

The Nab

Bar & Eatery

ALLERGEN + LIFESTYLE



BREAKFAST

SERVED FROM 9AM UNTIL 11.30AM

The XL Nab Breakfast

Three rashers of *bacon, three *sausages, two free range eggs, three hash browns, mushrooms, beans, fresh tomatoes and potatoes, plus toast and fried bread. Served with tea or filter coffee and a jug of soya milk. **15.95**

Traditional Breakfast

Two rashers of *bacon, two *sausages, free range egg, beans, mushrooms, fresh tomato, hash browns and a choice of white or brown toast or fried bread. **9.25**

Small Breakfast

One rasher of *bacon, *sausage, free range egg, beans, hash brown and a choice of white or brown toast or fried bread. **6.50**

Vegetarian Breakfast

Two Quorn Best of British sausages, free range egg, fresh tomato, beans, mushrooms, hash browns and a choice of white or brown toast or fried bread. **6.55**

Teacake

For a lighter breakfast enjoy our toasted teacake, served with heaps of dairy free butter. **3.95**

Eggs on Toast

Two free range eggs served on two slices of brown toast. *Choose from poached or scrambled.* **4.75**

Sautéed Mushrooms

Perfectly seasoned mushrooms on lightly toasted bread. **6.85**

Smashed Avocado

Freshly smashed avocado with a poached egg and roasted cherry vine tomatoes on sourdough bread. **7.75**

Porridge

A pot of homemade porridge, served with a jug of soya milk and a choice of fruit compôte or maple syrup. **4.75**

Breakfast Hash

Sautéed potato hash, mushrooms, vine cherry tomatoes, wilted spinach and toasted ciabatta. **7.25**

Add an egg for 95p

BREAKFAST BAPS

Choose from:

***Bacon** **4.25**

***Sausage** **4.25**

Egg **4.25**

Add an egg, tomato, mushrooms or hash browns for 95p

LIGHT BITES

AVAILABLE FROM NOON

Soup

Please ask for today's homemade soup of the day, served with warm bread and dairy free butter. **4.50**

Southern Fried Chicken Strips

Lightly coated, seasoned chicken fillet strips with sweet chilli dipping sauce. **7.25**

Nachos

Tortilla chips topped with guacamole, jalapeños, salsa, and dairy free cheese. **8.50**

*Add homemade *beef chilli, five-hour slow cooked BBQ pulled *pork or BBQ infused banana blossom* **2.05 each**
2.00 half board supplement

Sharing Platter for Two

A delicious platter of goodies for two! BBQ and spicy *chicken wings, sticky slow cooked *pork ribs and crispy onion rings. **16.95**
4.00 half board supplement

Chicken Wings

Choose from:

BBQ *chicken wings with a BBQ dip **7.50**

Spicy *chicken wings with either original hot sauce or extra hot sauce. **7.50**

LUNCH

SERVED FROM NOON UNTIL 3PM

Add chips for 1.75

BBQ Pulled Pork Wrap

Enjoy our delicious five-hour slow cooked BBQ pulled *pork wrapped in a soft tortilla with Little Gem lettuce. **7.95**

Tuna Mayo Wrap

Tuna mixed with cucumber, red onion and Little Gem lettuce, wrapped in a soft tortilla. **7.50**

Chicken and Bacon Wrap

Grilled *chicken breast, *bacon and Little Gem lettuce, all wrapped in a soft tortilla. **7.95**

Banana Blossom Wrap

BBQ infused banana blossom and Little Gem lettuce, wrapped in a soft tortilla. **8.95**

Steak Wrap

Tender sirloin *steak, sautéed onion, mushrooms and Little Gem lettuce wrapped in a soft tortilla. **9.75**
2.00 half board supplement

Fish Goujon Sandwich

Extra thick bloomer filled with hand battered crispy goujons and Little Gem lettuce. **8.25**

SALADS**Chicken Caesar**

Sliced *chicken breast, crispy Little Gem lettuce, boiled egg and rustic garlic croutons topped with dairy free cheese shavings. *As we are in keeping with the tradition, our Caesar dressing does contain anchovies so please tell your host if you'd like it without.* **12.50**

Vegetarian option available. 11.75

Superfood

Falafel, smoked harissa houmous, roasted butternut squash, tenderstem broccoli, couscous, pickled red cabbage, spinach and pumpkin seeds, tossed and served with a blueberry dressing. **11.50**

*Add *chicken for 3.65 or salmon for 4.25*

MAINS

AVAILABLE FROM NOON

Scampi and Chips

Wholetail scampi, served with chunky chips and peas. **12.50**
Fancy a lighter bite? Swap your chips for a salad.

