



# ★ 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](http://www.retreatgrassington.co.uk)

## Coffees · Treats · 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. Decaf also available. Enjoy!

Espresso / Macchiato (Double)	£2.60	
Cortado (5oz) ♥ for coffee lovers ♥	£2.90	
Flat White (6oz)	£3.20	
Coconut Flat White (DF)	£3.60	
Americano (10oz/14oz)	£2.90	£3.20
Cappuccino (10oz/14oz)	£3.30	£3.60
Latte (12oz/15oz)	£3.30	£3.60
Chai Latte .... without coffee	£3.30	with £3.90
Oat Latte (DF)	£3.70	£4.10
Babycino - Velvety hot milk with sprinkles		£1.80

♥ Salted Caramel Iced Latte ♥	£3.90
Gingerbread Spiced Latte	£3.90
Toffee & Hazelnut Latte	£3.90

Coconut Soya / Oat Milk - 40p • Pouring Cream - 60p • Mallows - 80p  
Pot of Tea for one £2.90

## Whole Leaf Teas

English Breakfast • Earl Grey • Moroccan Mint
Green Tea • Apple & Blackberry • Lemon & Ginger
Decaffeinated English Breakfast • Masala Chai
£3.00

## Cream Tea for One

Fresh Baked Fruit Scone, Fresh Whipped Cream, Strawberry Jam and a pot of Yorkshire tea.  
Available with a regular Americano  
£7.30

## 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)	£3.70 / 4.00
Chocoholics Hot Chocolate	
Indulgent chocolate in a large mug with cream, flake chocolate treat & marshmallows	£5.20
Oat Hot Chocolate (DF)	£4.10
Salted Caramel Hot Chocolate	£4.30
Black Forest Cherry Hot Chocolate	£4.30
Classic Mocha	
Rich hot chocolate & double espresso	£4.30
Hot Chocolate - Baileys liquor & Cream	£5.20

## Cold Drinks

<u>Lightly Bubbling Fresh Pressed fruit drinks</u>	
Elderflower / Rhubarb Lemonade / Cloudy Apple / Orange & Pomegranate	£2.90
Diet Coke / Reg Coke	£2.90/£3.00
Fresh Orange / Apple Juice	£2.60
Sparkling Mineral Water	£2.50
Orange / Blackcurrant Cordial or Cold Milk	£2.00
Milkshake Float with a scoop of 'Lakes Dairy Ice Cream' Strawberry or Chocolate	£4.40

## 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	
Strawberry Split - Strawberry, Banana	£4.40

## Cakes · Scones · Desserts

★ Gluten Free & Vegan Options available ★  
Check out our Cake Counter

Adèle's Fabulous Fruit Cake	£4.00
Go Local - add a slice of crumbly Wensleydale!	90p
Fresh Baked Fruit Scone (Proper size!)	£3.30
Served with 'real' butter (Jam or Cream an additional 90p)	

• Fresh Baked Herb & Paprika Cheese Scone	£3.40
• With Cream Cheese and Chilli Jam	£5.40

Currant Toasted Tea Cake (DF)	£3.30
With butter or DF spread (Jam an additional 90p)	
Toasted Banana and Chocolate Loaf ♥ Retreat Favourite ♥	
Served warm with butter and Honey (DF)	£4.80

Gluten Free Fruit Scone	£3.30
Served with butter (Jam / Cream an additional 90p)	
Blackcurrant & Shortbread Crumble Cake (GF) (DF)	£6.50
Served with GF / Vegan Custard or Ice Cream	
Vanilla Lakes Ice Cream Bowl with flake (GF) (DF)	£3.40

## Beers & Tipples

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

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

Gold	Gamekeeper	Semer Water	High Fives
Refreshing Golden Ale	Traditional Yorkshire Bitter	Easy drinking Pale Ale	Fruity Hazy IPA
4.5%	4.3%	4.1%	5.7%
£4.80	£4.80	£4.80	£5.20



Mixed fruit Cider (4%) £4.40



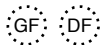
Crisp bottled beer (5.1%) (GF) £4.60



(5.4%) (250ml) £4.20 (Jug) £14.00

## Sandwiches & Griddled Toasties

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



£6.90 / £7.30

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



Add a portion of chips for £2.80 or



Salted Rosemary fries to any Sandwich or Toastie £2.95



### Bacon on Ciabatta

£6.95

Griddled thick cut bacon on toasted buttered Ciabatta.

