DINING AT YOUR RETREAT Allergens Menu

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Starters

Tempura Prawns Succulent king prawns in bubbly crisp Japanese style batter.

GCCEESDM 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.

Boards & Sharing

GESDN **Cheese Board** Cheddar, Goats, Smoked & Blue cheeses, crackers & red onion chutney.

Nachos D Salsa | Jalapeños | Cheese | Guacamole | Sour Cream

Sharing Platter Your choice of any three Starters.

Sides

Side Salad



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.

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

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

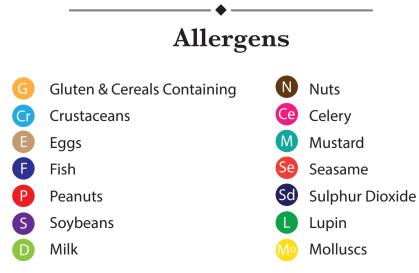
Desserts

New York cheesecake

EDN Baked cheesecake with a crumbly biscuit base and

Mozzarella sticks **Crispy onion rings** Sweet potato fries **Skin-on-fries**

Garlic bread - Please ask your server



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.