



# Lunch Menu...

Served 12-5 Monday - Sunday

(Lunch menu may not be available on certain Sundays - please check with the team)

## Salads...

	Small	Large
Garlic & Herb Goat's Cheese Salad 	£6.95	£10.95
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	£7.95	£11.95
Tuna Niçoise Salad	£7.95	£11.95
Chicken & Bacon Salad	£7.95	£11.95

## Sandwiches...

Choose from ciabatta bread or tortilla wrap. Served with skinny fries and salad garnish.

### Cold Fillings

Home Cooked Roasted Ham with baby gem & free range egg	£6.95
Sweet Chilli Chicken with Roquito peppers & lemon mayo	£6.95
Chicken Tikka Mayo	£6.95
Sundried Tomato & Feta 	£5.95

### Hot Fillings

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

## Light Lunches...

Salmon & Asparagus Farfelle	£7.95	Battered Fish & Chips	£7.50
Lemon & Chilli Prawn Linguine	£7.95	retreat Beef Burger 4oz	£7.50
Goat's Cheese Fusilli Pasta	£6.95	retreat Cajun Chicken Burger	£7.50
Proscuttio & Porcini		retreat Chicken Burger	£7.50
Mushroom Pappardelle	£7.75	Chicken & Leek Pie	£7.95
Baked Sea Bass	£8.95	Steak & Ale Pie	£7.95
Grilled Tuna Loin	£8.50	Chicken Tikka Masala	£8.50

### Teriyaki Fillet Skewer £8.95

Chargrilled marinated fillet steak, peppers, courgettes and red onion, in our Teriyaki sauce, served with skinny fries & a salad garnish.

### Sweet Chilli Chicken Skewer £8.50

Marinated chicken fillets served with stir fried vegetables & noodles.

### Piri Piri Chicken Skewer £8.50

Marinated chicken breast, peppers, courgettes and red onion, served with seasoned rice, flatbread and yoghurt & mint dressing

### Vegetable & Halloumi Skewer £7.95

With a honey & lemon glaze, onions, courgettes & peppers, chargrilled, served with Mediterranean bean salad

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

Margherita Tomato & mozzarella	£6.95	Le Reine Pizza Roasted ham, sliced field mushrooms & black olives. Tomato base with mozzarella	£7.95
Chicken & Pesto Tomato & mozzarella, shredded chicken, sun dried tomatoes, pesto & parmesan	£7.95	Spanish Tapas Pizza Sliced chicken breast, chorizo, Manchego cheese, roasted peppers & onions	£8.75
American Pepperoni, tomato & mozzarella	£7.95	Tuna Niçoise Pizza Flaked fresh tuna steak, anchovies, olives, soft boiled egg, drizzled with French dressing and finished with croutons	£8.75
American Hot As above plus peppers, fresh chillies & jalapenos	£8.50		
retreat Pizza Pepperoni, pancetta, peppers, jalapenos, red onions, sun blushed tomatoes, tomato & mozzarella	£9.50		
Goats Cheese & Roquito Pepper 	£7.95		

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