

Lunch Menu

Served 12 - 5pm Monday - Sunday


Salads.....

Please see our extensive range of salads within the main menu. Available in small and large sizes.

Light Lunches.....

Sea Bass Fillet	£8.50
King Prawn & Scallop Linguine	£9.50
Battered Fish & Chips	£7.50
Chicken & Chorizo Tagliatelle	£7.95
retreat Beef Burger 4oz	£7.50
Grilled Rainbow Trout Risotto	£7.95
Steak, Mushroom & Ale Pie	£7.95
Smoked Bacon Chop	£7.95
Red Thai Chicken Curry	£8.95
Chicken & Leek Pie	£7.95
retreat Chicken Burger	£7.50
Winter Beef Stew	£9.50


retreat Marinated Skewers.....

Teriyaki Beef Skewer	£8.95
Chargrilled marinated fillet steak, peppers, courgettes & red onion in our Teriyaki sauce with thick seasoned chips & salad garnish	
Pan Asian Beef Skewer	£8.95
Marinated fillet steak, Asian spices, peppers & courgettes. Served with stir fried vegetables & noodles	
Vegetable & Halloumi Skewer 	£7.95
With a honey & lemon glaze, onions, courgettes & peppers, chargrilled & served with Mediterranean bean salad	
Chicken Tikka Skewer	£8.25
Marinated chicken breast, peppers, courgettes & red onion. Served with seasoned rice, flatbread & yoghurt & mint dressing	
Piri Piri Chicken Skewer	£8.25
Marinated chicken breast, peppers, courgettes & red onion. Served with seasoned rice, flatbread & yoghurt & mint dressing	
Teriyaki Tuna Skewer	£8.95
Marinated tuna steak, peppers, courgettes, & red onion. Served with stir fried vegetables & noodles	


Sandwiches.....

Choose from: Ciabatta bread or tortilla wrap.
All served with our homemade thick seasoned chips & salad.



Hot Fillings

Steak & Onion	£7.50
retreat Club Sandwich (grilled ham, chicken & Gruyere cheese)	£7.50
Goat's Cheese with Caramelised Onion 	£6.25

Cold Fillings

Prawn & Marie Rose	£7.25
Smoked Chicken & Salad	£7.25
Cheese Ploughman's 	£6.25

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

Margherita  Tomato & mozzarella	£6.95
Chicken & Pesto Tomato & mozzarella, shredded chicken, sun dried tomatoes, pesto & parmesan	£7.95
American Pepperoni, tomato & mozzarella	£7.50
American Hot As above plus peppers, fresh chillies & jalapeños	£8.25
The Italian Bresaola beef, Serrano ham, smoked chicken, smoked duck & chorizo	£8.95
Mexican Chilli Beef Tomato & mozzarella, shredded beef, jalapeño peppers & creme fraiche	£8.95
retreat Pizza Pepperoni, pancetta, peppers, jalapeños, red onions, sun blushed tomatoes, fresh chillies, tomato & mozzarella	£9.50
Gin & Juniper Smoked Salmon Smoked salmon, broccoli, creme fraiche, tomato & mozzarella	£8.95
Goat's Cheese & Piquillo Pepper  Tomato, mozzarella, goat's cheese, Piquillo peppers & caramelised onions	£7.95

Additional toppings can be added to pizzettas.

Ask your server for options.

Add homemade thick seasoned chips for £1.95
or mixed salad for £1.75 to any pizzettas.

retreat grill-bar-restaurant

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. Discount dining cards can only be used Sunday - Thursday on items from the main menu. We do not accept discount cards at certain times of the year - check card issuer's website for details. The lunch menu is excluded from these promotions.

www.retreatrestaurants.co.uk

 Suitable for vegetarians

FOOD ALLERGIES & INTOLERANCES

Before ordering please speak to a member of staff about your requirements.