Homemade Chilli

Served with rice and tortilla chips. **12.50**

*Choose from:**Prime lean *beef chilli**Smoky bean and mushroom chilli* **Sirloin Steak**

Prime sirloin *steak grilled the way you like it and served with chips, vine roasted cherry tomatoes and flat mushrooms. **17.95**
5.00 half board supplement

Gammon Steak

Gammon steak served with two free range fried eggs, chips, and peas. **12.95**

*Fancy a lighter bite? Swap your chips for a salad.***Ribs and Chicken Wings Combo Platter**

BBQ and spicy *chicken wings, sticky slow cooked *pork ribs, onion rings and chips. **17.95**

*Fancy a lighter bite? Swap your chips for a salad.***4.00 half board supplement****Hunters Chicken**

Succulent *chicken breast, with *bacon and dairy free melted cheese coated in BBQ sauce, served with chips and coleslaw.

12.75*Fancy a lighter bite? Swap your chips for a salad.***Katsu Curry**

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

*Choose from *chicken 12.50, prawn 13.25**(2.00 half board supplement) or vegetable*  **12.50****Fajitas**

Your choice of marinated, chargrilled filling, on a bed of sizzling onions and peppers served with a fresh salsa and guacamole.

*Choose from *chicken 12.50, *steak 13.25 (2.00 half board supplement), prawn 13.25 (2.00 half board supplement)**or vegetable*  **12.25****BURGERS**

AVAILABLE FROM NOON

All our burgers are served in a toasted bun with coleslaw and chips. Fancy a lighter bite? Swap your chips for a salad.

Beef Burger

100% British *beef burger, Little Gem lettuce, sliced beef tomato and burger sauce. **10.50**

BBQ Chicken and Bacon Burger

*Chicken breast seasoned and topped with *bacon, Little Gem lettuce, sliced beef tomato and smoky BBQ sauce. **12.50**

2.00 half board supplement**The Nab Double Burger**

Two 100% British *beef burgers topped with grilled *bacon, dairy free cheese, battered onion rings, Little Gem lettuce, sliced beef tomato and burger sauce. **13.95**

2.00 half board supplement**Banana Blossom Burger** 

BBQ infused banana blossom, Little Gem lettuce and sliced beef tomato. **11.50**

DOUBLE-UP!

*Double up your burger, add an extra *patty for only 4.25*

EXTRAS

*Add *bacon, cheese, or onion rings for 1.30 each*



*Add five-hour slow cooked BBQ pulled *pork or homemade *beef chilli for 2.50 each*

CHILDREN'S MENU**Why not make it a meal deal?***Choose any main, soft drink and dessert*

For only
7.95

As part of the meal deal, choose from orange juice, apple juice, Fruit Shoot, milk, Pepsi Max, Diet Pepsi, Tango or lemonade.

MAINS

*Beef Burger	5.50
*Cheeseburger	5.50
Fish Goujons	5.60
Battered Chicken Chunks	5.60
Hot Dog	4.95
*Chicken Breast	5.60
Tomato Pasta 	5.60
*Sausage	5.60
 <i>Vegetarian option available</i>	

**Dairy free cheese*

CHOOSE YOUR SIDES...

**Mash potato or chips and beans,
 peas or crudité**

DESSERTS**Ice Cream**

Two scoops of your favourite flavour or enjoy a mixture - dairy free of course! Choose from chocolate or vanilla. **4.95**

DESSERTS**Chocolate and Orange Tart** 

A vegan chocolate and orange tart, served with dairy free vanilla ice cream, chocolate sauce and a side of raspberries. **7.25**

Ice Cream 

Three scoops of your favourite flavour or enjoy a mixture - dairy free of course! Choose from chocolate or vanilla. **5.25**

SIDES

LOADED FRIES

Choose from:

Crispy *bacon and melted dairy free cheese	5.50
Five-hour slow cooked pulled *pork and melted dairy free cheese	5.50
Homemade *beef chilli and melted dairy free cheese	5.50
Succulent BBQ infused banana blossom	5.50

Skinny Fries	3.10
Chunky Chips	3.10
Onion Rings	3.10
Garlic Bread	3.95
Garlic Bread With Dairy Free Cheese	4.50
Coleslaw	3.10
Mixed Leaf Salad	3.65

