The WOODSIDE

ALLERGEN MENU

DAIRY & LACTOSE INTOLERANT

LUNCH

Served from midday to 3pm

BBQ Pulled Pork Wrap *939 kcal*
Enjoy our delicious five-hour slow cooked BBQ pulled *pork wrapped in a soft tortilla with lettuce. **8.75**

Tuna Mayo Wrap *444 kcal*
Homemade tuna mayonnaise, mixed with cucumber, red onion and lettuce, wrapped in a soft tortilla **8.45**

Chicken and Bacon Wrap *537 kcal*
Grilled *chicken breast, *bacon and lettuce, all wrapped in a soft tortilla. **8.75**

Vegan Plantball Ciabatta Ve *502 kcal*
Vegan plant balls coated in a rich tomato and basil sauce, vegan style mozzarella in a toasted ciabatta. **8.75**

Add chips *404 kcal* for only 1.00

STARTERS

Southern Fried Crispy Coated Chicken Strips *461 kcal*
Lightly coated, seasoned chicken fillet strips with sweet chilli dipping sauce. **8.00**

Nachos Our Way *Serves 2* V *938 kcal*
Tortilla chips topped with guacamole, jalapeños, salsa and melted, dairy free cheese.
Vegan option available **9.40**
*Add homemade pulled *pork 645 kcal for 2.25*
*or Cajun *chicken 129 kcal for 2.50 each.*

Chicken Wings
Choose from:
BBQ *chicken wings *493 kcal* **8.50**
Spicy *chicken wings with either original hot sauce or extra hot sauce. *369 kcal* **8.50**

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. **11.50**

Bacon Cheeseburger *1323 kcal*
Chargrilled *beef burger topped with dairy free cheese, crispy *bacon, lettuce, beef tomato and burger sauce. **13.90**

The Plant-Based Burger Ve *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. **13.60**

EXTRAS

Add *bacon *109 kcal*, for 1.50

Add five-hour slow cooked BBQ pulled *pork *251 kcal* for 2.90

DOUBLE UP!

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

MAINS

Wholetail Scampi *857 kcal*
Wholetail scampi, served with chunky chips, homemade tartare sauce and peas. **13.95**

Sirloin Steak *834 kcal*
Prime sirloin *steak grilled the way you like it and served with chunky chips, roasted tomato and flat mushrooms. **19.95**

Gammon Steak *938 kcal*
Gammon steak served with two free range fried eggs, chunky chips, and peas. **14.20**

Hunters Chicken *884 kcal*
Succulent *chicken breast, with *bacon and melted dairy free cheese coated in BBQ sauce and coleslaw. Served with chunky chips. **13.90**

Katsu Curry
Homemade aromatic coconut sauce, served on a bed of rice with a chilli and coriander garnish.
*Choose from *chicken 1048 kcal* **13.90** *or vegetable* Ve *597 kcal* **13.50**

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* **13.95**, *or vegetable* V *583 kcal* **13.50**

FANCY A LIGHTER BITE?

Swap your chips for a salad. *50 kcal*

SIDES

Loaded fries 6.25
Choose from:
Crispy *bacon and dairy free cheese *564 kcal*
Five-hour slow cooked pulled *pork and dairy free cheese *1059 kcal*
Katsu sauce and chillies Ve *561 kcal*

Skinny fries Ve *438 kcal* **3.65**

Coleslaw V *171 kcal* **3.65**

Mixed salad Ve *50 kcal* **4.45**

Garlic bread V *436 kcal* **4.45**

Chunky chips Ve *404 kcal* **3.65**

DESSERTS

Ice Cream Ve
Three scoops of your favourite flavour dairy free ice cream. **5.80**
Choose from:
Strawberry *241 kcal*
Chocolate *255 kcal*
Vanilla *237 kcal*

Sorbet Ve *209 kcal*
Three scoops of your favourite flavour or enjoy a mixture! Choose from raspberry, lemon or mango. **5.80**

Chocolate and Orange Cake Ve *684 kcal*
A warm chocolate and orange cake served with vegan vanilla ice cream. **6.95**

DAIRY & LACTOSE INTOLERANT

GLUTEN INTOLERANT

LUNCH

Served from midday to 3pm

BBQ Pulled Pork Sandwich *658 kcal*
Enjoy our delicious five-hour slow cooked BBQ pulled *pork wrapped in a soft, gluten free bun with lettuce. **8.75**

Tuna Mayo Sandwich *399 kcal*
Homemade tuna mayonnaise, mixed with cucumber, red onion and lettuce, in a soft, gluten free bun. **8.45**

Add chips *404 kcal* for only 1.00

STARTERS

Nachos Our Way *Serves 2* V *1241 kcal*
Tortilla chips topped with guacamole, jalapeños, salsa and melted cheese.
Vegan option available **9.40**
*Add homemade pulled *pork 645 kcal for 2.25*

Chicken Wings
Choose from:

