



★ 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

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) £2.80
- Cortado (5oz) ♥ for coffee lovers ♥ £3.20
- Flat White (6oz) £3.30
- Coconut Flat White (DF) £3.80
- Americano (10oz/14oz) £3.10 £3.40
- Cappuccino (10oz/14oz) £3.40 £3.70
- Latte (12oz/15oz) £3.40 £3.80
- Chai Latte without coffee £3.40 with £4.00
- Oat Latte (DF) £3.90 £4.20
- Babycino - Velvety hot milk with sprinkles £1.80



- ♥ Salted Caramel Iced Latte ♥ £4.10
- Vanilla Iced Latte £4.10
- Gingerbread Spiced Latte £4.10

Coconut Soya / Oat Milk - 50p • Cream Topping- 20p • Mallows - 80p

Pot of Tea for one £3.20

Whole Leaf Teas

- English Breakfast • Earl Grey • Moroccan Mint
 - Green Tea • Apple & Blackberry • Lemon & Ginger
 - Decaffeinated English Breakfast • Masala Chai
- £3.40

Cream Tea for One

Fresh Baked Fruit Scone, Fresh Whipped Cream, Strawberry Jam and a pot of Yorkshire tea.
Available with a regular Americano
£8.50

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) £3.90 / 4.20
- Chocoholics Hot Chocolate Indulgent chocolate in a large mug with cream, flake chocolate treat & marshmallows £5.80
- Oat Hot Chocolate (DF) £4.40
- Salted Caramel Hot Chocolate £4.50
- Black Forest Cherry Hot Chocolate £4.50
- Classic Mocha Rich hot chocolate & double espresso £4.50

Hot Chocolate - Baileys, Cream & Mallows £5.90

Cold Drinks

- Elderflower Lemonade / Rhubarb Lemonade / £3.20
- Zingy Ginger Beer (Crabbies also available)
- ★ Non Alcoholic Fruit Cocktail Pressé ★ £3.40
- Passionfruit Martini / Lime, Mint & Grapefruit Mojito

- Diet Coke / Reg Coke £3.00
- Fresh Orange / Apple Juice £2.80
- Sparkling Mineral Water £2.60
- Orange / Blackcurrant Cordial or Cold Milk £2.20
- Milkshake Float with a scoop of 'Lakes Dairy Ice Cream' £4.60
Strawberry or Chocolate

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
- £4.70

Cakes · Scones · Desserts

★ Gluten Free & Vegan Options available ★

Check out our Cake Counter

- Adèles Fabulous Fruit Cake £4.50
- Go Local - add a slice of crumbly Wensleydale! £1
- Fresh Baked Fruit Scone (Proper size!) £3.60
- Served with 'real' butter (Jam or Cream an additional £1)

- Fresh Baked Herb & Paprika Cheese Scone £3.80
- With Cream Cheese and Chilli Jam £5.80
- With Smoked Salmon, Cream Cheese & Chilli Jam £7.40

Currant Toasted Tea Cake (DF) £3.60
With butter or DF spread (Jam an additional £1)

Toasted Banana and Chocolate Loaf ♥ Retreat Favourite ♥ (DF) £5.20
Served warm with butter and Honey

Gluten Free Fruit Scone £3.80
Served with butter (Jam / Cream an additional 90p)

Blackcurrant & Shortbread Crumble Cake (GF) (DF) £6.80
Served with GF / Vegan Custard or Ice Cream

Organic Fruit Rainbow Lolly (with cheeky veg) £3.30

Beers & Tipples

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

Wensleydale 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%
£5.20	£5.20	£5.20	£5.40

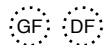
CRABBIES Alcoholic Ginger Beer (4%) £4.60

Crisp bottled beer (5.1%) (GF) £4.60

PIMMS (5.4%) (250ml) £4.60 (lug) £14.50

Sandwiches & Griddled Toasties

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



£7.30 / £7.80

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
Egg Mayo and Crunchy Salad



Add a portion of chips for £3.00 or



Salted Rosemary fries to any Sandwich or Toastie £3.10



Bacon on Ciabatta

£6.95

Griddled thick cut bacon on toasted buttered Ciabatta.

Have it your way and add....

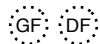
♥ Guacamole / Fried Egg / Cheese - (+1.50) ♥

Griddled Ciabattas

£10.20

Served with Chips & dressed salad

Creamy Brie, Yorkshire Ham & Cranberry
Cheddar, Red Onion & Tomato
Tuna mayo, Lime, Red onion & Chilli Jam



Homemade Soup of the day

£6.80

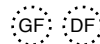
Served with granary cob and butter. GF roll available +40p



Posh Egg, Ham & Chip Butty

£9.00

Served on a buttered bun with pot of black garlic ketchup



Chip Butty

£7.30

Served on a buttered bun with salad garnish.

Great with a Fried Egg or Grilled Cheese (+1.50)

Something Different

Lemon & Cumin Hummus

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



£9.20

Tuna, Olives & Capers on Sourdough

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



£9.60

Smoked Mackerel Pate, Beetroot & Horseradish

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

£10.00

Griddled Falafel & Hummus Wrap

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



£10.20

Brie, Olive & Chilli Jam Wrap

with Spinach & Carrot. Served with Salad & Chips

£10.20



Retreat Gourmet Burger



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



£14.50



Baked Hummus Sharing Board



- Enough for Two -

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



£14.40

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

£12.50



Shares & Sides

Chips Sharing Bowl / Cheesy Chips £4.50 / 5.50

Rosemary Sweet Potato Fries Bowl £5.60
served with our sticky Chilli Jam

Bowl of Salted Rosemary Fries £5.00
served with our sticky Chilli Jam

2 Slices Granary Bread & Butter £3.30

Dressed Mixed Salad & toasted seeds £3.50

Pot of Chutney / Black Garlic Ketchup 80p

Extra butter portion 40p

Little Ones

Finger Sandwich Stack

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

Soft Cheese / Jam / Peanut butter / Ham

£5.50

Beans on Toast (Small / Large) £5.00 / £6.50

Served on buttered white toast

Rainbow Fruit Ice Lolly (with cheeky veg) £3.30

- 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