BREAKFAST

SERVED FROM 9AM UNTIL 11.30AM

The XL Nab Breakfast

Three rashers of *bacon, three *sausages, two free range eggs, three hash browns, mushrooms, beans, fresh tomatoes and potatoes, plus gluten free toast. Served with tea or filter coffee and a jug of fresh milk. **15.95**

Traditional Breakfast

Two rashers of *bacon, two *sausages, free range egg, beans, mushrooms, fresh tomato, hash browns and a slice of gluten free toast. **9.25**

Small Breakfast

One rasher of *bacon, *sausage, free range egg, beans, hash brown and gluten free toast. **6.50**

Eggs Benedict

Gluten free toast topped with cured *ham, two free range poached eggs and creamy hollandaise sauce. **7.25**

Eggs Florentine ✓

Gluten free toast topped with spinach, two free range poached eggs and hollandaise sauce. **6.95**

Eggs on Toast ✓

Two free range eggs served on two slices of gluten free toast. *Choose from poached or scrambled.* **4.75**

Sautéed Mushrooms ✓

Perfectly seasoned mushrooms on lightly toasted gluten free bread. **6.85**

Smashed Avocado ✓

Enjoy our freshly smashed avocado with a poached egg and roasted cherry vine tomatoes on gluten free bread. **7.75**

Porridge ✓

A pot of homemade porridge, served with a jug of fresh milk and a choice of fruit compôte or maple syrup. **4.75**

Breakfast Hash ✓

Sautéed potato hash, mushrooms, vine cherry tomatoes, wilted spinach and a slice of toasted gluten free bread. **7.25**
Add an egg for 95p

BREAKFAST BAPS

All served in gluten free baps. Choose from:

*Bacon	4.25
*Sausage	4.25
Quorn Sausage ✓	4.25
Egg ✓	4.25

Add an egg, tomato, mushrooms or hash browns for 95p

SIDES

LOADED FRIES

Choose from:

Crispy *bacon and melted Cheddar cheese	5.50
Five-hour slow cooked pulled *pork and melted Cheddar cheese	5.50
Homemade *beef chilli and melted Cheddar cheese	5.50
Succulent BBQ infused banana blossom	5.50
Skippy Fries	3.10
Chunky Chips	3.10
Coleslaw	3.10
Mixed Leaf Salad	3.65

LUNCH

SERVED FROM NOON UNTIL 3PM

Add chips for 1.75

BBQ Pulled Pork Ciabatta

Enjoy our delicious five-hour slow cooked BBQ pulled *pork in a gluten free ciabatta with Little Gem lettuce. **7.95**

Halloumi, Red Pepper and Falafel Ciabatta ✓

Pan-fried halloumi with roasted red peppers and falafel in a gluten free ciabatta with a chilli chutney. **7.50**

Tuna Mayo Ciabatta

Homemade tuna mayonnaise, mixed with cucumber, red onion and Little Gem lettuce in a gluten free ciabatta. **7.50**

MAINS

AVAILABLE FROM NOON

Homemade Chilli

Served with rice, sour cream and tortilla chips. **12.50**

Choose from:

*Prime lean *beef chilli*

Smoky bean and mushroom chilli ✓

Sirloin Steak

Prime sirloin *steak grilled the way you like it and served with chips, vine roasted cherry tomatoes and flat mushrooms. **17.95**

Add a peppercorn or blue cheese sauce for 2.65
5.00 half board supplement

Smoked Salmon and King Prawn Linguine

Smoked salmon with prawns in a creamy white wine and dill sauce, tossed in gluten free penne. **11.95**

Mushroom Penne ✓

Pan-fried mushrooms and garlic in a creamy sauce with chopped parsley, wilted spinach, cracked black pepper, tossed in gluten free penne and sprinkled with Italian cheese shavings, basil, and fresh chillies. **11.25**

*Add *bacon or *chicken for 2.05*

Gammon Steak

Gammon steak served with two free range fried eggs, chips and peas. **12.95**

Fancy a lighter bite? Swap your chips for a salad.

Ribs and Chicken Wings Combo Platter

BBQ and spicy *chicken wings, sticky slow cooked *pork ribs and chips served with blue cheese, and sour cream dips. **17.95**

Fancy a lighter bite? Swap your chips for a salad.
4.00 half board supplement

Hunters Chicken

Succulent *chicken breast, with *bacon and melting cheddar cheese coated in BBQ sauce and coleslaw. **12.75**
Fancy a lighter bite? Swap your chips for a salad.

