

# - Retreat Breakfast -

Served between 9.30am - 11.30am

Scones and cakes also available.

Gluten Free Bread & Dairy Free Spread available.

## Thyme Buttered Mushrooms

Sautéed Mushrooms with Thyme, Smoked Prosciutto,  
Garlic & Parmesan on toasted Sourdough  
Great with a poached egg (+£1.50)

DF GF £9.00

## 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 £8.50

£10.00

## Bacon on Ciabatta

Griddled thick cut bacon on warm buttered Ciabatta bread  
Have it your way and add...Guacamole / Fried Egg / Cheese + £1.50

GF £7.20

## 3 Egg Breakfast Omelette

Made with local free range eggs:  
Extra fillings an additional (£1.50)

GF £8.50

Yorkshire Ham, Cheddar Cheese & Spinach  
Sautéed Mushroom, Red onion & Cheddar

## Eggs 'your way' on Toasted Sourdough

Two Free range eggs - poached, scrambled or fried

GF £7.80



Something Extra? 2 Bacon Rashers / Sautéed mushrooms - £2.80 - Guacamole / Egg / Beans - £1.50



## ..... Something a little lighter .....

## Coconut Porridge

Simply Awesome !!  
Served with Pumpkin, Sunflower seeds & Maple Syrup

DF GF £6.20

## Toasted Banana & Chocolate loaf

♥ Simply Scrumptious! ♥

Toasted with local 'Swales' honey & butter or df spread

DF £5.40

## Toasted Cinnamon & Raisin Bagel

With local 'Swales' honey & butter or df spread

DF £4.80

## Toasted Currant Teacake

Strawberry Jam or Seville Orange Marmalade an additional £1

DF £3.80

## Simply Scrumptious Toast

Multigrain Sourdough served with butter or dairy free spread  
Strawberry Jam, Local Honey or Seville Orange Marmalade an additional £1

DF GF £3.80

We hope you enjoy your Breakfast. Lunch served from 11.30am.



We serve Afternoon Tea Every Day from 2.30pm



Menu available - Booking essential.

GF - Gluten Free DF - Dairy and Egg Free

GF DF - Options available

Please make us aware of any allergies you may have.