

Appetisers...



- Olives & Feta Cheese **£3.95**
- Bread & Oils **£3.95**
- Garlic Bread **£3.95**
- Tempura Cajun Green Beans **£2.95**
- Garlic Bread with cheese **£4.50**
- Garlic Bread with tomato **£4.50**
- Garlic Bread half & half **£4.50**
- Houmous & Pitta Bread **£4.95**

Starters...

- Soup of the Day **£4.25**
With a crusty roll
- Fresh Crab Salad **£6.95**
Celeriac & red apple coleslaw salad topped with fresh crab meat
- Homemade Pate **£6.95**
Chicken liver pate with brandy & green peppercorns, toasted ciabatta & chutney
- Beef Tomato & Mozzarella Stack **£5.75**
Succulent beef tomatoes layered with Mozzarella drizzled with a red onion & caper dressing
- Smoked Salmon & Prawn Bruschetta **£7.95**
With cream cheese
- Spicy Lamb Kofta **£6.95**
Served with yoghurt & mint dip and toasted pitta bread
- Homemade Haddock & Gruyere Fish Cakes **£7.25**
Served with lemon & honey mayo
- Garlic & Herb Goat's Cheese Salad **£6.95**
Garnished with mild Roquito chilli peppers and balsamic pearls
- Beef Satay Skewers **£7.95**
Marinated fillet steak, chargrilled and served with a hot chilli & mango salsa
- Baked Camembert **£6.95**
Warm & melted, with red onion chutney & toasted ciabatta bread
- Tempura King Prawns **£7.95**
In Tempura batter with sweet & sour ribbons
- Stilton & Garlic Mushrooms **£5.95**
Button mushrooms in a white wine & garlic sauce topped with crumbled Stilton
- Fish Platter **£8.95**
Tempura King prawn & lemon mayo, smoked haddock fishcake, crab & Celeriac salad and toasted ciabatta
- Meat Platter **£8.95**
Beef satay & lamb kofta, Parma ham, Bresaola beef and Salami. With toasted ciabatta & hot chili salsa

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

retreat Salads...

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

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 jenga 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)

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 **£14.95**

Supreme of chicken with spicy rice and honey & lemon mayonnaise

Lamb Rosettes **£16.95**

A trio of lamb rosettes with crushed buttered new potatoes, tenderstem broccoli & asparagus

Duck Breast **£15.95**

Served pink with crushed new potatoes & stir fried vegetables laced with honey

Chicken & Leek Pie **£12.95**

Chicken, pancetta & leeks in a creamy sauce, served with skinny fries or mashed potatoes

Steak & Ale Pie **£12.95**

Served with mushrooms in a rich gravy, with skinny fries or mashed potatoes

Chicken Tikka Masala **£13.95**

Seasoned rice, mini poppadoms, mango chutney and tomato & onion salsa

Chargrilled Pork Medallions **£12.95**

Served with crushed new potatoes, grilled tenderstem broccoli & asparagus and a thyme jus

retreat Marinated Skewers...

- Teriyaki Fillet Skewer **£19.95**
Chargrilled marinated fillet steak, peppers, courgettes and red onion, in our Teriyaki sauce, served with skinny fries & a salad garnish.
- Piri Piri Chicken Skewer **£16.95**
Marinated chicken breast, peppers, courgettes and red onion, served with seasoned rice, flatbread and yoghurt & mint dressing
- Sweet Chilli Chicken Skewer **£16.95**
Marinated chicken fillets served with stir fried vegetables & noodles.
- Vegetable & Halloumi Skewer **£13.95**
With a honey & lemon glaze, onions, courgettes & peppers, chargrilled, served with Mediterranean bean salad

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 **£8.50**
Tomato & mozzarella
 - Chicken & Pesto **£10.95**
Tomato & mozzarella, shredded chicken, sun dried tomatoes, pesto & parmesan
 - American **£10.95**
Pepperoni, tomato & mozzarella
 - American Hot **£12.50**
As above plus peppers, fresh chillies & jalapenos
 - Chicken & Chorizo Calzone **£13.50**
Folded pizza, served with a side salad
 - retreat Pizza **£14.95**
Pepperoni, pancetta, peppers, jalapenos, red onions, sun blushed tomatoes, tomato & mozzarella
 - Goats Cheese & Roquito Pepper **£10.95**
Tomato, mozzarella, goats cheese, mild Roquito chilli peppers & caramelised onions
 - Le Reine Pizza **£10.95**
Roasted ham, sliced field mushrooms & black olives. Tomato base with mozzarella
 - Spanish Tapas Pizza **£12.95**
Sliced chicken breast, chorizo, Manchego cheese, roasted peppers & onions
 - Tuna Nicoise Pizza **£12.95**
Flaked fresh tuna steak, anchovies, olives, soft boiled egg, drizzled with French dressing and finished with croutons.
- Additional toppings can be added to pizzas ask your server for options
- Add skinny fries (£1.95) or mixed salad (£1.75)

Pasta Dishes...

- Salmon & Asparagus Farfelle **£13.95**
Bow-tied pasta topped with creme fraiche & Parmesan
- Lemon & Chilli Prawn Linguine **£13.95**
Mixed with peppers & spring onions in a spicy tomato sauce
- Chicken & Pancetta Gnocchi **£14.95**
Grilled chicken in a creamy white wine sauce, drizzled with pesto
- Goat's Cheese Fusilli Pasta **£10.95**
Garlic & herb goat's cheese with red pesto
- Prosciutto & Porcini Mushroom Pappardelle **£12.95**
Large broad strips of pasta in a white wine & cream sauce
- Porcini Mushroom Risotto **£10.95**
Creamy white wine sauce, topped with Parmesan cheese. Add chicken to this dish for £4.00

retreat Burgers....

All our burgers are served with our retreat skinny fries, beef tomato, red onion, gherkin & lettuce

- retreat Cajun Chicken Burger **£11.95**
Add Smoked Bacon (95p) or Cheddar Cheese (95p)
- retreat Chicken Burger **£10.95**
Add Smoked Bacon (95p) or Cheddar Cheese (95p)
- retreat Beef Burger 6oz **£11.95**
Add Smoked Bacon (95p) or Cheddar Cheese (95p)
- Wild Boar & Chorizo **£12.95**
Add Smoked Bacon (95p) or Cheddar Cheese (95p)
- retreat Falafel Burger **£9.95**
Add Cheddar Cheese (95p)
- Lamb & Mint Burger **£12.95**
Add Smoked Bacon (95p) or Cheddar Cheese (95p)
- venison & Marmalade Glaze Burger **£12.95**
Add Smoked Bacon (95p) or Cheddar Cheese (95p)
- retreat Wagyu Fillet Burger **£14.95**
Add Smoked Bacon (95p) or Cheddar Cheese (95p)

Fish Dishes...

Some fish dishes may contain small bones

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

Sides...

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

Children's Menu...

- retreat Beef Burger
 - retreat Chicken Burger
 - Chicken Goujons
 - Chicken & Tomato Pasta
 - Margherita Pizza
 - 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