

retreat

Gluten Free Menu

*We cannot guarantee all food is 100% gluten free***

Appetisers

Olives & Feta Cheese

Bread oils and Olives - *With gluten free bread*

Starters

Soup of the day - *with gluten free bread (Ask if today's soup is gluten free)*

Pate - *with gluten free toast, without chutney*

Fresh Mussels - *With gluten free bread*

Tempura Prawns & Scallops - *Served without the tempura batter*

Meat Platter for one - *with gluten free bread, without chorizo*

Fish platter for one - *with gluten free bread, prawns without tempura batter*

Baked Camembert - *with gluten free bread and no chutney*

Mushroom & Stilton Pepper pot - *Served with gluten free bread*

Smoked Salmon & Prawn parcel - *As stated on the main menu*

Garlic & Herb goats cheese - *As stated on the main menu*

Houmous - *with gluten free bread*

Grill

8oz Sirloin steak

8oz Fillet steak

10oz Ribeye steak

Bacon Chop

T-Bone Steak

*All can be served with either Mash Potato, salad, rice or Chips***

***Chips are gluten free, however are cooked in a gluten environment - Ask your server if you are not sure.*

All steak sauces are Gluten Free

Burgers

Retreat chicken burger

*Served with the gluten free bread and with Chips**, a choice of potatoes, mash or salad instead*

***Chips are gluten free, however are cooked in a gluten environment - Ask your server if you are not sure.*

Skewers

Chicken Tikka Skewer

Piri Chicken Skewer

Pan Asian Beef Skewer

Vegetable & Halloumi Skewer

*All skewers to be served with chips**, potatoes, rice or salad instead.*

***Chips are gluten free, however are cooked in a gluten environment - Ask your server if you are not sure.*

Fish

Grilled wild sea bass served - *with a gluten free sauce made to order*

Halibut & Shrimp minted broth - *As stated on the menu*

Baked Mango & Ginger swordfish - *Served with vegetables, no noodles*

Grilled Rainbow Trout Risotto - Check with your server to see if the stock is gluten free

Citrus Crusted Salmon Fillet - *As stated on the menu.*

Mussels - *As stated on the menu, with gluten free bread*

Mains

Slow Roasted Lamb Rump - *with gluten free gravy*

Winter Beef Stew - *As stated on the menu*

Duck Breast - *without fondant potato, served with mash potato instead*

Applewood Smoked BBQ ribs - *Served with Chips**, mash or rice*

Roasted Vegetable Tagliatelle - Served with gluten free pasta (check with your server which type of pasta it is today)

Chicken & Chorizo Tagliatelle - Served with gluten free pasta & no chorizo(check with your server which type of pasta it is today)

Chicken & Chorizo Gnocchi - Served with gluten free pasta instead of gnocchi, & no chorizo(check with your server which type of pasta it is today)

Salads

Garlic & Herb Goats Cheese Salad - *as per menu description*

Steak & Red Onion Salad - *as per menu description*

Chicken or Salmon Caesar Salad (Served without croutons & dressing, ask your server for our GF dressing options)

Sandwiches - All served on gluten free bread or wrap and with chips**, salad, rice or potatoes

Prawn in Marie Rose Sauce

Steak and Onion

Club Sandwich

Goats Cheese

Cheese Ploughman's

Smoked chicken & salad

****Chips are gluten free, however are cooked in a gluten environment - Ask your server if you are not sure.**

Pizzas

All our pizzas can be made gluten free, (Unfortunately we cannot create a gluten free calzone)

Toppings which are not gluten free - Chorizo

Desserts

Creme Brûlée - Served without the shortbread biscuit

Eton Mess - As stated on the menu

Sorbet - Ask your server for today's flavours

**** Disclaimer:** *Although our menu items are made and cooked using dedicated kitchen utensils and trays, they are prepared in the same facility and ovens as our regular, gluten dishes. We cannot guarantee that our menu items are 100% free of gluten as there is always a possibility of trace amounts crossing over from other kitchen areas. Please consider this when ordering from our menu.*