

# MENU

## BREAKFAST

*Sunny side up*

SERVED BETWEEN  
9AM-11AM

### YOUR WAKE UP CALL

#### SMASH IT UP £8.50 V

Smashed avocado | Chilli | Poached eggs  
Slice of toast | Add bacon £1.50

#### EGGS BENEDICT £9.50

Toast | Smoked Bacon | Poached  
or Scrambled Egg | Hollandaise Sauce

#### VEGAN BENEDICT £8.50 VG

Toast | Smashed avocado  
Mushrooms | Vegan mozzarella | Chilli flakes

#### EGGS ROYALE £9.50

Toast | Smoked salmon | Poached  
or Scrambled egg | Hollandaise sauce

#### TRIPLE STACKED PANCAKES £8.50

Please choose two toppings from:

Blueberries | Banana | Maple syrup | Smoked  
bacon | Chocolate drizzle | Fruit compote

#### GRANOLA BOWL £5.50 V

Natural yoghurt | Granola mix | Blueberries

GLUTEN & DAIRY FREE  
OPTIONS AVAILABLE

## LET'S GET FIZZY

### BOTTOMLESS BUBBLY BRUNCH £30

Enjoy a granola bowl followed  
by any breakfast option,  
to include 1 hour 20 minutes  
of unlimited bubbly\*

\*Bubbly will be served one glass  
at a time. 1 hour 20 minutes starts  
from your booking time.

PRE-BOOKING REQUIRED

## LUNCH

*Delicious dishes*

SERVED BETWEEN 11AM-5PM

### WRAPS OR CIABATTA

#### CHICKEN CLUB £8.50

Roast chicken | Smoked bacon | Cheese  
Lettuce | Tomato | Mayonnaise

#### VEGGIE CLUB £7.50 V

Avocado | Mushroom | Red onion  
Mozzarella | Chilli flakes

#### FISH FINGERS £6.50

Mixed leaves | Mayonnaise  
VEGAN OPTION AVAILABLE

#### FALAFEL WRAP £7.50 VG

Falafel | Houmous  
Red pepper | Mixed leaf  
Served with tomato chutney  
and salad garnish

GLUTEN & DAIRY FREE  
OPTIONS AVAILABLE

### BURRITO BOWLS

Our healthy burrito bowls are full of fresh,  
local vegetables, perfect for a filling lunch.

#### SUPERFOOD BURRITO BOWL £8 VG

Black beans | Spiced rice | Avocado  
Crunchy slaw | Mixed leaves | Tomato | Salsa

ADD FETA & QUINOA FOR £1

ADD ROASTED CHICKEN FOR £1.50

GLUTEN & DAIRY FREE  
OPTIONS AVAILABLE

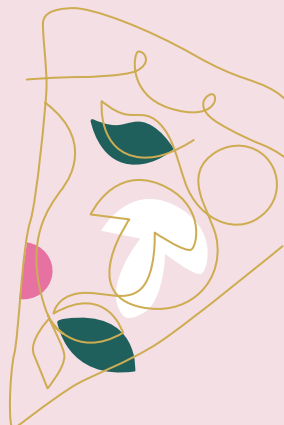
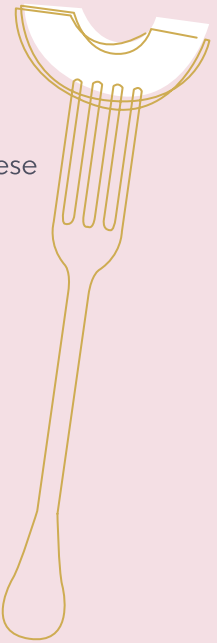
### ITALIAN PIZZA BASE £8

Delicious pizza with a cheddar  
and mozzarella base, served with  
a salad garnish and chunky slaw.

