



# ★ Rick and Adèle Welcome you to the Retreat Tearoom & Bistro ★



Serving Breakfast from 10am. 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](http://www.retreatgrassington.co.uk)

## Coffees and Teas

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. Our Loose Leaf Teas, Tea Pots and 'Award Winning Coffee' are also available to buy and enjoy at home. Decaf also available. Enjoy!

Espresso / Macchiato (Double)	£2.40	
Cortado (5oz) ♥ for coffee lovers ♥	£2.70	
Flat White (8oz)	£2.80	
Coconut Flat White (DF)	£3.20	
Americano (10oz/14oz)	£2.70	£3.00
Cappuccino (10oz/14oz)	£2.90	£3.30
Café Latte (12oz/15oz)	£3.00	£3.40
Luxury Hot Chocolate (10oz)	£3.00	£3.40
Chocoholics Hot Chocolate (15oz)		£4.00
<i>A large mug of indulgent Belgium Chocolate with cream, marshmallows, flake &amp; chocolate treat</i>		
Babycino - Velvety hot milk with sprinkles	£1.50	



Gingerbread & Cream Latte	£3.50
Toffee & Hazelnut Latte	£3.50
Black Forest Hot Chocolate	£3.50

Coconut Soya / Oat Milk / Cream or Extra Shot 40p / 40p / 50p  
Pot of Tea for one (Rooibos available) £2.20

## Whole Leaf Teas

English Breakfast - Earl Grey - Moroccan Mint	
Green Tea - Apple & Blackberry - Lemon & Ginger	
Decaffeinated English Breakfast	£2.60

## Cold Drinks

Belvoir Fruit Pressés - Organic & lightly bubbling Elderflower / Ginger Beer	£2.60
San Pellegrino Orange & Pomegranate Italian Grapefruit	£2.60
Coke / Diet Coke	£2.60
Fresh Orange or Apple Juice	£2.20
Bottled Mineral Water (Still or Sparkling)	£2.20
Orange / Blackcurrant Cordial or Cold Milk	£1.60
Milkshake Float with a scoop of 'Lakes Dairy Ice Cream' Strawberry, Banana or Chocolate	£3.95

## Tipples & Beers

Wine list available. Wines by the glass or bottle & Local Ales.  
Selection of Local Craft Ales - see wine list from £3.95  
House White or Red (175ml) £4.95 (250ml) £6.50  
**CRABBIES** Ginger Beer (4%) (GF) £3.70  
Peroni - crisp & refreshing bottled beer (5.1%) (GF) £3.80  
**PIMMS** (5.4%) (250ml) £3.80 (Jug) £12.00  
Sparkling Summer drink served over ice with Summer fruits  
Speciality Gins - served over ice with premium tonic (single) £5.00 / (double) £6.50

## Fresh Fruit Smoothies

<i>Blended to order with real Fruits &amp; Apple Juice</i>	
Berry-Go-Round - Raspberries, Blackberries, & Strawberries	
Kiwi Colada - Kiwi, Pineapple, Strawberry & Mango	
Coco-LoCo - Mango, Pineapple, Coconut & Mint ♥ Our Favourite ♥	
(GF) (DF)	£3.95

## Cakes · Scones · Desserts

Homemade Cakes, Puddings & Desserts (DF) (GF)  
*On display on our Cake Stand & Specials Board.*  
*'Dales' double cream, custard or ice cream 80p / £1.80*

Adèle's Fabulous Fruit Cake	£3.50
Go Local - add a slice of crumbly Wensleydale!	60p
Fresh Baked Fruit Scone (Proper size!) Served with 'real' butter (Jam or Cream an additional 60p)	£2.80
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Fresh Baked Herb & Paprika Cheese Scone With Cream Cheese and Chilli Jam	£2.80 / £4.20
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Currant Toasted Tea Cake With butter or DF spread (Jam an additional 60p)	(DF) £2.80
Ice Cream Cone, Flake & Topping (2 scoops) 'English Lakes' Ice Cream - Vanilla, Strawberry or Chocolate	(DF) £4.60

