



The Retreat



Lunch Menu

BAGUETTES

All served with fries
(NGC option available)

CLUB £8.50

Roast chicken, candied bacon, lettuce, and tomato

HAM AND CHEDDAR £8.25

Homemade ham, mustard mayonnaise, and mature cheddar

TUNA MAYO £6.50

Dolphin friendly tuna, spring onion, and dill mayonnaise

HARISSA HALLOUMI £8.25

with spicy coleslaw (V)

Loaded Nachos Sharers

Corn tortillas, sour cream dip, salsa, guacamole and nacho cheese

TEX-MEX CHEESE £8.95 (V)

SPICY SHREDDED CHICKEN NACHOS £9.95

Stacked fries Sharers

Piri-Piri spiced skin on fries with toppings of:

CHEESE AND SALSA £8.95 (V)

HARISSA CHICKEN AND SPRING ONION £9.95



The Retreat

All Day Menu



STARTERS

SEASONAL SOUP (V) £5.95

Rosemary and sea salt foccacia

CALAMARI STRIPS £7.50

Garlic and sweet chilli yoghurt

CHICKEN LIVER AND BRANDY PARFAIT £5.95

Beetroot and horseradish chutney, toasted foccacia
(NGC option available)

WILD MUSHROOM SPINACH ON TOAST (V) £6.95

Garlic and shallot sauteed mushrooms and spinach, sourdough
(VG option available)

HONEY SPRING ONION BELLY BITES £6.25

Smoked tomato dip

MUSSELS £7.95

Garlic, white wine cream, sourdough
(NGC option available)

BEETROOT HUMMUS (V) £6.25

Goat's cheese and pickled carrot salad, foccacia

SALADS

CAESAR SALAD £11.95

Cos lettuce, sourdough croutons, parmesan, anchovy, crispy bacon
(NGC option available)

ADD CHARGRILLED HALLOUMI £2.95

ADD CHARGRILLED CHICKEN £2.95

ADD PAN-SEARED FILLET OF THE DAY £2.95

SUPER QUINOA SALAD (VG) £11.95

Olives, tomato, cucumber, red onion, kale, edamame bean, beetroot, lemon thyme dressing

ADD CHARGRILLED HALLOUMI £2.95

ADD CHARGRILLED CHICKEN £2.95

ADD FALAFEL (VG) £2.95

GRILLS

Served with vine tomatoes, chestnut mushrooms, fries

RUMP STEAK (NGC) 8oz £16.95

HORSESHOE GAMMON STEAK 10oz (NGC) £14.50

with eggs or pineapple

SAUCES AND EXTRAS

BLUE CHEESE SAUCE (V) £2.95

PEPPERCORN AND BRANDY SAUCE £2.95

BEER BATTERED ONION RINGS £3.95

BASKET MEALS

CHICKEN BASKET £7.50

Southern fried chicken, fries, paprika mayo

SCAMPI BASKET £7.95

Whole tail scampi, fries, and tartare sauce

HALLOUMI BASKET (V) £7.95

Breaded halloumi, smoked tomato dip

See over for more choices

(V) Vegetarian. (NGC) Non-Gluten Containing. (VG) Vegan. If you have any food allergies or intolerances please speak to our team about the ingredients in your meal when placing your order. FR. 10.29



The Retreat

All Day Menu



Mains

SLOW COOKED BRITISH BEEF £14.95

Feather blade of beef, horseradish mash, braised red cabbage, thyme carrots, red wine sauce

MUSSELS £12.95

Garlic, white wine cream, sourdough, fries
(NGC option available)

FISH AND CHIPS £13.50

Market fresh fish (please ask), mushy peas, homemade chips, and tartare sauce

FISH FILLET OF THE DAY (NGC) £16.90

New potatoes, garlic spinach, honey thyme carrots, prawn lemon cream

PORK LOIN (NGC) £13.95

Chorizo bean stew, chargrilled butternut squash, sage butter

RED THAI VEGETABLE CURRY (VG) £13.95

Rice, noodle salad, and prawn crackers

ADD CHARGRILLED HALLOUMI £2.95

ADD CHARGRILLED CHICKEN £2.95

ADD PAN-SEARED FILLET OF THE DAY £2.95

BURGERS

CHARGRILLED BRITISH BEEF £12.95

Smoked bacon, cheese, brioche bun, burger garnish, fries

THYME AND GARLIC CHARGRILLED CHICKEN £12.95

Chorizo, cheese, brioche bun, burger garnish, fries
(NGC option available)

Sides

TOSSED SALAD (VG, NGC) £3.95

GARLIC MUSHROOMS (V, NGC) £3.95

NEW POTATOES, SHALLOT, ROSEMARY (V, NGC) £3.95

SKIN-ON FRIES (NGC) £3.95

CURRY SAUCE (NGC) £2.95

BEER BATTERED ONION RINGS (V) £3.95

Desserts

CHURROS (V) £5.95

Chocolate sauce

CHOCOLATE BROWNIE (NGC) £5.95

Vanilla ice cream

DESSERT OF THE DAY £5.95

Please ask your server for today's selection, pouring cream or ice cream
(VG option available)

ETON MESS SUNDAE (NGC) £5.95

Meringue, cream, vanilla ice cream, strawberry

STICKY TOFFEE PUDDING £5.95

Vanilla ice cream or custard

ICE CREAM SELECTION £5.95

£1.95 SINGLE BALL SERVING

(VG option available)

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Desserts Menu

PLUM AND STRAWBERRY FOOL £6.50

Vanilla stewed plums, marinated strawberries, cream, and granola (V)

LEMON TART £5.95

Orange shortbread and Chantilly cream (V)

ICE CREAM SELECTION £4.95

Homemade ice cream, please ask you server (V)

TOFFEE SUNDAE £6.95

Vanilla ice cream, toffee crisp, toffee sauce, and cream (V)

CHOCOLATE BROWNIE £4.95

Vanilla ice cream and raspberry coulis
(V) *(non-gluten option available)*