

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

#### 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** 

## APPETISERS

#### Mixed Olives @ 146 kcal

An Italian classic to get your appetite going. 4.20

#### Garlic Sourdough © 489 kcal

Freshly baked sourdough bread cooked warm with garlic and herb butter. **4.80** 

#### Smoked Almonds @ 523 kcal

A little something to nibble on while you wait. 4.20

## LUNCH

Served from midday to 3pm

#### House Burger 1144 kcal

Chargrilled \*beef burger, lettuce, red onion, beef tomato and house-made burger mayonnaise, served in a toasted bun with bread and butter pickles and chunky chips. **11.50** 

#### Chicken Club Burger 1095 kcal

Chargrilled \*chicken breast with crispy \*bacon, lettuce, tomato, and mayonnaise, served in a toasted bun with chunky chips. **13.10** 

#### Chicken Caesar Wrap 866 kcal

Blackened Cajun \*chicken with lettuce, tomato and Caesar dressing, all wrapped up in a flour tortilla and served with chunky chips. 11.45

#### Penne Arrabbiata @ 967 kcal

Penne pasta tossed in a spicy tomato sauce infused with garlic and fresh chilli. **9.75** 

#### BLT 1023 kcal

Toasted sourdough bread piled high with crispy \*bacon, lettuce, mayonnaise, and sliced beef tomato. Served with chips. **9.00** 

## STARTERS

#### Tomato Bruschetta @ 274 kcal

Tomatoes marinated with garlic, basil, olive oil and sea salt served on toasted sourdough and drizzled with garlic and basil oil. **6.80** 

#### Salt and Pepper Squid 379 kcal

Lightly dusted squid, seasoned with salt and pepper, served with fresh chillies and smoked paprika aioli. **8.15** 

#### Vegetable Tempura @ 403 kcal

Seasonal vegetables in a crispy tempura batter with sweet chilli dipping sauce. **6.95** 

#### Chilli and Honey Chicken Skewers 327 kcal

Chargrilled \*chicken skewers glazed with chilli and honey, served on a fresh, crisp pear salad. **7.85** 

## **MAINS**

#### Bacon Cheeseburger 1478 kcal

Chargrilled \*beef burger topped with dairy free cheese, crispy \*bacon, red onion, beef tomato, lettuce and house made burger mayonnaise, served in a toasted bun, with house-made bread and butter pickles, and chunky chips. 13.50

#### Vegetable Risotto 🕏 517 kcal

Aborio rice risotto with white wine, vegan cheese, basil and garlic pesto.

Served with chargrilled seasonal vegetables. 14.20

Add a garlic and herb marinated chargrilled

\*chicken breast 129 kcal for 4.00

#### Ribeye Steak 1026 kcal

28-day aged 10oz ribeye \*steak served with grilled mushroom, tomato, watercress and chunky chips. **23.35**Add port and red wine sauce 30 kcal for 2.50

# FANCY A LIGHTER BITE?

Swap your chips for a salad. 49 kcal

## SIDES

Loaded fries 482 kcal

With spicy tomato and garlic aioli 🕈 5.05

Broccoli with chilli and garlic butter © 201 kcal 3.65

Buttered baby potatoes with sea salt and mint  $0438 \, kcal \, 3.95$ 

Mixed salad @ 49 kcal 3.95

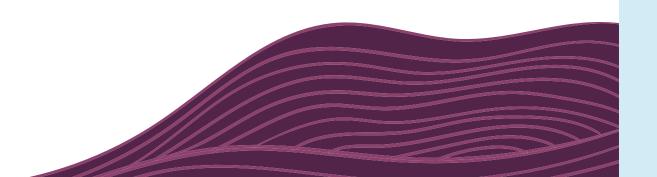
Garlic sourdough **0** 489 kcal **4.80** 

Chunky chips @ 404 kcal 3.25

## **DESSERTS**

# Chocolate, Coconut and Roasted Pineapple Sundae ® 676 kcal

Layers of vegan ice cream served with roasted spiced pineapple and chocolate and coconut pieces. **6.65** 



# 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 and toasted gluten free bread. **9.70** 

#### Plant Based Breakfast @ 708 kcal

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

### APPETISERS

#### Mixed Olives @ 146 kcal

An Italian classic to get your appetite going. 4.20

#### Smoked Almonds & 523 kcal

A little something to nibble on while you wait. **4.20** 

## LUNCH

Served from midday to 3pm

#### House Burger 1083 kcal

Chargrilled \*beef burger, lettuce, red onion and beef tomato, served in a toasted gluten free bun with bread and butter pickles and chunky chips. **11.50** 

#### Chicken Club Burger 1011 keal

Chargrilled \*chicken breast with crispy \*bacon, lettuce and tomato, served in a toasted gluten free bun with chunky chips. **13.10** 

#### Penne Arrabbiata & 874 kcal

Gluten free penne pasta tossed in a spicy tomato sauce infused with garlic and fresh chilli. **9.75** 

#### BLT 836 kcal

Toasted gluten free bread piled high with crispy \*bacon, lettuce, mayonnaise, and sliced beef tomato. Served with chips. **9.00** 

