# retreat

# 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	,		taste
Flat White (6oz)		£3.40	XXX.
Coconut Flat White	DF	£3.90	(AXX)
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
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<ul> <li>Salted Caramel I</li> </ul>	£4.20		

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

£4.20

£4.20

Pot of Tea for one £3.20

Vanilla Iced Latte

Gingerbread Spiced Latte

#### 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 

• Green Tea • Apple & Blackberry • Lemon & Ginger

• Cour Favourite • Our Favourite • Ou

#### — Cream Tea for One

Fresh Baked Fruit Scone, Fresh Whipped Cream,
Strawberry Jam and a pot of Yorkshire tea.

<u>Available with a regular Americano</u>

£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 £5.90 Indulgent chocolate in a large mug with cream, flake chocolate treat & marshmallows Oat Hot Chocolate £4.45 Toffee & Nut Hot Chocolate £4.55 £4.55 Black Forest Cherry Hot Chocolate Classic Mocha Rich hot chocolate & double espresso £4.55 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' £4.60 Strawberry or Chocolate

#### 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

#### 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)

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<ul> <li>Fresh Baked Herb &amp; Paprika Cheese Scone</li> </ul>	£3.80
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With Cream Cheese and Chilli Jam	£5.80

Currant Toasted Tea Cake
With butter or DF spread (Jam an additional £1)

DF £3.80

£3.90

Toasted Banana and Chocolate Loaf Served warm with butter and Honey

PRetreat Favourite ► £5.40

Gluten Free Fruit Scone Served with butter (Jam / Cream an additional £1)

Blackcurrant & Shortbread Crumble Cake Served with GF / Vegan Custard or Ice Cream

.....£6.90

\_\_\_\_\_ Beers & Tipples -

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

#### Wensleydale Beers 'Real Ales from the Dales'

Gold Refreshing	Gamekeeper Traditional	Semer Water Easy drinking	High Fives Fruity Hazy
Golden Ale	Yorkshire Bitter	Pale Ale	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%)



£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 20b)



£7.60 / £7.90

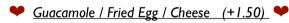
Local Wensleydale with Fruity Yorkshire Ale Chutney Yorkshire Ham, Wholegrain Mustard, Tomato & Rocket Hummus, Carrot, Rocket and Beetroot chutney Tuna Mayo, Rocket, Lime, Cracked Black Pepper



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



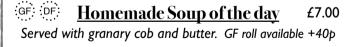
GF **Bacon on Ciabatta** £7 20 Griddled thick cut bacon on toasted buttered Ciabatta. Have it your way and add....



#### **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 Posh Egg, Ham & Chip Butty 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 -

Tuna, Olives & Capers on Sourdough with Lime & Black Pepper mayo, Tomato chutney, Rocket & Lemon Oil £9.80

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

£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**

Beer Battered Cod Goujons on a toasted bun with Rocket, Gherkins and our Dill & Gherkin 'Posh Pickle' £9.50

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.

## 3 Egg Omelettes -

Free Range - served with Salad or Chips Cheddar Cheese, Yorkshire Ham & Spinach Sautéed Mushroom, Red onion & Cheddar £12.60

#### Shares & Sides

Chips Sharing Bowl / Cheesy Chips

Rosemary Sweet Potato Fries Bowl £5.80 served with our sticky Chilli Jam Bowl of Salted Cajun Fries £5.20 served with our sticky Chilli lam £3.40 2 Slices Granary Bread & Butter £3.50 Dressed Mixed Salad & toasted seeds

Pot of Chutney / Black Garlic Ketchup (GF) 80<sub>p</sub> Extra butter portion 50<sub>D</sub>

#### Little Ones

Finger Sandwich Stack GF: DF:

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

Soft Cheese / Jam / Peanut butter / Ham £5.50

Cod Goujon Fingers and Chips £6.40

:GF: :DF: £5.00 / £6.50 Beans on Toast (Small / Large) Served on buttered white toast

(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.

o tripadvisor o



@retreat.grassington



£4.60 / 5.80