

THE RETREAT

Bar & Grill

The Burgers

All our burgers are 21 day aged served in a Cobbled sesame seed bun with mayonnaise, lettuce, tomato and Fresh onion

The Carlton classic burger topped with mozzarella cheese	£8.95
The Carlton tower burger, topped with Mozzarella and bacon strips	£10.95
Southern fried chicken fillet burger	£8.95
Chargrilled chicken burger topped with mozzarella cheese	£7.95
Beer battered fish burger topped with tartar sauce	£8.95
Spicy bean burger with Chargrilled vegetables	£5.95

Pasta

Meatballs traditional spaghetti and topped with tomato and basil sauce	£8.95
Pasta verde with roasted vegetables	£7.95

****Served with parmesan Shavings****

Salads

Mixed House Salad	£4.95
Greek Feta Salad with black olives	£5.95
Tuna Salad with light mayonnaise	£6.95
Prawn Salad with Marie rose sauce	£7.95

Sides - £2.95

House Side Salad
Chunky Chips
Beer Battered Onion Rings
Garlic Bread
Garlic Bread with Cheese

Classics

Chefs Soup of the Day	£4.95
Chicken Liver Pate with melba, onion Chutney	£4.95
Classic prawn cocktail	£6.95
Beer battered fish and chips with mushy peas and tartar sauce	£10.95
Chicken & Wild Mushroom Pie with chips gravy and mushy peas	£10.95
Steak & Devon Blue Pie with chips gravy and mushy peas	£11.95
Thai green chicken curry with basmati rice	£12.95
Ultimate Fish Pie	£12.95
Mixed Grill served with chips and topped with Portobello mushroom and grilled tomato	£15.00

Superfood

Fregola Salad	£4.00
Thai Noodle Salad	£4.00
Black Rice, Quinoa & Ginger Salad	£4.00

Desserts

Homemade crumble of the day	£4.95
Traditional chocolate brownie and ice cream	£5.50
Rocky-road triple chocolate with marshmallows	£5.50

Sauces - £1.95

Peppercorn
Diane
Red Wine
White Wine & Cream
Piri Piri

Please ask a member of staff for more information about Gluten Free and Allergenic products.

THE RETREAT

Bar & Grill

A la Carte Menu

Starters

Soup of the Day	£4.95
Wild Game Terrine with onion chutney	£4.95
Cod Fishcakes served on a bed of rocket leaves with tartar sauce	£5.00
Goats Cheese Bon Bon, Micro Rocket & Quinoa	£5.00

Mains

8oz Sirloin	£15.00
A steak that offers versatility between tenderness and flavour with double dipped chips, portobello mushroom and grilled tomato	
8oz Rump Steak	£16.00
Firm texture and bold flavour with double dipped chips, portobello mushroom and grilled tomato	
Duo of Chargrilled Chicken Breast	£17.00
Roast Potatoes and seasonal vegetables served with a Red Wine Jus	
Cod Fillet	£11.95
Dauphinoise potato, seasonal vegetables finished with a parsley cream sauce	
Pan fried Gnocchi	£18.95
Mediterranean chargrilled vegetables, Arrabbiatta Sauce, topped with parmesan shavings	

Desserts

Chocolate and coconut tarte with a raspberry coulis	£5.00
Sticky toffee pudding with vanilla ice cream	£5.00
Caramel & chocolate ice cream tarte	£6.00
Ploughman's Cheese Board	£7.00

Sides - £2.95

House Side Salad
Chunky Chips
Beer Battered Onion Rings
Garlic Bread
Garlic Bread with Cheese

Sauces - £1.95

Peppercorn
Diane
Red Wine
White Wine & Cream
Piri Piri

Please ask a member of staff for more information about Gluten Free and Allergenic products.