



RISE & SHINE

A HEARTY BREAKFAST

Continental breakfast | £14

Pastries | Croissant | Cereal | Fresh Fruit | Yoghurt | Toast | Fruit Juice

Full Suffolk Breakfast | £16

Fried Hen's Egg | Dry Cured Bacon | Suffolk Sausage | Retreat East Baked Beans | Black Pudding | Field Mushrooms | Hash Brown | Sourdough Toast

Full Plant-Based Breakfast | £13

Crushed Peas & Broad Beans | Retreat East Baked Beans | Field Mushrooms | Spinach | Cherry Tomatoes | Hash Brown | Sourdough Toast | VE, DF

Two Eggs on Toasted Sourdough VEG, GFO | £12

Scrambled, Fried or Poached

Served with Spinach, Retreat East Chilli Sauce and Chives

Turkish Eggs | £15

Sumac, Greek Yoghurt, Nduja & Chorizo Peppers, Feta & Toasted Focaccia

Cured Bacon Sandwich GFO, DF | £9

With White or Granary Toast

Crushed Peas and Broad Beans VEO, GFO | £10

With Chilli & Mixed Seeds, and Ricotta Cheese on Toasted Sourdough

Add A Poached Egg £1.50

French Toast | £12

Bananas, Dulce De Leche & Peanut Butter

ENGLISH MUFFINS

Eggs Benedict £12

Eggs Royale £12

Eggs Florentine £10

ADD ONS

Dry Cured Bacon | Suffolk Sausage | Black Pudding | £3.50

Retreat East Baked Beans | Field Mushrooms | Spinach | £2.50

Poached Egg | £2.50

Smoked Salmon | £4.00



REFUEL & RECHARGE

TEA & COFFEE

Cafetière Coffee	£3.50
Regular	£3.50
Decaffeinated	£3.50
Single Espresso	£3.00
Double Espresso	£3.50
Americano	£3.00
Cortado	£3.50
Latte	£4.00
Iced latte	£4.00
Machiato	£3.50
Flat White	£4.00
Cappuccino	£4.00
Mocha	£4.50
Hot Chocolate	£4.00
Bumblebee	£4.00

English Breakfast	£3.50 £5.50
Green	£3.50
Earl Grey	£3.50
Berry	£3.50
Chamomile	£3.50
Lemon & Ginger	£3.50
Decaf	£3.50

MILK

Whole
Semi-skimmed
Almond
Oat
Soya
Coconut

NO WASTE SMOOTHIE

Each year, approximately 7 tonnes of food and drink are wasted by UK suppliers, and more than half of that could have been consumed.

We are working in partnership with our fruit and vegetable suppliers to try to tackle food waste.

We take any bruised, oddly shaped or rejected fruits or vegetables destined for the bin and make them into a delicious zero-waste smoothie.

SOFT DRINKS

Zero Waste Smoothie	£5.50
Immunity Boosting Ginger Shot	£3.50
Frobisher Orange Juice	£4.50
Frobisher Apple Juice	£4.50
Tomato Juice	£4.00



RETREAT EAST

S U F F O L K