

Lunch

Classic Rigatoni Bolognese (GFA) £12.00

A rich, slow-cooked ragù with beef and pork for depth, tossed through al dente pasta, finished with shaved Parmesan

Cajun Chicken Rigatoni (GFA) £12.00

Tender chicken in a gently spiced creamy sauce, shaved parmesan & rocket

Wild Mushroom & Candied Tomato Rigatoni £12.00

Sauteed wild mushrooms and semi confit tomatoes in a creamy garlic sauce, Fresh rocket and parmesan (GFA)

Margherita Pizzetta £12.00

Classic sun-blushed tomato base with blistered mozzarella & basil

Double Pepperoni & Hot Honey Pizzetta (GFA) £12.95

Classic sun-blushed tomato base topped with mozzarella and aged pepperoni & hot honey

Crispy Gochugong Beef Salad (GFA) £12.95

Crisp fried beef is glossed in a sweet-savoury Korean glaze & piled over red onion and mango salad. Sesame vinaigrette, toasted seeds

Goats Cheese Salad (V | GFA) £12.95

Honey baked goats cheese crostini, pickled rainbow beets, candied walnuts, wild rocket and balsamic

Retreat Beer Battered Fish & Chips £12.95

Mushy peas, tartare sauce & charred lemon

Baked Salmon Fillet Nicoise £12.95

Sauteed crispy new potatoes, peppers, green beans, olives, baby gem lettuce and soft hens egg

Crispy Chicken Caesar Wrap £12.00

Coated chicken breast, crispy bacon, baby gem lettuce, parmesan and caesar dressing, served with fries

Grilled Halloumi Wrap £12.00

Avocado, red onion, baby gem lettuce, sweet chilli and sesame, served with fries

Honey Roast Ham, Egg & Chips £12.00

Fried free range hens egg, chunky chips, watercress salad, honey & mustard dressing

Signature Beef Burger £12.95

Prime marrow burger, vintage Cheddar, bacon, relish, lettuce & beef tomato. Served with French Fries

Jerk Spiced Chicken Skewer £12.00

Rice and peas, rainbow slaw and mango salsa

Small Plates

Za'atar Spiced Hummus, Olives, Toasted Flatbread (V)	£7.95
Carpaccio of Roasted Beetroot with Goats Cheese <i>Blood orange, candied walnuts & dill oil (V GFA)</i>	£8.95
Szechuan-Spiced Seared Tuna Sashimi <i>Pickled fennel, wasabi & tonka dressing (GFA)</i>	£10.95
Vietnamese Vegetable Crispy Spring Rolls <i>Petite spring rolls packed with spring vegetables, sweet potato and fresh herbs, fried until shatteringly crisp. Nuoc cham dip (V)</i>	£8.95
Bury Black Pudding Scotch Egg <i>Soft-centred egg wrapped in sausage and rich black pudding, crumbed and fried to a golden crunch. Served with watercress salad & mustard</i>	£8.95
Korean Crispy Beef Salad <i>Crisp fried beef is glossed in a sweet-savoury Korean glaze & piled over red onion and mango salad. Sesame vinaigrette, toasted seeds</i>	£10.95
Steamed Menai Strait Mussels (GF) <i>In a creamy white wine, garlic and parsley sauce, fresh bread</i>	£10.50
BBQ Gochujong Chicken Skewers, Kimchi Salad (GF)	£9.50
Cumin Spiced Lamb Kofta <i>Coriander crunch salad, flatbread, tzatziki & sumac</i>	£9.95

to Share

Hand-Stretched Garlic Breads (GFA)	
<i>Garlic & herb butter</i>	£8
<i>Sun blushed tomato and basil</i>	£9
<i>Mozzarella</i>	£9.50
<i>Best of both - half and half</i>	£9.50

Main Courses

- Moroccan-Spiced Braised Lamb Rump** £26
Succulent lamb, slowly braised with warm spices and finished in its own glossy glaze. Herbed couscous, crumbled feta and fresh pomegranate
- Herb-Crusted Cod Loin** £22.95
With sweet pea & lemon risotto, parmesan crisp & pea shoots
- Caribbean Jerk Chicken Supreme (GF)** £19
Rice & peas, mango salsa, rainbow slaw and jerk chicken gravy
- Thai Red Curry with Jasmine Rice** £16.50
Aromatic, silky coconut milk based curry infused with chilli, lemongrass, galangal, kaffir lime, green beans and aubergene. Garnished with sweet basil and coriander (V)
Add Chicken breast £19.50
Add King Prawns £21.50
- Wild Mushroom & Garlic Risotto, Truffle Oil (V | GF)** £16.50
- Retreat Beer Battered Fish & Chips** £18.50
Mushy peas, tartare sauce & charred lemon