## STARTERS

#### Tomato Bruschetta & 253 kcal

Tomatoes marinated with garlic, basil, olive oil and sea salt served on toasted gluten free bread and drizzled with garlic and basil oil. **6.80**\*\*Add mozzarella 101 kcal for 90p

#### Salt and Pepper Squid 379 kcal

Lightly dusted squid, seasoned with salt and pepper, served with fresh chillies and smoked paprika aioli. **8.15** 

#### Crispy Fried Mozzarella 588 kcal

Hand breaded mozzarella, served crisp and golden with a rich tomato and basil sauce. **6.95** 

#### Vegetable Tempura 3 403 kcal

Seasonal vegetables in a crispy tempura batter with sweet chilli dipping sauce. **6.95** 

#### Chilli and Honey Chicken Skewers 327 kcal

Chargrilled \*chicken skewers glazed with chilli and honey, served on a fresh, crisp pear salad. **7.85** 

### MAINS

#### Bacon Cheeseburger 1605 kcal

Chargrilled \*beef burger topped with melted Cheddar cheese, crispy \*bacon, red onion, beef tomato and lettuce, served in a toasted gluten free bun, with house-made bread and butter pickles, and chunky chips. **13.50** 

#### Cajun Chicken Pasta 1460 kcal

Cajun spiced \*chicken, gently sautéed with chestnut mushrooms, spinach and a touch of chilli, served in a garlic, white wine and cream sauce with gluten free pasta. 14.20

#### Vegetable Risotto @ 517 kcal

Aborio rice risotto with white wine, vegan cheese, basil and garlic pesto. Served with chargrilled seasonal vegetables. **14.20**Add a garlic and herb marinated chargrilled \*chicken breast for 4.00 129 kcal

#### Ribeye Steak 1026 kcal

28-day aged 10oz ribeye \*steak served with grilled mushroom, tomato, watercress and chunky chips. 23.35

Add peppercorn sauce 46 kcal, bearnaise sauce 168 kcal or port and red wine sauce 30 kcal for 2.50

#### Chicken Caesar Salad 813 kcal

Chargrilled \*chicken on a Caesar salad, shaved Padano cheese with marinated tomatoes. **13.15**• Vegetarian option available 11.50 552 kcal

# FANCY A LIGHTER BITE?

Swap your chips for a salad. 49 kcal

## SIDES

Loaded fries 537 kcal

Crispy \*bacon and melted Cheddar cheese 5.05

Broccoli with chilli and garlic butter © 201 kcal 3.65

Buttered baby potatoes with sea salt and mint © 438 kcal 3.95

Mixed salad @ 49 kcal 3.95

Chunky chips @ 404 kcal 3.25

## DESSERTS

#### Eton Mess V 467 kcal

Apple and blackberry compote layered with chewy meringue, ice cream and whipped cream served with fresh blackberries. **7.20** 

# Chocolate, Coconut and Roasted Pineapple Sundae ® 676 kcal

Layers of vegan ice cream served with roasted spiced pineapple and chocolate and coconut pieces. **6.65** 

# SMALLER APPETITES

## **MAINS**

#### Beef Burger 673 kcal

In a sesame seed bun, served with fries, peas or beans and veg sticks. 5.80

#### **Grilled Chicken Breast** 424 kcal

Served with fries, peas or beans and veg sticks. 5.90

#### **Penne Pasta with**

#### Plant Based Meatballs @ 376 kcgl

Penne pasta served with plant based meatballs in a tomato and basil sauce served with veg sticks. 5.90

#### Penne Pasta with Tomato Sauce & 283 kcal

Penne pasta in a tomato and basil sauce served with veg sticks. 5.05

### DESSERTS

#### **Vegan Ice Cream ®**

3.50

Two scoops of your favourite flavour, choose from chocolate 170 kcal, vanilla 158 kcal or strawberry 163 kcal.

## MAKE IT A MEAL DEAL WITH A MAINS, DRINK AND DESSERT FOR ONLY 8.25

#### 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.

# SMALLER APPETITES

## MAINS

#### Beef Burger 688 keal

Served in a gluten free bun with fries, peas or beans and veg sticks. 5.80

#### Cheeseburger 746 keal

Served in a gluten free bun with fries, peas or beans and veg sticks. 5.80

#### **Grilled Chicken Breast** 424 kcal

Served with fries, peas or beans and veg sticks. 5.90

#### Penne Pasta with Tomato Sauce & 283 kcal

Gluten free penne pasta in a tomato and basil sauce served with veg sticks. **5.05** 

## **DESSERTS**

#### Ice Cream <sup>(1)</sup>

3.50

Two scoops of your favourite flavour, choose from chocolate 170 kcal, vanilla 188 kcal or strawberry 160 kcal.

### **Vegan Ice Cream ®**

3.50

Two scoops of your favourite flavour, choose from chocolate 170 kcal, vanilla 158 kcal or strawberry 160 kcal.

## MAKE IT A MEAL DEAL WITH A MAINS, DRINK AND DESSERT FOR ONLY 8.25

#### 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.



\*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 worldleading standards and is traceable back to farms. STANDARDS For more information, please go to redtractor.org.uk.

#### O Suitable for vegetarians O 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.