BBQ *chicken wings with a BBQ dip *645 kcal* **8.50**

Spicy *chicken wings with either original hot sauce or extra hot sauce, served with a sour cream dip *679 kcal* **8.50**

BURGERS

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

Beef Burger *1139 kcal*
100% British beef burger, lettuce, sliced beef tomato and burger sauce. **11.50**

Bacon Cheeseburger *1204 kcal*
Chargrilled *beef burger topped with cheese, crispy *bacon, lettuce, beef tomato and burger sauce. **13.90**

The Plant-Based Burger Ve *599 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. **13.60**

EXTRAS

Add *bacon *109 kcal*, for 1.50

Add five-hour slow cooked BBQ pulled *pork *251 kcal* for 2.90

DOUBLE UP!

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

MAINS

Gammon Steak *938 kcal*
Gammon steak served with two free range fried eggs, chunky chips, and peas. **14.20**

Sirloin Steak *834 kcal*
Prime sirloin *steak grilled the way you like it and served with chunky chips, roasted tomato and flat mushrooms. **19.95**

Hunters Chicken *1123 kcal*
Succulent *chicken breast, with *bacon and melted Cheddar cheese coated in BBQ sauce and coleslaw. Served with chunky chips. **13.90**

Fish and Chips *1000 kcal*
Hand battered fish, served with chunky chips and peas. **14.95**

Katsu Curry
Homemade aromatic coconut sauce, served on a bed of rice with a chilli and coriander garnish.
*Choose from chargrilled *chicken 766 kcal 13.90, or vegetable* Ve *597 kcal 13.50*

Mushroom Penne V *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. **12.50**
*Add *bacon 104 kcal or *chicken 129 kcal for 2.50*

FANCY A LIGHTER BITE?

Swap your chips for a salad. *50 kcal*

SIDES

Loaded fries 6.25
Choose from:

Crispy *bacon and melted Cheddar cheese *646 kcal*

Five-hour slow cooked pulled *pork and melted Cheddar cheese *1141 kcal*

Skinny fries Ve *438 kcal* **3.65**

Coleslaw V *171 kcal* **3.65**

Mixed salad Ve *50 kcal* **4.45**

Chunky chips Ve *404 kcal* **3.25**

DESSERTS

Ice Cream Ve
Three scoops of your favourite flavour dairy free ice cream. **5.80**
Choose from:
Strawberry *307 kcal*
Vanilla *406 kcal*

Sorbet Ve *209 kcal*
Three scoops of your favourite flavour or enjoy a mixture! Choose from raspberry, lemon or mango. **5.80**

Chocolate Fudge Brownie V *764 kcal*
A smooth chocolate brownie with a gooey centre. Served warm, with a scoop of vanilla ice cream. **7.45**

GLUTEN INTOLERANT

DAIRY & LACTOSE INTOLERANT

SMALLER APPETITES

MAINS

All served with veg sticks.

Beefburger *673 kcal*
Served in a sesame seed bun, with chips and a choice of side. **6.05**

Cheeseburger *739 kcal*
with dairy free cheese and served with chips and a choice of side. **6.05**

Fish Fingers *476 kcal*
Served with chips and a choice of side. **6.05**

Hot dog *587 kcal*
Served with chips and a choice of side. **5.50**

Grilled Chicken Breast *424 kcal*
Served with chips and a choice of side. **6.05**

Penne Pasta with Plant Based Meatballs Ve *376 kcal*
Penne pasta served with plant based meatballs in a tomato and basil sauce. **6.05**

Penne Pasta with Tomato Sauce Ve *283 kcal*
Penne pasta in a tomato and basil sauce. **5.50**

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

DESSERTS

Ice Cream Ve
Two scoops of your favourite flavour or enjoy a mixture - dairy free of course! **3.90**
Choose from chocolate *170 kcal*
or vanilla *158 kcal*

WHY NOT MAKE IT A MEAL DEAL?
ONLY 8.65

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*.

GLUTEN INTOLERANT

SMALLER APPETITES

MAINS

All served with veg sticks.

Beefburger *688 kcal*
Served in a gluten free bun, with chips and a choice of side **6.05**

Grilled Chicken Breast *424 kcal*
Served with chips and a choice of side **6.05**

Penne Pasta with Tomato Sauce Ve *283 kcal*
Gluten free penne pasta in a tomato and basil sauce. **5.50**

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

DESSERTS

Ice Cream V
Two scoops of your favourite flavour, choose from chocolate *170 kcal*, vanilla *188 kcal* or strawberry *160 kcal* **3.90**
Vegan options available Ve

Chocolate Brownie V *474 kcal*
Gooey chocolate brownie, served with a choice of chocolate, vanilla or strawberry ice cream. **5.50**

RED TRACTOR CERTIFIED STANDARDS

*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.

V **Suitable for vegetarians** Ve **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.

Planting trees to catch carbon
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