The Grill

- Prime 28 Day Aged 8oz Fillet Steak (GF)** £36.50
Confit beef tomato, butter basted portobello, triple cooked chips & peppercorn sauce
- 28 Day Aged 8oz Strip Steak (GF)** £29.50
Crispy fingerling potatoes, charred broccolini, umami 'Diane' sauce
- Signature Beef Burger** £16.95
Double Stacked Beef Patties, Vintage Cheddar, Crispy Streaky Bacon, Relish, Lettuce & Beef Tomato. Served with French Fries
- Classic Crispy Buttermilk Chicken Burger** £15.95
Lettuce, Beef Tomato, Garlic Mayo & Fries
- Sumac & Ras el Hanout Grilled Cauliflower Steak** £14.50
with pomegranate jewelled couscous, mango compote (VE)

Pasta

Classic Rigatoni Bolognese £15.95

A rich, slow-cooked ragù with beef and pork for depth, tossed through al dente pasta, finished with shaved Parmesan

Cajun Chicken Rigatoni £15.95

Tender chicken in a gently spiced creamy sauce, shaved parmesan & rocket

Wild Mushroom & Candied Tomato Rigatoni (V | GFA) £14.50

Sauteed wild mushrooms and semi confit tomatoes in a creamy garlic sauce, Fresh rocket and parmesan

King Prawn & Salmon Rigatoni (GFA) £17.50

Garlic, lemon and white wine creme fraiche emulsion, fresh chives & rocket

Pizza

Margherita (GFA) (V) £12.50

Classic sun-blushed tomato base with blistered mozzarella & basil

Crispy Gochugong Beef £14.50

Glazed beef strips, spiced gochujong base, mozzarella, spring onions, toasted sesame seeds, garlic-lime aioli drizzle

Goats Cheese (V)(GFA) £14.50

Classic sun blushed tomato base, goats cheese crumb, sticky onion jam, roquito peppers, basil pesto & rocket

Double Pepperoni & Hot Honey (GFA) £15

Classic sun-blushed tomato base topped with mozzarella and aged pepperoni & hot honey

Lamb Kofte & Za'atar £15

Cumin spiced minced lamb, mozzarella, sliced red onion, crumbled feta & Za'atar

Side Dishes

Skin on Fries £5

Salt & Pepper Fries £6

Truffle & Parmesan Fries £6

Triple Cooked Chunky Chips £5.50

Crispy Buttered New Potatoes £5

Salt & Pepper Tenderstem £6

Charred Baby Gem Caesar £5

Mini Cheezy Garlic Bread £4

Kids

Retreat Fish & Chips

Mushy or garden peas

£9.00

Chicken Tenders & Fries

Crispy chicken tenders, french fries & peas

£9.00

Margherita Pizza (V)

Classic sun-blushed tomato base with blistered mozzarella

£9.00

Signature Beef Burger

Prime beef burger. Served with French Fries

£9.00

Classic Rigatoni Bolognese

*A rich, slow-cooked beef and tomato ragù
tossed through pasta, finished with shaved Parmesan*

£9.00

Sunday Roasts

INDIVIDUAL ROASTS £18

*All served with garlic roast potatoes, glazed carrots, buttered greens,
carrot & swede puree, giant Yorkshire pudding and beef gravy*

28 day Aged Scotch Striploin of Beef

Garlic & Thyme Roasted Chicken

Glazed Cumbrian Gammon

ROAST PLATTER FOR 2 £35

*Served with lashings of garlic roast potatoes, glazed carrots, buttered
greens, carrot & swede puree, giant Yorkshire pudding and beef gravy*

*Choose 2 meat options from below
(Additional meat can be added for £6)*

28 day Aged Scotch Striploin of Beef

Garlic & Thyme Roasted Chicken

Glazed Cumbrian Gammon

Add a side of Cauliflower Cheese £4.95