



Available Friday, Saturday and Sunday from 5.30pm-8.30pm in The Great Barn.

SAMPLE Dinner Menu

We believe in the healing power of food, with wellbeing at the very heart of why we created Retreat East. This is represented in the ethos around our menu with simple, seasonal, healthy dishes.

Starters

Soup fresh from the garden (please ask what chefs created today)	7
Red lentil dahl, yogurt, crispy onions with flatbread	7
Broccoli, blood orange and avocado, almond milk dressing	9
Chicken terrine, tarragon mayonnaise, radish and grilled focaccia	9
Butternut squash fritters, tzatziki and chilli jam	9

Mains

Aubergine and vegetable lasagne, rocket, pecorino and pear salad	16
Coconut, squash and spinach curry, braised garlic rice, chilli sambal	16
Wild mushroom and Bingham blue risotto, garlic bread focaccia	18
Roasted cod, chorizo and black bean stew, tender stem broccoli, chimichurri	20

Chefs special

8oz Red Poll beef fillet, peppercorn sauce, roasted mushroom, tomato and skinny fries	27
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Sweets

Poached rhubarb, set custard and shortbread	6
Earl grey panna cotta, mango and chilli salsa	7
Chocolate fondant, Salted caramel and ice cream	8
Cheese and biscuits	9

Please ask if you have any concerns regarding allergens and intolerances, our menu is produced with all fresh ingredients daily