## Specialist Diets

Toasted Banana and Chocolate Loaf Served warm with butter and 'Swales' Honey	(DF) ♥ Retreat Favourite ♥ £4.00
Gluten Free Fruit Scone Served with butter (Jam / Cream an additional 60p)	(GF) £2.80
Lemon, Orange and Pistachio Loaf	(GF) £3.50
Chocolate Fudge Cake Served warm with Regular or Vegan Custard / Ice Cream	(DF) £3.70 / £1.80
Blackcurrant & Shortbread Crumble Cake Served with GF / Vegan Custard or Ice Cream	(DF) (GF) £5.50

## Cream Tea for One

Fresh Baked Fruit Scone with Fresh Whipped Cream, Strawberry Jam and a pot of Yorkshire tea. Available with a regular Americano for an additional 50p	(GF) £6.00
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GF DF **Sandwiches & Griddled Toasties**

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

£5.80 / £6.20

- Mature Cheddar, Red Onion and Chilli Jam
- Local Wensleydale with Fruity Yorkshire Ale Chutney
- Creamy Brie & Red Grape
- Classic Egg Mayo & Crunchy Salad
- Yorkshire Ham, Wholegrain Mustard, Tomato & Rocket
- Cumin Hummus, Carrot, Peppers & Beetroot relish
- Tuna Mayo, Lime, Cracked Black Pepper & Cheddar

★ *Add a portion of chips for £2.20 or* ★  
*Salted Rosemary fries to any Sandwich or Toastie £2.50*

GF **Bacon on Ciabatta** £6.20  
Griddled thick cut bacon on toasted buttered Ciabatta.  
*Have it your way and add....*

♥ *Guacamole / Fried Egg / Cheese - (+1.00)* ♥

**Griddled Ciabattas** £8.20  
*Served with a mixed dressed salad and chips*  
Creamy Brie, Yorkshire Ham & Cranberry  
Goats Cheese, Red onion with Fig & Cinnamon Chutney  
Tuna mayo, Lime, Red onion, & Chilli Jam

GF DF **Homemade Soup of the day** £5.00  
*Served with granary cob and butter. GF roll available +40p*

GF **Posh Egg, Ham & Chip Butty** £8.00  
*Served on a buttered bun with black garlic ketchup*

GF DF **Chip Butty** £5.80  
*Served on a buttered bun with salad garnish.*  
*Great with a fried egg (+1.00)*

**Something Different**

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

GF: DF £7.00

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

GF: £7.80

Toasted Falafel & Spinach Wrap  
Stuffed with our herby baked Falafel, Fresh Spinach,  
Red Onion and Chilli Jam. Served with salad & chips

DF £8.20

Griddled Olive, Brie & Chilli Jam Wrap  
with Spinach & Carrot. Served with salad & chips  
£8.20

♥ **Retreat Gourmet Veggie Burger** ♥

Served in a white roll with Smoked Cheese, Sautéed  
Mushrooms, Fried Onions, tomato relish, chips and a  
dipping pot of Black Garlic Ketchup

GF: £10.50

**Retreat Gourmet Vegan Burger**

Served in a white roll with Guacamole, Sautéed  
Mushrooms, Fried Onions, tomato relish, chips and a  
dipping pot of Black Garlic Ketchup

GF: DF £11.00

GF **3 Egg Omelettes**

*Free Range - served with Salad or Chips*

Cheddar Cheese, Yorkshire Ham & Spinach  
Creamy Goats Cheese and Red Pepper  
£8.50

**Junior Plates**

GF DF **Finger Sandwich Stack**

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

*Choose from:*

Soft Cheese / Jam / Peanut butter & Banana / Ham  
£4.50

Beans on Toast *(Small £4.50 Large £5.50)*  
*Served on buttered white toast*

**Shares & Sides**

- Bowl of Chips / Salted Rosemary Fries DF £3.50 / £3.80
- Dressed Baby Leaf Mixed Salad GF DF £3.00
- 2 Slices Granary Cob & Butter GF: £2.00
- Pot of Chutney / Black Garlic Ketchup DF 60p
- Extra butter portion 20p

GF DF **Afternoon Teas**

• £19.95 or £23.95 with Prosecco •

Serving Friday & Saturdays from 2.30 till 5.00

Ask us for our menu.

*Children, GF & Vegan catered for.*

*(Pre Booking essential)*

GF - Gluten Free DF - Dairy and Egg Free

GF DF - Options available

*Please make us aware of any allergies you may have.*