Have it your way and add....

♥ Guacamole / Fried Egg / Cheese - (+1.20) ♥

### Griddled Ciabattas

£9.90

Served with a mixed dressed salad and chips

Creamy Brie, Yorkshire Ham & Cranberry  
Beef, Tomato and Rocket with Horseradish  
Cheddar, Red Onion & Tomato  
Tuna mayo, Lime, Red onion & Chilli Jam



### Homemade Soup of the day

£6.50

Served with granary cob and butter. GF roll available +40p



### Posh Egg, Ham & Chip Butty

£8.50

Served on a buttered bun with pot of black garlic ketchup



### Chip Butty

£6.90

Served on a buttered bun with salad garnish.

Great with a Fried Egg or Grilled Cheese (+1.20)

## Something Different

### Lemon & Cumin Hummus

on Sourdough with mixed Olives, Dukka,  
Pickled Red Cabbage, Balsamic and Black Garlic



£8.50

### Tuna, Olives & Capers on Sourdough

with Lime & Black Pepper mayo,  
Tomato chutney, Rocket & Lemon Oil



£8.50

### Smoked Mackerel Pate, Beetroot & Horseradish

relish, Rocket leaves, Lemon oil & Balsamic glaze  
on toasted Sourdough

£8.95

### Griddled Falafel & Hummus Wrap

with Pickled cabbage, Carrot, Chilli Jam and Spinach.  
Served with Salad & Chips



£9.90

### Brie, Olive & Chilli Jam Wrap

with Spinach & Carrot. Served with Salad & Chips

£9.90



### Retreat Gourmet Burger



Plant based Burger served in a white roll with Smoked  
Cheese, Sautéed Mushrooms, Fried Onions, tomato  
relish, Rosemary fries and Black Garlic Ketchup  
- VEGAN - Replace the Cheese with Guacamole -



£12.00



### Baked Hummus Sharing Board



- Enough for Two -

Homemade Lemon & Cumin Hummus with  
Mixed Olives, Dukka, Black Garlic and dipping bread.



£14.00

Service Charge not included

We accept



## 3 Egg Omelettes

Free Range - served with Salad or Chips

Cheddar Cheese, Yorkshire Ham & Spinach

Sautéed Mushroom, Red onion & Cheddar

£10.00



## Shares & Sides

Chips Sharing Bowl / Cheesy Chips



£4.00 / 5.20

Rosemary Sweet Potato Fries Bowl  
served with our sticky Chilli Jam



£5.50

Bowl of Salted Rosemary Fries  
served with our sticky Chilli Jam



£4.80

2 Slices Granary Bread & Butter

£3.20

Dressed Mixed Salad & toasted seeds



£3.50

Pot of Chutney / Black Garlic Ketchup



80p

Extra butter portion

40p

## Junior Plates

Finger Sandwich Stack



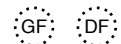
White bread - no crusts - with vegetable sticks & fruit.

Choose from:

Soft Cheese / Jam / Peanut butter / Ham

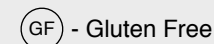
£5.00

Beans on Toast (Small / Large)

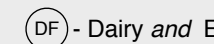


£5.00 / £6.50

Served on buttered white toast



- Gluten Free



- Dairy and Egg Free (vegan)



- Gluten free / Dairy + Egg free options available

Please make us aware of any allergies you may have.



@retreat.grassington