#### CHOOSE FROM

Pesto, mozzarella  
& sundried tomato  
Chorizo, red pepper & feta  
Serrano ham & mozzarella

GLUTEN, DAIRY FREE &  
VEGAN OPTIONS AVAILABLE



# TRADITIONAL AFTERNOON TEA

*Indulge with us*

SERVED FROM 12PM-4PM  
PRE-BOOKING REQUIRED

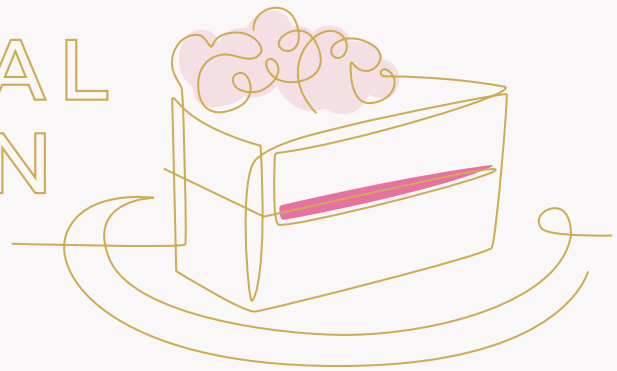
Afternoon Tea is a long standing English tradition and the perfect treat to be enjoyed in our Blossom Café.

Our Butterfly Afternoon Tea includes a selection of sandwiches and savoury treats alongside delicious cakes, pastries and traditional scones served with jam and clotted cream.

## AFTERNOON TEA £18.95\*

Includes Tea, Herbal Tea  
or Americano Coffee.

\*Prices are per person, minimum of two people.



## BUBBLY AFTERNOON TEA £24.95\*

Includes a glass of bubbly per person.

GLUTEN & DAIRY FREE OPTIONS AVAILABLE

### Fancy Bottomless Bubbles?

Upgrade for only £15 to get  
unlimited\* bubbly for 1 hour  
20 minutes.

\*Bubbly will be served 1 glass at  
a time, 1 hour 20 minutes starts  
from your booking time.

## BAGUETTES

FILLED WITH YOUR CHOICE  
FROM THE FOLLOWING

SMOKED SALMON,  
CREAM CHEESE & AVOCADO

ROAST CHICKEN, PEPPERS  
& TZATZIKI

BASIL, PESTO, MOZZARELLA,  
TOMATO & ROCKET

SERRANO HAM, SMOKED CHEESE  
& CHILLI JAM

HUMMUS, MUSHROOM,  
TOMATOES & ROCKET

All served with salad garnish  
and hand cooked crisps.

£8.50 EACH

## FOOD FOR THOUGHT

At The Retreat we cater for everyone, so  
please ask a member of our team should  
you have any dietary requirements.

**V** VEGETARIAN **VG** VEGAN

### ALLERGIES & INTOLERANCES

Please speak to a member of our team  
about the ingredients on our menu.

## KIDS

UP TO 12 YEARS

### FEEDING THEIR HUNGER

£5 EACH

Includes a soft drink.

HAM OR CHEESE SANDWICH

FISH FINGER SANDWICH

ITALIAN BASE PIZZA

Choose from a delicious 3 cheese  
pizza or a cheese and chorizo topping

### CHILDREN'S AFTERNOON TEA £10

Selection of finger sandwiches,  
savoury treats and delicious cakes  
served with a soft drink

Pre order required.

GLUTEN FREE  
OPTIONS  
AVAILABLE



# LIGHT BITES

*Snack*



SERVED BETWEEN 9AM-5PM

## JUST WHAT I FANCY

BACON BAGUETTE £5

SAUSAGE BAGUETTE £5

TOAST £2.95

TOASTED TEACAKE £2.95

HAM & CHEESE TOASTIE £5

CROISSANTS FROM £1.50

SELECTION OF HOMEMADE  
CAKES FROM £2.95

# CRÊPES & WAFFLES

SERVED BETWEEN 9AM-5PM

## DECADENT

## & DELIGHTFUL £6 EACH

Big American style waffles or hot  
fresh pancakes filled with goodies.

Choose between the two and then  
make it your own by choosing options  
from the lists below:

### CHOOSE 2 TOPPINGS:

Banana | Strawberries | Blueberries

Milk chocolate hazelnut spread

Biscoff spread | Brownie chunks

Marshmallows | Chopped nuts

### CHOOSE YOUR DRIZZLE:

Chocolate | Toffee | Maple syrup

Strawberry | White chocolate

### ADD A SCOOP OF:

Vanilla ice cream | Strawberry ice cream

Add cream

### EXTRA TOPPINGS

60P EACH

GLUTEN FREE  
WAFFLES  
AVAILABLE

# DRINKS

*Sip + Savour*

## HOT DRINKS

### COFFEE

AMERICANO £2.95

CAPPUCCINO £3.25

LATTE £3.25

FLAT WHITE £3.10

MOCHA £3.45

SYRUPS 50P



## TEA

POT OF TEA FOR ONE £2.40

POT OF TEA FOR TWO £3.80

FRUIT TEAS £2.60

Peppermint | Green

Chamomile | Red berries

## HOT CHOCOLATE

HOT CHOCOLATE £3.10

DELUXE HOT CHOCOLATE £3.40

Topped with cream and  
fluffy mini marshmallows.

