Rick and Adèle Welcome you to the Retreat Tearoom & Bistro

Serving Breakfast from 9.30 am. Lunch from 11.30 - 3.30. Cakes and Scones available until close. We provide Table Service.
Please make us aware of any food allergies or specific requirements you may have and please pay at the till.
Find us at www.retreatgrassington.co.uk

Coffees

All our coffees are ground to order, prepared with a double espresso and served at a drinkable temperature. If you would like your coffee hotter or weaker please let us know. Decaf also available. Enjoy!

Espresso / Macchiato *(Double)*		£2.80	
Cortado (5oz) ❤ *for coffee lovers* ❤		£3.30	
Flat White (6oz)		£3.40	
Coconut Flat White	DF	£3.90	
Americano (10oz/14oz)		£3.20	£3.50
Cappuccino (10oz/14oz)		£3.50	£3.80
Latte (12oz/15oz)		£3.60	£3.90
Chai Latte …. *without coffee*		£3.60	*with* £4.20
Oat Latte	DF	£4.10	£4.40
Babycino - *Velvety hot milk with sprinkles*			£1.80

❤ Salted Caramel Iced Latte ❤	£4.20
Vanilla Iced Latte	£4.20
Gingerbread Spiced Latte	£4.20

Coconut Soya / Oat Milk - 50p • Cream Topping- 20p • Mallows - 80p

Pot of Tea for one £3.20

Whole Leaf Teas

English Breakfast • Earl Grey • Moroccan Mint
Green Tea • Apple & Blackberry • Lemon & Ginger
Decaf English Breakfast • Masala Chai • Liquorice
£3.40 Our Favourite

Cream Tea for One

Fresh Baked Fruit Scone, Fresh Whipped Cream, Strawberry Jam and a pot of Yorkshire tea.
Available with a regular Americano
£8.60

Hot Chocolate

Our indulgent hot chocolate is an award winning producer of single origin, ethically sourced Colombian chocolates.
Check out our hot chocolate flakes and gifts to buy at the till.

Hot Chocolate (10oz/14oz) - *milk alternatives available*	DF	£3.95 / 4.30
Chocoholics Hot Chocolate *Indulgent chocolate in a large mug with cream, flake chocolate treat & marshmallows*		£5.90
Oat Hot Chocolate	DF	£4.45
Hazelnut Hot Chocolate		£4.55
Black Forest Cherry Hot Chocolate		£4.55
Classic Mocha *Rich hot chocolate & double espresso*		£4.55
Baileys Hot Chocolate - Baileys, Cream & Mallows		£6.00

Cold Drinks

Elderflower Lemonade / Rhubarb Lemonade		£3.20
Belvoir Real Fruit Pressé		
Peach & Mango Lemonade / Lime & Mint Refresher		£3.30
Zingy Ginger Beer		
Diet Coke / Reg Coke		£3.10
Fresh Orange / Apple Juice	sml £2.90	reg £3.50
Sparkling Mineral Water		£2.60
Orange / Blackcurrant Cordial *or* Cold Milk		£2.20
Milkshake Float *with a scoop of 'Lakes Dairy Ice Cream'* *Strawberry or Chocolate*		£4.60

Fresh Fruit Smoothies

DF *Blended to order with Real Fruits & Juice*

Coco-Loco- *Mango, Pineapple, Coconut & Mint* ❤ *Our Favourite* ❤
Berry-Go-Round - *Raspberries, Blackberries,& Strawberries*
Kiwi Colada - *Kiwi, Pineapple, Strawberry & Mango*
£4.95

Cakes · Scones · Treats

Gluten Free & Vegan Options available
Check out our Cake Counter

Adèles Fabulous Fruit Cake		£4.90
Go Local - add a slice of crumbly Wensleydale!		*£1*
Fresh Baked Fruit Scone (Proper size!)		£3.80
Served with 'real' butter	*(Jam or Cream an additional £1)*	
Fresh Baked Herb & Paprika Cheese Scone		£3.80
With Cream Cheese and Chilli Jam		£5.80
Currant Toasted Tea Cake *With butter or DF spread (Jam an additional £1)*	DF	£3.80
Toasted Banana and Chocolate Loaf ❤ Retreat Favourite ❤ *Served warm with butter and Honey*	DF	£5.40
Gluten Free Fruit Scone *Served with butter (Jam / Cream an additional £1)*		£3.90
Blackcurrant & Shortbread Crumble Cake *Served with GF / Vegan Custard or Ice Cream*	GF DF	£6.90

Beers & Tipples

House Wine (Merlot / Sauvignon) *(187ml)* £5.95 *(bottle)* £17.95

Wensleydale Beers 'Real Ales from the Dales'

