

## Coffees

Espresso £2.30

A short, strong, black coffee with no milk

Large Espresso £2.50

A double Espresso shot, for those who like it strong

Macchiato £2.30

Espresso topped with just a dash of milk

Americano £2.30

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

Cappuccino £2.50

Coffee combining Espresso with steamed, frothy milk & chocolate

Caffe Latte £2.50

Coffee made with steamed milk, not as strong as Cappuccino

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## 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

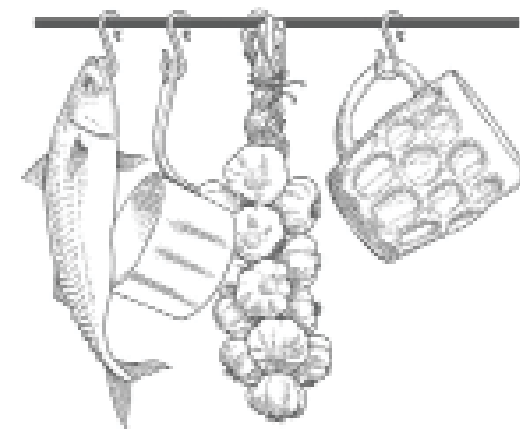


Established 1988

The RETREAT

# Lunch Menu

*Lunch served Monday to Saturday from 12-2.30pm*



## Light Bites

Beetroot houmous & traditional houmous with warm pitta £6.00

Home marinated olives with pitta £4.00

Mezze Plate: houmous selection, home marinated olives, tzatziki & sun-dried tomatoes served with pitta £8.50

Cheese Board: homemade onion relish with mature cheddar, French Blue, Brie & chilli cheese with a selection of crackers £8.00

## Sandwiches

*on organic bread served with fresh salad*

Tuna & Mayonnaise £4.50

Cheese & Pickle £4.50

Ham & Mustard £5.00

Smoked Salmon & Cucumber £6.50

Prawn & Mayonnaise £6.50

Rare Beef & Horseradish £7.50

Brie, Cranberry Preserve & Lettuce £6.50

## Hot sandwiches

*on organic bread served with fresh salad*

Smoked Chicken & Mayonnaise with salad - absolutely wonderful on granary bread £7.50

Hot Ham & Melted Cheese with salad £7.00

Steak & Mushroom with salad £7.50

## Fresh Crispy Salads

*served with organic, crusty bread*

King Prawns fried in garlic butter and bread £11.00

Homemade houmous £7.50

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

Prawn & Olive Salad - a wonderful combination of tastes £9.00

Smoked Salmon Salad - something special £10.50

Greek Platter - salad with houmous, tzatziki, olives & pitta bread £9.00

Crispy Bacon Salad £9.00

## Swiss Style Potato Rosti

*All Rosti are served with a generous amount of fresh salad*

Bacon & Mushrooms in garlic cream £12.00

Organic Mushrooms fried in herb butter £10.00

Leek & Courgettes in garlic & parsley cream sauce £12.00

Melted Stilton - simply scrumptious £12.00

Prime Ham with melted cheddar cheese £12.00

Smoked Scottish thick-cut Salmon £12.50

Bacon & Brie £12.00

Special Rosti - Chorizo Salami & melted cheddar cheese £12.00



## Chefs Specials

Local Rib Eye Steak, pan fried to your liking served with sauté potatoes & fresh salad £16.00

Tamari Chicken Breast, cooked in a sweet soy sauce served with sauté potatoes & fresh salad £11.50

Ploughman's with mature cheddar cheese, prime ham, organic bread, pickled onions & chutney £9.00

Enchiladas filled with smoked chicken breast, peppers & chillies covered with cheese, nacho chips, sour cream & fresh salad £9.50

*Cover your enchilada in spicy chilli cheese £1.50*

Enchiladas - The Veggie Version, filled with fresh vegetables served with nacho chips, sour cream & fresh salad £9.50

*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 German potato salad £10.50

Forest of Dean Wild Boar Spicy Chilli Bowl served with tortilla crisps & granary bread £10.00  
*Add cheddar cheese & sour cream £1.50*

Spicy Chicken and Vegetable Pasta Stir fry £12.50

Pasta and Homemade Pesto with salad and bread £8.00

## Famous Bubble & Squeak

*with choice of topping..*

Garlic & Melted Cheese £10.00

Roast Gloucestershire Beef, served hot or cold with gravy & horseradish £12.50

Smoked Scottish thick-cut Salmon £12.50

Forest of Dean Wild Boar Spicy Chilli £11.00

Black Pudding with a choice of mustards £10.00