

# DINING AT YOUR RETREAT

## Allergens Menu

### Starters

#### Tempura Prawns

Succulent king prawns in bubbly crisp Japanese style batter.



#### Panko Calamari Strips

Squid strips coated in crispy breadcrumb.



#### Vegan Nuggets (GF)

Rice protein chicken-style nuggets.



#### Chicken Wings

Wings marinated in BBQ or Peri Peri sauce.

#### Chicken Goujons

Breaded strips of chicken breast.



#### Vegetable Samosas

Potatoes, peas & carrot in crispy pastry.



#### Halloumi Fries

Sliced chunks of authentic Halloumi.



#### Goat's Cheese Salad

Goat's cheese with leaf salad, red onion, cherry tomatoes and house dressing.



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### Boards & Sharing

#### Cheese Board

Cheddar, Goats, Smoked & Blue cheeses, crackers & red onion chutney.



#### Nachos

Salsa | Jalapeños | Cheese | Guacamole | Sour Cream



#### Sharing Platter

Your choice of any three Starters.

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### Sides

#### Side Salad

#### Mozzarella sticks

#### Crispy onion rings

#### Sweet potato fries

#### Skin-on-fries

Garlic bread - *Please ask your server*



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### Allergens

Gluten & Cereals Containing	Nuts
Crustaceans	Celery
Eggs	Mustard
Fish	Sesame
Peanuts	Sulphur Dioxide
Soybeans	Lupin
Milk	Molluscs

### Mains

#### Spaghetti & Meatless-Meatballs

Plant-based meatballs served over gluten-free spaghetti with option of Parmesan.



#### Fish & Chips

Traditional fish and chips served with mushy peas and homemade tartar sauce.



#### Lamb Shank

Slow cooked shank of lamb in a mint gravy served over a bed of potato mash & garden peas.



#### Half Chicken (BBQ or Peri Peri)

Half a chicken marinated in homemade Peri Peri or BBQ sauce served with chips.

#### Bangers & Mash

Meat or vegan sausage served with mash, gravy and garden peas.



#### Chicken Caesar Salad

Chicken breast, anchovies, lettuce, croutons, Parmesan with Caesar dressing.



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### Burgers

*All served with skin on fries or sweet potato fries*

#### Retreat Beef Burger

#### Southern Fried Chicken Burger

#### Retreat Plant based Burger

Add cheese+1 / bacon +1 / patty +5



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### Desserts

#### New York cheesecake

Baked cheesecake with a crumbly biscuit base and strawberry topping. Gluten free.



#### Mirrored Chocolate truffle torte

Vegan dark chocolate ganache and topped with a caramel glaze on a chocolate crumb base.



*Please let us know before you order of any dietary or allergen requirements you may have.  
Please note all our food is produced in an environment where allergens maybe present.*