Fish and Chips

Gluten free hand beer-battered cod, served with chunky chips, homemade tartar sauce and peas. **13.50**
Fancy a lighter bite? Swap your chips for a salad.

SALADS

Chicken Caesar

Sliced *chicken breast, crispy Little Gem lettuce and a boiled egg, coated in a Caesar dressing and topped with Italian cheese shavings. *As we are in keeping with the tradition, our Caesar dressing does contain anchovies so please tell your host if you'd like it without.* **12.50**

✓ *Vegetarian option available. 11.75*

Grilled Halloumi and Roasted Red Pepper

Mixed leaf salad with cucumber, cherry tomatoes and red onion, topped with roasted red peppers, grilled halloumi and a balsamic dressing. **11.75**

BURGERS

AVAILABLE FROM NOON

All our burgers are served in a toasted gluten free bun with coleslaw and chips. Fancy a lighter bite? Swap your chips for a salad.

Beef Burger

100% British *beef burger, Little Gem lettuce, sliced beef tomato and burger sauce. **10.50**

BBQ Chicken and Bacon Burger

*Chicken breast marinated in buttermilk topped with *bacon, Little Gem lettuce, sliced beef tomato and smoky BBQ sauce. **12.50**

2.00 half board supplement

The Nab Double Burger

Two 100% British *beef burgers topped with grilled* bacon, cheese, Little Gem lettuce, sliced beef tomato and burger sauce. **13.95**

2.00 half board supplement

Banana Blossom Burger ✓

BBQ infused banana blossom, Little Gem lettuce and sliced beef tomato. **11.50**

Halloumi Burger ✓

Pan-fried halloumi, topped with roasted red peppers, mushrooms, Little Gem lettuce and sliced beef tomato. **11.25**

DOUBLE-UP!

*Double up your burger, add an extra *patty for only 4.25*

EXTRAS

*Add *bacon, cheese for 1.30 each*

*Add five-hour slow cooked BBQ pulled *pork or homemade *beef chilli for 2.50 each*

LIGHT BITES

AVAILABLE FROM NOON

Soup ✓

Please ask for today's homemade soup of the day, served with gluten free bread and butter. **4.50**

Nachos

Tortilla chips topped with guacamole, jalapeños, salsa, sour cream, and melted mature Cheddar cheese. **8.50**
*Add homemade *beef chilli, five-hour slow cooked BBQ pulled *pork or BBQ infused banana blossom ✓ for 2.05 each 2.00 half board supplement*

Mushrooms on Toast ✓

Garlic chestnut mushrooms in a cream and white wine sauce with wilted spinach, served on toasted gluten free bread. **6.95**

Sharing Platter for Two

A delicious platter of goodies for two! BBQ and spicy *chicken wings, sticky slow cooked *pork ribs and crispy, served with blue cheese and sour cream dips. **16.95**
4.00 half board supplement

Chicken Wings

Choose from:

BBQ *chicken wings with a blue cheese dip **7.50**

Spicy *chicken wings with either original hot sauce or extra hot sauce, served with a sour cream dip **7.50**

Garlic and Chilli Prawns

Succulent king prawns and homemade garlic and chilli butter, served with a gluten free bread. **9.75**
2.00 half board supplement

CHILDREN'S MENU

Why not make it a meal deal?

Choose any main, soft drink and dessert

For only
7.95

As part of the meal deal, choose from orange juice, apple juice, Fruit Shoot, milk, Pepsi Max, Diet Pepsi, Tango or lemonade.

MAINS

*Chicken Breast **5.60**

Gluten Free Pasta with Tomato Sauce ✓ **5.60**

*Sausage **5.60**

✓ *Vegetarian option available*

CHOOSE YOUR SIDES...

