



the retreat
FOREST KITCHEN & BAR

A PLACE TO EAT, MEET AND DRINK

a little something

FOR WHILE YOU WAIT...

Or just for grazing with a drink
£6 each or 3 for £15

Mixed olives marinated in garlic and lemon (358 Kcal)  

Padron peppers, fresh lime and sea salt (44 Kcal)  

Flatbread dippers and smoked hummus (501 Kcal) 

Chorizo in Rioja and honey (589 Kcal) 

starters

TREAT YOURSELF TO A NIBBLE

Salt & Pepper Squid £8.95 648 Kcal 

With a lime infused mayo

Pan Fried Halloumi £8.95 483 Kcal  

With a sweet chilli sauce

Garlic King Prawns £9.45 343 Kcal

Tossed in a creamy garlic sauce with wilted spinach on sourdough

Chicken, Chorizo & Red Pepper Skewers £9.45 603 Kcal 

Chargrilled and served with a garlic mayo dip

Garlic Mushrooms £8.45 318 Kcal 

Tossed in a creamy garlic sauce, with wilted spinach on sourdough

Honey BBQ Wings £8.95 722 Kcal 

Fried wings smothered in honey BBQ sauce with sour cream

Nacho Sharers £13.95 1628 Kcal  

Seasoned Tortilla chips, topped with cheddar, sour cream, guacamole, chunky tomato salsa and jalapeno peppers

Add Cajun Chicken £4 1859 Kcal 

Add House Made Chilli £4 1827 Kcal 

Add Grilled Halloumi £4 2155 Kcal  

**Join us on Sundays for our stunning roast
with a choice of meats served from 12pm!**

mains

OUR FAVOURITES

Our Signature Seaside Fish & Chips £16.95 914 Kcal 

North Atlantic cod, battered in house with Devon ale, with skin on chips, garden peas, tartare sauce & a rich curry sauce for dipping

Classic Moules Frites £18.95 1029 Kcal 

Mussels cooked in shallots, garlic, white wine, lemon, parsley & cream.
Served with crispy sea salted fries

8oz Sirloin Steak £23.95 1231 Kcal 

Chargrilled to your liking and served with mushrooms, skin on chips & a balsamic infused salad.

Make it beef and reef by adding our king prawn skewer **£5**

Peppercorn & Brandy Sauce £3 93 Kcal 
or Port & Stilton Sauce £3 304 Kcal  

Retreat Rack of Ribs £23.95 2316 Kcal 

A rack of pork ribs, slow cooked and drenched in BBQ sauce, served with skin on fries & house slaw.

Maple Glazed Gammon Chop £18.95 1342 Kcal 

Thick cut gammon chop with a maple glaze, topped with fresh pineapple & served with skin on chips & balsamic infused house salad

The Retreat Burger Stack £17.95 1305 Kcal

6oz beef patty, with crispy bacon, cheddar, potato rosti, crisp lettuce, tomato & pickles in a brioche bun & skin on chips

Halloumi & Red Pepper Burger £15.95 1099 Kcal 

Grilled halloumi & red pepper cooked in chilli oil, crisp lettuce, tomato in a brioche bun with skin on chips

Cajun Chicken Burger £16.45 1056 Kcal

Cajun spiced chargrilled chicken breast, with cos lettuce & a lime mayo in a brioche bun with skin on chips

Retreat Caesar Salad £14.95 700 Kcal

Crisp cos lettuce topped with chargrilled chicken, bacon bits, parmesan shavings, garlic & herb croutons and finished with our caesar dressing

Our Curry Of The Day £16.95

Ask our team for today's pick!

Served with white rice, a mini naan and mango chutney

Chilli Con Carne £16.45 720 Kcal 

House made chilli, served with white rice, sour cream & finished with spring onions & chargrilled lime

pastas

King Prawn Linguine £22.95 1128 Kcal

King prawns tossed through garlic, white wine, white onion, cream and linguine pasta

Chicken & Chorizo Penne £22.95 787 Kcal 

Chicken breast & chorizo with red chilli and cherry tomatoes in a tomato & basil sauce tossed through penne pasta

Mushroom & Spinach Linguine £19.95 1194 Kcal 

Mushrooms with spinach, garlic, cream & black pepper tossed with linguine pasta

House Topped Flatbreads £21.95

Flatbread topped with Greek salad, crumbly feta, chilli sauce, drizzled with maple syrup & then topped with chargrilled skewers of your choice;

Chicken & Chorizo 1480 Kcal | **Garlic King Prawns** 830 Kcal
Halloumi & Red Pepper 1253 Kcal 

sides

Skin On Chips £4.45 385 Kcal  

Cheesy Skin On Chips £5.45 385 Kcal  

Giant Onion Rings £5.95 467 Kcal 

Balsamic House Salad £4.45 392 Kcal  

Garlic Ciabatta £4.95 201 Kcal 

Cheesy Garlic Ciabatta £5.95 608 Kcal 

something sweet

FOR THE PERFECT ENDING

Chocolate Truffle Brownie Torte £8.45 486 Kcal  

And a jug of cream

Sticky Toffee Pudding £8.95 403 Kcal 

Toffee sauce and vanilla ice cream

Hot Cookie Dough Pudding £8.45 878 Kcal 

Topped with vanilla ice cream

Cherry Bakewell Cheesecake £8.45 556 Kcal 

And a jug of cream

Chocolate Brownie Ice Cream Sundae £6.95 792 Kcal 

Toffee Fudge Ice Cream Sundae £6.95 609 Kcal 



Vegan



Vegetarian



Non-gluten-containing
ingredients

If you have any allergies or intolerances, please speak to our friendly team about meal ingredients before ordering. Due to food being prepared in a kitchen environment, we cannot guarantee our food is free from allergens. Fish may contain small bones. Adults need around 2,000 kcal a day. Please speak to our team for help and advice. 01.2025.