

## Appetisers...



Olives & Feta Cheese	£3.95	Garlic Bread with cheese	£4.50
Bread & Oils	£3.95	Garlic Bread with tomato	£4.50
Garlic Bread	£3.95	Garlic Bread half & half	£4.50
Tempura Cajun Green Beans	£4.95	Houmous & Pitta Bread	£4.95

## Starters...

Soup of the Day With a crusty roll	£4.25	Homemade Haddock & Gruyere Fish Cakes	£8.25
Fresh Crab Salad Celeriac & red apple coleslaw salad topped with fresh crab meat	£7.95	Garlic & Herb Goat's Cheese Salad Garnished with mild Roquito chilli peppers and balsamic pearls	£6.95
Homemade Pate Chicken liver pate with brandy & green peppercorns, toasted ciabatta & chutney	£6.95	Beef Satay Skewers Marinated fillet steak, chargrilled and served with a hot chilli & mango salsa	£8.95
Beef Tomato & Mozzarella Stack Succulent beef tomatoes layered with Mozzarella drizzled with a red onion & caper dressing	£5.95	Fish Platter King prawns & lemon mayo, smoked haddock fishcake, crab & Celeriac salad and toasted ciabatta	£8.95
Smoked Salmon & Prawn Bruschetta With cream cheese	£8.25	Meat Platter Beef satay & lamb kofta, Parma ham, Bresaola beef and Salami. With toasted ciabatta & hot chili salsa	£8.95
Spicy Lamb Kofta Served with yoghurt & mint dip and toasted pitta bread	£7.95		

Choose a salad as a starter  
from our fresh salads section from £6.95

## retreat Salads...

Garlic & Herb Goat's Cheese Salad Small £7.95 Large £11.95 Mild Roquito chilli peppers & balsamic pearls on a mixed salad	Grilled Chicken & Avocado Salad Small £7.95 Large £11.95 With fresh mango & avocado, topped with a mango dressing
Chicken Caesar Salad Small £7.95 Large £11.95 Cos lettuce, parmesan shavings, soft boiled egg, croutons, anchovies & Caesar dressing	Tempura Spiced Prawn Salad Small £8.50 Large £12.95 King prawns with a lemon mayo dressing
Greek Pasta Salad Small £6.95 Large £10.95 Farfelle pasta with garlic, olives, red onion & feta cheese on a mixed salad	Cajun Tuna Salad Small £8.50 Large £12.95 Tuna loin with creme fraiche on a mixed salad
Steak & Red Onion Salad Small £8.95 Large £13.95 Fillet steak with sauteed red onions	Chicken & Bacon Salad Small £7.95 Large £11.95 Grilled chicken and crispy smoked bacon, soft boiled egg and mixed salad, topped with croutons
Sesame & Ginger Salmon Small £8.50 Large £12.95 Marinated salmon fillet with honey spring onions, balsamic, garlic & ginger. contains sesame seeds	

## Chargrilled Steaks & Main Course Dishes...

8oz Sirloin Steak	£19.50
10oz Fillet Steak	£27.50
7oz Fillet Steak	£21.50
16oz on the bone Tomahawk Ribeye	£28.95

All steaks are served with our thick seasoned chips or skinny fries,  
roasted cherry tomatoes and grilled field mushroom.

### Add a sauce to your steak for £2.95

Choose from Peppercorn, Bearnaise or red wine  
or try chilli butter (£1.25)  
or tomato, onion & garlic tapenade (£1.95)

### Fillet Steak Medallions 7oz £21.50

A trio of beef medallions with crushed  
buttered new potatoes and ratatouille

### Slow Roasted Lamb Rump £15.95

Rosemary & mint crumb topping with garlic & chive mash.  
Served with minted red wine gravy

### Chilli, Lime & Ginger Marinated Chicken Supreme £15.95

Supreme of chicken with spicy rice  
and honey & lemon mayonnaise

### Confit of Duck Legs £16.95

Sticky Marmalade duck leg served with  
crushed buttered new potatoes and stir fried vegetables

## retreat Marinated Skewers...

Teriyaki Fillet Skewer 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.	£19.95	Chicken Tikka Skewer Marinated chicken breast, peppers, courgettes and red onion, served with seasoned rice, flatbread and yoghurt & mint dressing	£16.95
Lamb Rogan Josh Skewer Marinated lamb on our hanging skewer with vegetable seasoned rice & mini poppadoms	£18.95	Piri Piri Chicken Skewer Marinated chicken breast, peppers, courgettes and red onion, served with seasoned rice, flatbread and yoghurt & mint dressing	£16.95
Sweet Chilli Chicken Skewer Marinated chicken fillets served with stir fried vegetables & noodles.	£16.95	Vegetable & Halloumi Skewer With a honey & lemon glaze, onions, courgettes & peppers, chargrilled, served with Mediterranean bean salad	£13.95

## Stone Baked Pizzas...

Try one of our pizzas from our stone pizza oven.  
For a full authentic flavour we roll our bases on granite and cook directly on the stone.

