

The Retreat Vegetarian and Vegan Café and Tea Rooms

BREAKFAST/BRUNCH - Served between 10.30 and 12 noon




Scrambled eggs on toast	£4.00
Poached eggs on Toast	£4.00
Two slices of cheddar cheese on toast	£4.00
Two slices of beans on toast	£4.00
Toasted currant tea cake	£2.00

ALL DAY MENU - 10.30 am to 4.00 pm

Dairy Free = **DF** Gluten Free = **GF**

Sandwiches - Bread : Choose from Granary/wholemeal/white sliced



2 hot veggie sausage with spicy relish	£3.80
Wensleydale or cheddar with fresh crunchy salad	£3.80
Brie with grapes	£3.80
Goats cheese with salad	£3.80
Stilton and salad or Stilton with chutney/pickle	£3.80
Home made hummus with salad(DF)	£3.80
Crunchy fresh salad sandwich	£3.50
Mature cheddar with Branston pickle or chutney or tomato	£3.60
Egg mayonnaise with salad	£3.60
Wensleydale cheese with Branston pickle or chutney or tomato	£3.60
Peanut butter and banana	£3.50

Dairy-free spread available, please ask

Gluten Free bread available for sandwiches and toasties, please ask

Hot Toasties - Bread : Granary/wholemeal/white sliced £4.50

Fillings : Cheddar or Wensleydale cheese with Branston pickle
Or chutney or tomato or onion with a salad garnish

Gluten Free bread toastie with above fillings £4.80

Home Made Soup of the Day (see our special board) **GF DF** £3.80

Served with chunky granary bread and butter or dairy free spread

Or gluten-free crackers or gluten-free bread and butter

Baked Potato with butter or dairy free spread £3.50

Fillings : Baked beans : grated cheese : hummus (**DF**) (**GF**) £1.50

Home made chilli (**DF**) contains soya mince £2.00

(extra filling £1.00)

Served with a salad garnish

Please turn over for more meals

Panini - served with either salad or chips **£6.80**

Choose one cheese and one compliment filling :

Cheddar cheese, Wensleydale cheese, Brie, mozzarella, goats cheese

Or stilton cheese with either : red onions, tomato, chutney or pickle

(e.g. mozzarella and tomato with chips)

Home Made Meals :

Vegetable Chilli served with rice or chips (DF) (contains soya mince) **£6.80**

Brazil nut, mushroom & vegetable pie with salad and chips (DF) **£6.80**

Wensleydale and spinach quiche with salad and chips **£6.80**

Ratatouille lasagne with salad and chips **£6.80**

Salad Bowls (GF)

Traditional Greek Salad (Feta cheese, tomatoes, lettuce and olives) **£6.50**

Philadelphia and peach salad **£6.50**

Stilton and pear and walnut salad **£6.50**

Toasted goats cheese on a bed of salad leaves with a crunchy salad (GF) **£6.80**

Ploughman's lunch with mature cheddar or Wensleydale **£6.80**

Crunchy salad with one of the following : cheddar cheese, Wensleydale cheese, brie,, egg mayonnaise (GF) Hummus (DF) **£6.80**

Omelette plain : with salad or chips (GF) **£5.00**

Omelette fillings : cheese or onion or mushrooms or tomatoes **£0.80**

Quarterpound veggie-burger, mayo & salad in a wholemeal roll with relish and chips **£6.50**

Quarterpound veggie-burger, vegan mayo & salad in a wholemeal roll with relish and chips (DF) **£6.50**

Quarterpound gluten-free veggie-burger in a gluten-free roll, gluten-free mayonnaise with relish and chips (GF) **£6.50**

Cheesy chip butty in white, wholemeal or granary bread **£5.50**

Chip butty in white, wholemeal or granary bread **£5.00**

Portion of chips (GF) **£4.00**

Side Salad **£4.00**

CHILDRENS MENU :

1 veggie-sausage and chips **£3.50**

1 veggie-burger with chips (not in a roll) **£3.50**

1 slice of beans on toast **£3.50**

1 slice of cheese on toast **£3.50**

Sandwiches (without salad garnish) : **£3.50**

Peanut butter, strawberry jam, marmite, soft cheese **£3.00**

Please note our veggie sausages and veggie burgers are not home made

Our vegetables, free-range eggs, dairy products and breads are from local suppliers, Grassington, Hebden and Skipton