Mash potato or chips and beans, peas or crudités

DESSERTS

Ice Cream

Two scoops of your favourite flavour, choose from chocolate, vanilla or strawberry. **3.65**

Chocolate Brownie ✓

Goopy chocolate brownie, served with a choice of chocolate, vanilla or strawberry ice cream. **4.95**

DESSERTS

Lemon Posset ✓

Our homemade sweet and zingy lemon posset finished with fresh strawberries. **7.30**

Chocolate Fudge Brownie ✓

A smooth chocolate brownie with a gooey centre. Served warm, with a scoop of vanilla ice cream. **6.55**

Chocolate and Orange Tart ✓

A vegan chocolate and orange tart, served with dairy free vanilla ice cream, chocolate sauce and a side of raspberries. **7.25**

Ultimate Nab Sharer ✓

The perfect sharer for two or take on the challenge alone! Enjoy a selection of ice cream, Smarties, flakes and delicious sauces. Served in our ultimate sharing bowl and finished with hundreds and thousands. **13.75**
5.00 half board supplement

Ice Cream ✓

Three scoops of your favourite flavour or enjoy a mixture! Choose from chocolate, vanilla, strawberry, salted caramel, or mint choc chip. **5.25**

BREAKFAST

SERVED FROM 9AM UNTIL 11.30AM

Teacake ✓

For a lighter breakfast snack enjoy our toasted teacake, served with heaps of vegan butter. **3.95**

Sautéed Mushrooms ✓

Perfectly seasoned mushrooms on lightly toasted bread. **6.85**

Smashed Avocado ✓

Enjoy our freshly smashed avocado and roasted cherry vine tomatoes on sourdough bread. **7.75**

Porridge ✓

A pot of homemade porridge, served with a jug of fresh soya milk and fruit compôte. **4.75**

Breakfast Hash ✓

Sautéed potato hash, mushrooms, vine cherry tomatoes, wilted spinach and toasted ciabatta. **7.25**

LUNCH

SERVED FROM NOON UNTIL 3PM

Add chips for 1.75

Banana Blossom Wrap

BBQ infused banana blossom and Little Gem lettuce, wrapped in a soft tortilla. **8.95**

LIGHT BITES

AVAILABLE FROM NOON

Soup ✓

Please ask for today's homemade soup of the day, served with warm bread and dairy free butter. **4.50**

Nachos ✓

Tortilla chips topped with guacamole, jalapeños, salsa and melted dairy free cheese. **8.50**

Add BBQ infused banana blossom for 2.05
2.00 half board supplement

Mushrooms on Toast ✓

Garlic chestnut mushrooms in a dairy free cream and white wine sauce with wilted spinach, served on toasted ciabatta. **6.95**

MAINS

AVAILABLE FROM NOON

Homemade Chilli ✓

Homemade smoky bean and mushroom chilli, served with rice and tortilla chips. **12.50**

Mushroom Penne ✓

Pan-fried mushrooms with garlic in a dairy free cream sauce with chopped parsley, wilted spinach and cracked black pepper. Garnished with dairy free cheese shavings, basil, and fresh chillies. **11.25**

Katsu Curry ✓

Homemade aromatic coconut sauce with vegetables, served on a bed of rice with a lime and coriander garnish. **12.50**

Fajitas ✓

Marinated, chargrilled vegetables on a bed of sizzling onions and peppers served with fresh salsa and guacamole. Served with soft tortillas to wrap everything up! **12.25**

Banana Blossom Burger ✓

BBQ infused banana blossom, Little Gem lettuce and sliced beef tomato. **11.50**

CHILDREN'S MENU

Why not make it a meal deal?

Choose any main, soft drink and dessert

For only
7.95

As part of the meal deal, choose from orange juice, apple juice, Fruit Shoot, milk, Pepsi Max, Diet Pepsi, Tango or lemonade.

MAIN

Tomato Pasta ✓

5.60

DESSERT

Ice Cream

Two scoops of your favourite flavour - dairy free of course! Choose from chocolate or vanilla. **3.95**

SALADS

Superfood ✓

Falafel, smoked harissa houmous, roasted butternut squash, tenderstem broccoli, couscous, pickled red cabbage, spinach and pumpkin seeds, tossed and served with a blueberry dressing. **11.50**

SIDES

Loaded Fries

Skinny fries topped with succulent BBQ infused banana blossom.

5.50

Skinny Fries

3.10

Chunky Chips

3.10

Onion Rings

3.10

Mixed Leaf Salad

3.65

DESSERTS

Chocolate and Orange Tart ✓

A vegan chocolate and orange tart, served with dairy free vanilla ice cream, chocolate sauce and a side of raspberries. **7.25**

Ice Cream ✓

Three scoops of your favourite flavour or enjoy a mixture - dairy free of course! Choose from chocolate or vanilla. **5.25**

The Nab

Bar & Eatery

ALLERGEN + LIFESTYLE



*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.

Suitable for vegetarians

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.