Margherita Tomato & mozzarella	£8.50	Goats Cheese & Roquito Pepper Tomato, mozzarella, goats cheese, mild Roquito chilli peppers & caramelised onions	£10.95
Chicken & Pesto Tomato & mozzarella, shredded chicken, sun dried tomatoes, pesto & parmesan	£10.95	Smoked Bacon & Field Mushroom Pizza Streaky smoked bacon with sliced sauteed field mushrooms. Tomato base & mozzarella	£10.95
American Pepperoni, tomato & mozzarella	£10.95	Spanish Tapas Pizza Sliced chicken breast, chorizo, Manchego cheese, roasted peppers & onions	£12.95
American Hot As above plus peppers, fresh chillies & jalapenos	£12.50	Tuna Nicoise Pizza Flaked fresh tuna steak, anchovies, olives, soft boiled egg, drizzled with French dressing and finished with croutons.	£12.95
Chicken & Chorizo Calzone Folded pizza, served with a side salad	£13.50		
retreat Pizza Pepperoni, pancetta, peppers, jalapenos, red onions, sun blushed tomatoes, tomato & mozzarella	£14.95		

Additional toppings can be added to pizzas  
ask your server for options

## Pasta Dishes...

Salmon & Asparagus Farfelle Bow-tied pasta topped with creme fraiche & Parmesan	£15.95
Lemon & Chilli Prawn Linguine Mixed with peppers & spring onions	£15.95
Tomato & Mozzarella Gnocchi In a rich tomato sauce	£14.95
Goat's Cheese Fusilli Pasta Garlic & herb goat's cheese with red pesto	£14.95
Prosciutto & Porcini Mushroom Pappardelle Large broad strips of pasta in a white wine & cream sauce	£14.95

## retreat Burgers....

All our burgers are served with our thick homemade seasoned chips or hand cut  
skinny fries, beef tomato, Cos lettuce & homemade onion ring.  
Served on Garlic & Rosemary Focaccia buns

retreat Cajun Chicken Burger Add Smoked Bacon (95p) or Cheddar Cheese (95p)	£11.95	Lamb & Mint Burger Add Smoked Bacon (95p) or Cheddar Cheese (95p)	£12.95
retreat Beef Burger 6oz Add Smoked Bacon (95p) or Cheddar Cheese (95p)	£11.95	venison & Marmalade Glaze Burger Add Smoked Bacon (95p) or Cheddar Cheese (95p)	£12.95
Wild Boar & Chorizo Add Smoked Bacon (95p) or Cheddar Cheese (95p)	£12.95	retreat Wagyu Fillet Burger Add Smoked Bacon (95p) or Cheddar Cheese (95p)	£14.95
retreat Falafel Burger Add Cheddar Cheese (95p)	£9.95		

## Fish Dishes...

Some fish dishes may contain small bones

Baked Seabass Topped with tomato & onion salsa with crushed buttered new potatoes & grilled asparagus	£16.95
Home Smoked Grey Mullet Filletted Mullet, served with apple mash and cider dressing	£14.95
Grilled Tuna Loin With burst cherry tomato compote and crushed new potatoes	£16.95
Garlic & Lime Crevettes Served with home cut skinny fries & lemon mayo	£14.95
Battered Fish & Chips Haddock fillet served with either mushy or garden peas	£12.95
Posh Fish & Chips Battered Halibut with either mushy or garden peas	£16.95
Baked Salmon Fillet With crushed buttered new potato, grilled asparagus & hollandaise sauce	£15.95
Grilled Halibut & Prawn Risotto Pea & onion risotto topped with Parmesan	£18.95

## Sides...

Chips & Dips - Thick cut or Skinny Fries	£2.95	Seasonal Greens	£2.25
Mixed Salad	£2.35	Crushed New Potatoes	£3.25
Onion Rings	£2.25	Grilled Honey & Lemon Halloumi	£3.50
Garlic Bread	£3.95		

## Children's Menu...

retreat Beef Burger	Chicken Goujons	Margherita Pizza
retreat Chicken Burger	Chicken & Tomato Pasta	Fish Goujons
All Meals £6.95 Children's Ice Cream - £1.50		

## Sunday Roast...

Served from 12pm, 2 & 3 course offer may not be available on certain Sundays,  
please check with the team.  
1 Course £12.00 / 2 Courses £16.00 / 3 Courses £20.00



We cannot guarantee our products do not contain nuts. Fish dishes may contain bones.  
There is a discretionary 10% service charge added to parties of 8 and above.  
retreat Diners Club Cards can only be used Sunday - Thursday on items from the main menu.  
The lunch menu is excluded from these promotions.

Food allergies and intolerances  
Before ordering please speak to a member of staff about your requirements