

Coffees

Espresso £2.50

A short, strong, black coffee with no milk.

Large Espresso £3.00

A double Espresso shot, for those who like it strong.

Macchiato £2.50

Espresso topped with just a dash of milk.

Americano £2.50

Coffee, mixing shots of Espresso with hot water.
Add milk if you like.

Cappuccino £2.70

Coffee combining Espresso with steamed, frothy milk and chocolate.

Caffe Latte £2.70

Coffee made with steamed milk, not as strong as Cappuccino.

Brandys

Fine selection of Brandys available.
Please ask at the bar.

Fine Selection of Wines

Fine selection of wines served by 125/175/250ml glass or bottle. Please ask at the bar.

Having a wee celebration? Prosecco or a little bit of Pink Fizz by the glass always available.

Allergies

Some of our menu items contain nuts, seeds and other allergens. There is a small risk that tiny traces of these may be in any other dish or food served here. We understand the dangers to those with severe allergies. Please ask a member of staff who may be able to offer an alternative choice.

All our dishes are freshly prepared using locally sourced products from independent Stroud traders whenever possible

All prices include VAT at its current level of 20%

The Retreat At Stroud
28 Church Street, Stroud
(01453) 750208

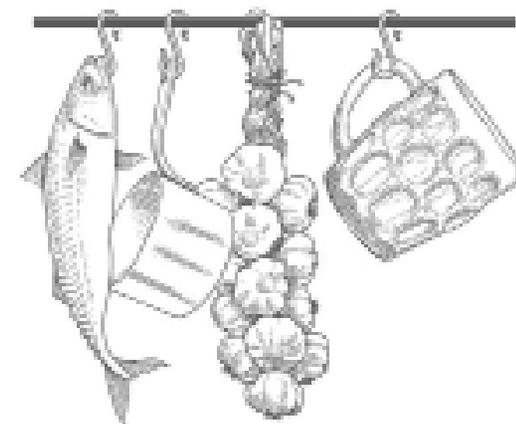


Established 1988

The RETREAT

Lunch Menu

Lunch served Monday to Saturday
from 12-2.30pm



Light Bites

Home marinated olives with pitta £4.00 (ve)

Fresh tomatoes cooked in olive oil with herbs served on organic toasted bread with fresh salad £7.00 (ve)

Cheese Board: homemade onion relish with mature cheddar, french blue, brie and chilli cheese with a selection of crackers £9.00 (v)

Sandwiches

On organic bread served with fresh salad

Tuna and mayonnaise £5.50

Cheese and pickle £5.50 (v)

Ham and mustard £5.50

Smoked salmon and cucumber £8.00

Prawn and mayonnaise £7.00

Rare beef and horseradish £8.00

Brie, cranberry preserve and lettuce £7.50 (v)

Hot sandwiches

On organic bread served with fresh salad

Smoked chicken and mayonnaise with salad - absolutely wonderful on granary bread £8.00

Hot ham and melted cheese with salad £8.00

Steak and mushroom with salad £8.00



Fresh Crispy Salads

Served with organic, crusty bread.

All of our salads can be made vegan friendly and gluten free on request.

King prawns fried in garlic butter and bread £12.00

Greek Salad - a delicious combination of tuna, feta cheese and our home marinated olives £9.00

Prawn and Olive Salad - a wonderful combination of tastes £10.00

Smoked Salmon Salad - something special £11.50

Crispy Bacon Salad £9.00

Swiss Style Potato Rosti

All Rosti are served with a generous amount of fresh salad

Bacon and mushrooms in garlic cream £12.50

Organic mushrooms fried in herb butter £10.00 (v)*

Leek and courgettes in garlic and parsley cream sauce £12.50 (v)

Melted stilton - simply scrumptious £12.50 (v)

Prime ham with melted cheddar cheese £12.50

Smoked Scottish thick-cut salmon £13.50

Bacon and brie £12.50

Special Rosti - Chorizo salami and melted cheddar cheese £12.50

v vegetarian
vg vegan
v* can be made suitable for vegans

Chefs Specials

Local rib eye steak, pan fried to your liking served with sauté potatoes and fresh salad £16.95

Tamari chicken breast, cooked in a sweet soy sauce served with sauté potatoes and fresh salad £12.50

Ploughman's with mature cheddar cheese, prime ham, organic bread, pickled onions and chutney £10.00

Enchiladas filled with smoked chicken breast, peppers and chillies covered with cheese, nacho chips, sour cream and fresh salad £10.50

Enchiladas (The Veggie Version) filled with fresh vegetables served with nacho chips, sour cream and fresh salad £10.50 (v)

Cover your enchilada in spicy chilli cheese £1.50

Lamb burger in a toasted bun with fresh salad and a choice of cheddar cheese, stilton or hot chilli cheese. Served with potato salad £11.50

Forest of Dean wild boar spicy chilli bowl served with tortilla crisps and granary bread £10.00

Add cheddar cheese and sour cream £1.50

Spicy chicken and vegetable pasta stir fry £13.50

Pasta and homemade pesto with salad and bread £9.00 (v)

Famous Bubble & Squeak

with choice of topping..

Garlic and melted cheese £11.50 (v)

Roast Gloucestershire beef served hot or cold with gravy and horseradish £13.50

Smoked Scottish thick-cut salmon £13.50

Forest of Dean wild boar spicy chilli £12.00

Black pudding with a choice of mustards £11.00