

- Retreat Breakfast -

Served between 10am - 11.30am

Scones and cakes also available.

Gluten Free Bread & Dairy Free Spread available.

- **Thyme Buttered Mushrooms** (DF) (GF) £7.95
 - Sautéed Mushrooms with Thyme, Smoked Prosciutto, Garlic & Parmesan on toasted Multi Grain Sourdough
 - Great with a poached egg (+£1)
- **Spinach and Chilli Scrambled Eggs** ♥ Retreat Favourite ♥ (GF) £6.80
 - Three free range eggs, on buttered toasted Multi Grain Sourdough
 - Great with 2 rashers of our thick cut Bacon £7.95
- **Bacon on Ciabatta** (GF) £6.20
 - Griddled thick cut bacon on warm buttered Ciabatta bread
 - Have it your way and add...Guacamole / Fried Egg / Cheese + £1
- **3 Egg Breakfast Omelette** (GF) £6.50
 - Made with free range eggs and one choice of filling:
 - Extra fillings an additional (+80p)
 - Mature Cheddar - tasty with Mushrooms or Red Pepper
 - Yorkshire Ham - great with Cheddar
 - Sautéed Mushrooms - works well with Spinach
 - Goats Cheese - great with Red Peppers
- **Eggs 'your way' on Toast** (GF) £5.95
 - Two Free range eggs - poached, fried or scrambled

Something extra? 2 Bacon Rashers / Sautéed mushrooms - £1.80 - Guacamole / Egg / Beans - £1.00

..... Something a little lighter

- **Creamy Porridge** (GF) £5.25
 - With 'Swales' local honey or Pumpkin, sunflower seeds and grapes
- **Coconut Porridge** (DF) (GF) £5.35
 - Simply Awesome!! Served with Pumpkin, sunflower seeds and grapes
- **Toasted Banana & Chocolate loaf** ♥ Simply Scrumptious! ♥ (DF) £4.00
 - Warm with local 'Swales' honey & butter or df spread
- **Toasted Cinnamon & Raisin Bagel** (DF) £3.50
 - With local 'Swales' honey & butter or df spread
- **Toasted Currant Teacake** (DF) £2.80
 - Strawberry Jam or Seville Orange Marmalade an additional 60p
- **Simply Scrumptious Toast** (DF) (GF) £2.80
 - Multi Grain Sourdough served with butter or dairy free spread
 - Strawberry Jam, Local Honey or Seville Orange Marmalade an additional 60p

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

★ We serve Afternoon Tea on Fridays & Saturdays from 2.30-5.00pm ★

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.