based meatballs in a tomato and basil sauce. **5.90**

**Penne Pasta with Tomato Sauce** 283 kcal  
Penne pasta in a tomato and basil sauce. **5.05**

SIDES *choose from:* **Beans** 38 kcal **or Peas** 33 kcal

# CHILDREN’S MENU

## MAINS

*All served with veg sticks.*

**Beefburger** 688 kcal  
Served in a gluten free bun, with chips and a choice of side **5.80**

**Grilled Chicken Breast** 448 kcal  
Served with chips and a choice of side **5.90**

**Penne Pasta with Tomato Sauce** 272 kcal  
Gluten free penne pasta in a tomato and basil sauce. **5.05**

SIDES *choose from:* **Beans** 38 kcal **or Peas** 33 kcal

## DESSERTS

**Ice Cream** 170 kcal  
Two scoops of your favourite flavour or enjoy a mixture - dairy free of course! **3.50**  
*Choose from chocolate 170 kcal or vanilla 158 kcal*

WHY NOT MAKE IT  
A MEAL DEAL?  
**ONLY 8.15**  
Choose any main,  
soft drink and dessert

*As part of the meal deal, choose from:*  
Pip Organic Juice 77 kcal, orange juice 94 kcal,  
apple juice 94 kcal, milk 80 kcal,  
Pepsi Max 1 kcal, Diet Pepsi 1 kcal,  
or lemonade 5 kcal.

## DESSERTS

**Ice Cream** 189 kcal  
Two scoops of your favourite flavour, choose from chocolate 195 kcal, vanilla 188 kcal or strawberry 189 kcal **3.50**  
*Vegan options available*

**Chocolate Brownie** 433 kcal  
Goosey chocolate brownie, served with a choice of chocolate, vanilla or strawberry ice cream. **5.20**



★ 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).

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

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.