UNICORN HOT CHOCOLATE £3.80

Warm and creamy pink hot  
chocolate, topped with fluffy  
mini marshmallows and  
unicorn sprinkles.

### KIDS LUXURY

HOT CHOCOLATE £2.65

Topped with cream plus a choice  
of 2 toppings: Mini marshmallows  
White chocolate drops | Mini Smarties  
Sprinkles | Chocolate or Strawberry sauce.

## COLD DRINKS

COCA-COLA £3.10

DIET COKE £3.10

SPARKLING ELDERFLOWER £3.95

ROSE LEMONADE £3.25

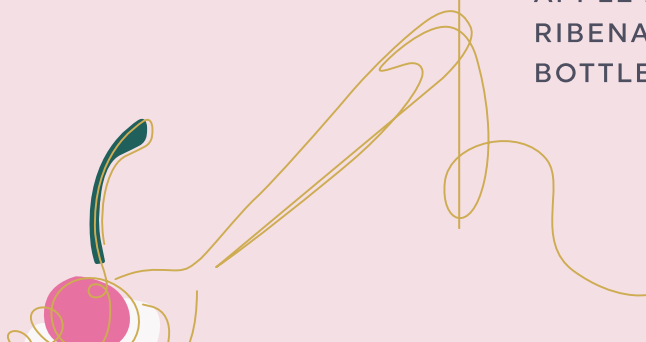
FRESH ORANGE £2.40

TROPICAL JUICE £2.40

APPLE JUICE £2.40

RIBENA CARTON £1.45

BOTTLED WATER £1.60



# ALCOHOL

*Pop Fizz Clink*

## PROSECCO

GLASS £7

BOTTLE £30

## WINE

BY THE GLASS 125ML £5.50

## BOTTLED BEER

PERONI £5.50

BIRRA MORETTI £5.50

## CIDER

OLD MOUT £5



# THE SOCIAL SPACE

*Get together*

PLANNING AN EVENT? BOOK  
OUR SPACE FOR THAT SPECIAL  
OCCASION, OR JUST TO  
CREATE THAT WOW FACTOR

**NEED A SPACE? WE'VE  
GOT THE PERFECT PLACE**

[retreat@beautytemple.co.uk](mailto:retreat@beautytemple.co.uk)

**0333 313 4003**

# COCKTAILS & MOCKTAILS

*Sip + savour*

## SIGNATURE COCKTAILS

### GLITTERBOMB £8

Add a bit of sparkle to your day! This fun raspberry flavoured cocktail, includes edible glitter and Prosecco.

### SPARKLING PORN STAR MARTINI £8

Sweet vanilla vodka flavours balanced by sharpness of passion fruit, complimented by a shot of Prosecco on the side.

### TEMPLETINI £8

The Beauty Temple take on a Martini! This is a delicious fruity that partners passion fruit, Prosecco and Aperol for a hint of grapefruit.

### CHAMBORD ROYAL £8

A sumptuous French liqueur made from dark raspberries macerated in cognac and honey, topped with Prosecco.

### ESPRESSO MARTINI £8

A decadent and sophisticated cocktail with a perfect balance of vodka and coffee.

### STRAWBERRY DAIQUIRI £8

A classically refreshing cocktail.

### PASSIONFRUIT MARTINI £8

Silky smooth and sweet balanced with the sharpness of passionfruit.

### MIMOSA £8

A delicious combination of Prosecco & orange juice.

## ALCOHOL FREE

### STRAWBERRY SHIMMER SPRITZ £5

Enjoy the sweet and juicy taste of strawberries all year round. This fruity mocktail is finished with a splash of vanilla and shimmer spritz.

### FLOAT LIKE A BUTTERFLY £5

A delicious tropical mocktail with a touch of blackcurrant.

### CHALLENGE 25

We operate a Challenge 25 Policy, if you are lucky enough to look under the age of 25 you will be asked to prove you are 18. If you are under 18 it is an offence to attempt to buy alcohol.

