Retreat Breakfast * 9.30am - 11.30am

- Take Away Available -Scones and Cakes available all day.

| Thyme Buttered Mushrooms Sautéed Mushrooms with Thyme, Smoked Prosciutto, Garlic & Parmesan on toasted Sourdough Great with a poached egg (+£1.20) | DF: | GF: | £8.50 |
|--|-------------|----------------|-------------------------|
| Spinach and Chilli Scrambled Eggs → Retreat Favourite Three free range eggs, on buttered toasted Sourdough Great with 2 rashers of our thick cut Bacon | | GF | £7.50 £8.50 |
| Bacon on Ciabatta Griddled thick cut bacon on warm buttered Ciabatta bread Have it your way and addGuacamole Fried Egg Cheese + £1.20 | | GF | £6.95 |
| 3 Egg Breakfast Omelette Made with local free range eggs: Extra fillings an additional £1.20 | | (GF) | £6.95 |
| Yorkshire Ham & Cheddar Cheese Sautéed Mushroom, Red onion & Cheddar | | | |
| Eggs 'your way' on Toasted Sourdough Two Free range eggs - poached, fried or scrambled | | GF | £6.80 |
| Something Extra? 2 Bacon Rashers / Sautéed mushrooms - £2.20 - Guacamole / Egg / Beans - £1.20 | | | |
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| Something a little lighter | • • • • • • | | |
| Something a little lighter Coconut Porridge Simply Awesome!! Served with Pumpkin, Sunflower seeds & Maple Syrup | (DF) | (GF) | £5.90 |
| Coconut Porridge Simply Awesome !! | (DF) | GF .DF: | £5.90 £4.80 |
| Coconut Porridge Simply Awesome !! Served with Pumpkin, Sunflower seeds & Maple Syrup Toasted Banana & Chocolate loaf Simply Scrumptious! Simply Scrumptious! ■ | DF | | |
| Coconut Porridge Simply Awesome !! Served with Pumpkin, Sunflower seeds & Maple Syrup Toasted Banana & Chocolate loaf Warm with local 'Swales' honey & butter or df spread Toasted Cinnamon & Raisin Bagel | (DF) | DF: | £4.80 |
| Coconut Porridge Simply Awesome !! Served with Pumpkin, Sunflower seeds & Maple Syrup Toasted Banana & Chocolate loaf Warm with local 'Swales' honey & butter or df spread Toasted Cinnamon & Raisin Bagel With local 'Swales' honey & butter or df spread Toasted Currant Teacake | (DF) | DF: | £4.80 |
| Coconut Porridge Simply Awesome !! Served with Pumpkin, Sunflower seeds & Maple Syrup Toasted Banana & Chocolate loaf Warm with local 'Swales' honey & butter or df spread Toasted Cinnamon & Raisin Bagel With local 'Swales' honey & butter or df spread Toasted Currant Teacake Strawberry Jam or Seville Orange Marmalade an additional 90p Simply Scrumptious Toast Multigrain Sourdough served with butter or dairy free spread | DF: | DF: | £4.80 £4.00 £3.30 |

COFFEE