

Lunch Bites

MENU



Lunch Bites menus served 11:30am to 2:00pm

Sandwiches – £2.95

(Gluten free bread available)

Choose from one of the following fillings; egg mayonnaise, tuna mayonnaise, roast chicken, cheese, roast ham or prawns in marie rose sauce.

Available on white or brown bread and served with a salad garnish.



Hot Sandwiches – £3.95

Served on ciabatta and accompanied by salad garnish and crisps.

Choose from one of the following:

Grilled peri peri chicken, mayonnaise / Bacon, cheddar cheese and sweet chilli / Mozzarella, salad tomato, rocket leaves.



Toasties – £2.95

(Gluten free bread available)

Choose from the following fillings; cheese, onion, tomato, tuna mayonnaise or ham.

Served on buttered white or brown bread.



Jacket Potatoes – £3.25

Fillings – £1.00

Choose from one of the following fillings; beans, cheese, tuna mayonnaise or beef chilli*.

All jacket potatoes are served with salted butter and a salad garnish.



*Additional £1 supplement

Soup of the Day – £2.95

(Please ask)

Home-made bread roll, salted butter.



Salads – £4.50

Includes tomatoes, cucumber, pepper, onions, lettuce, boiled egg, beetroot.

Choice of protein; roast ham, roast chicken, tuna mayonnaise, prawn or cheese.



If you have any allergies or food intolerances, please speak to a member of our staff about the ingredients in your meal when making your order.

All allergens are highlighted using the allergen key as displayed below.

						
Crustacean	Soya	Celery	Milk	Peanut	Eggs	Tree Nuts
						
Molluscs	Sulphur Dioxide	Cereals (Gluten)	Lupin	Fish	Sesame Seed	Mustard

Café Retreat Loyalty Cards can be used with all Lunch Bites options.

Please ask a member of staff for a card or to stamp your existing card when ordering.

If you would like any more information regarding the ingredients we use in any of our dishes please ask.