



# Lunch Menu...

Served 12-5 Monday - Sunday


## Salads...

	Small	Large
Garlic & Herb Goat's Cheese Salad 	£7.95	£11.95
Chicken Caesar Salad	£7.95	£11.95
Greek Pasta Salad 	£6.95	£10.95
Steak & Red Onion Salad	£8.95	£13.95
Sesame & Ginger Salmon	£8.50	£12.95
Grilled Chicken & Avocado Salad	£7.95	£11.95
Tempura Spiced Prawn Salad	£8.50	£12.95
Cajun Tuna Salad	£8.50	£12.95
Chicken & Bacon Salad	£7.95	£11.95

## Sandwiches...

Choose from ciabatta bread or tortilla wrap. Served with homemade crisps and salad garnish  
upgrade to skinny fries for £1.25

### Cold Fillings

Home Smoked Bacon Loin	£7.25
with baby gem & free range egg	
Sweet Chilli Chicken	£7.25
with Roquito peppers & lemon mayo	
Chicken Tikka Mayo	£7.25
Sundried Tomato & Feta 	£6.95

### Hot Fillings

retreat Club Sandwich	£7.95
smoked bacon, chicken, gruyere cheese & salad	
Tempura Prawn Sandwich	£7.95
king prawns, baby gem lettuce & lemon mayo	
Mexican Shredded Beef	£7.25
Steak & Red Onion	£7.95
Goat's Cheese & Caramelised Onion	£6.95

## Light Lunches...

Salmon & Asparagus Farfelle	£8.50	Home Smoked Grey Mullet	£7.95
Lemon & Chilli Prawn Linguine	£8.50	Grilled Tuna Loin	£8.50
Tomato & Mozzarella Gnocchi	£7.75	Battered Fish & Chips	£7.50
Goat's Cheese Fusilli Pasta	£7.75	retreat Beef Burger 4oz	£7.50
Proscuttio & Porcini		retreat Cajun Chicken Burger	£7.50
Mushroom Pappardelle	£7.75	Confit of Duck Legs	£8.50
Baked Sea Bass	£8.95		
Teriyaki Fillet Skewer	£8.95	Chicken Tikka Skewer	£8.50
Chargrilled marinated fillet steak, peppers, courgettes and red onion, in our Teriyaki sauce, served with either thick seasoned chips or thin fries & a salad garnish.		Marinated chicken breast, peppers, courgettes and red onion, served with seasoned rice, flatbread and yoghurt & mint dressing	
Lamb Rogan Josh Skewer	£8.75	Piri Piri Chicken Skewer	£8.50
Marinated lamb on our hanging skewer with vegetable seasoned rice & mini poppadoms		Marinated chicken breast, peppers, courgettes and red onion, served with seasoned rice, flatbread and yoghurt & mint dressing	
Sweet Chilli Chicken Skewer	£8.50	Vegetable & Halloumi Skewer	£7.95
Marinated chicken fillets served with stir fried vegetables & noodles.		With a honey & lemon glaze, onions, courgettes & peppers, chargrilled, served with Mediterranean bean salad  	

## Pizzetta... Half the size, ideal for lunch time

Margherita	£6.95	Smoked Bacon & Field Mushroom Pizza	£7.95
Tomato & mozzarella		Streaky smoked bacon with sliced sautéed field mushrooms. Tomato base & mozzarella	
Chicken & Pesto	£7.95	Spanish Tapas Pizza	£8.75
Tomato & mozzarella, shredded chicken, sun dried tomatoes, pesto & parmesan		Sliced chicken breast, chorizo, Manchego cheese, roasted peppers & onions	
American	£7.95	Tuna Nicoise Pizza	£8.75
Pepperoni, tomato & mozzarella		Flaked fresh tuna steak, anchovies, olives, soft boiled egg, drizzled with French dressing and finished with croutons.	
American Hot	£8.50		
As above plus peppers, fresh chillies & jalapenos			
retreat Pizza	£9.50		
Pepperoni, pancetta, peppers, jalapenos, red onions, sun blushed tomatoes, tomato & mozzarella			
Goats Cheese & Roquito Pepper 	£7.95		
Tomato, mozzarella, goats cheese, mild Roquito chilli peppers & caramelised onions			

Additional toppings can be added to pizzas ask your server for options Add thick homemade seasoned chips (£1.95), skinny fries (£1.95) or mixed salad (£1.75)