Gold	Gamekeeper	Semer Water	High Fives
Refreshing Golden Ale	*Traditional Yorkshire Bitter*	*Easy drinking Pale Ale*	*Fruity Hazy IPA*
4.5%	*4.3%*	*4.1%*	*5.7%*
£5.50	*£5.50*	*£5.50*	*£5.60*

Aperol Spritz *(9%)*			£7.50
Peroni Nastro Azzurro — Crisp bottled beer *(5.1%)*	GF		£4.80
PIMMS *(5.4%)*	*(250ml)* £4.80	*(Jug)*	£15.00

Sandwiches & Griddled Toasties

Granary or White with a dressed salad garnish & toasted seeds
(GF bread an additional 20p)

GF DF £7.60 / £7.90

Local Wensleydale with Fruity Yorkshire Ale Chutney

Yorkshire Ham, Wholegrain Mustard, Tomato & Rocket

Hummus, Carrot, Rocket and Beetroot chutney

Tuna Mayo, Rocket, Lime, Cracked Black Pepper

☆ *Add a portion of chips for £3.00 or Salted Cajun fries for £3.30* ☆

GF **Bacon on Ciabatta** £7.20

Griddled thick cut bacon on toasted buttered Ciabatta.

Have it your way and add….

❤ *Guacamole / Fried Egg / Cheese (+1.50)* ❤

Griddled Ciabattas

Served with Chips and a dressed salad

Creamy Brie, Yorkshire Ham & Cranberry

Cheddar, Red Onion & Tomato

Tuna mayo, Lime, Red onion & Chilli Jam

£10.50

GF DF **Homemade Soup of the day** £7.00

Served with granary cob and butter. GF roll available +40p

GF **Posh Egg, Ham & Chip Butty** £9.00

Served on a buttered bun with side of black garlic ketchup

GF DF **Chip Butty** £7.50

Served on a buttered bun with salad garnish.

Great with a Fried Egg or Grilled Cheese (+1.50)

Something Different

Smoked Mackerel Pate, Beetroot & Horseradish relish, Rocket leaves, Lemon oil & Balsamic glaze on toasted Sourdough

GF £10.50

Smoked Salmon, Cream Cheese with Pickled Cucumber, Capers & Radish on toasted sourdough with Gherkin & Dill 'Posh Pickle' on the side

GF £10.80

Lemon & Cumin Hummus
on Sourdough with mixed Olives, Dukka, Pickled Red Cabbage, Balsamic and Black Garlic

GF DF £9.40

Proper Fish Finger Butty
Jumbo Cod in tempura batter on a toasted bun with Rocket, Gherkins and our Dill & Gherkin 'Posh Pickle'

GF £9.20

Griddled **Falafel & Hummus** Wrap
with Pickled Cabbage, Carrot, Chilli Jam and Spinach
Served with Salad & Chips

DF £10.50

Brie, Olive & Chilli Jam Wrap
with Spinach & Carrot. Served with Salad & Chips
£10.50

☆ **Retreat Gourmet Burger** ☆

Plant based Burger served in a white roll with melted cheddar, Sautéed Mushrooms, Fried Onions, tomato relish, Rosemary fries and Black Garlic Ketchup

- VEGAN - Replace the Cheese with Guacamole -

GF DF £14.80

☆ **Baked Hummus Sharing Board** ☆

- Enough for Two -

Homemade Lemon & Cumin Hummus with Mixed Olives, Dukka, Black Garlic and dipping bread.

GF DF £14.80

3 Egg Omelettes

Free Range - served with Salad or Chips

Cheddar Cheese, Yorkshire Ham & Spinach

Sautéed Mushroom, Red onion & Cheddar

£12.60 GF

Shares & Sides

Chips Sharing Bowl / Cheesy Chips	GF		£4.60 / 5.80
Rosemary Sweet Potato Fries Bowl *served with our sticky Chilli Jam*	GF	DF	£5.80
Bowl of Salted Cajun Fries *served with our sticky Chilli Jam*	GF		£5.20
2 Slices Granary Bread & Butter			£3.40
Dressed Mixed Salad & toasted seeds	GF	DF	£3.50
Pot of Chutney / Black Garlic Ketchup	GF	DF	80p
Extra butter portion			50p

Little Ones

Finger Sandwich Stack GF DF

White bread - no crusts - with vegetable sticks & fruit.

Soft Cheese / Jam / Peanut butter / Ham			£5.50
Jumbo Fish Finger and Chips	GF		£6.20
Beans on Toast (Small / Large) *Served on buttered white toast*	GF	DF	£5.00 / £6.50

GF - Gluten Free DF - Dairy *and* Egg Free (*vegan*)

GF DF - Gluten free / Dairy + Egg free options available

Please make us aware of any allergies you may have.

tripadvisor @retreat.grassington