



Available Friday, Saturday and Sunday from 5.30pm-8.30pm in The Great Barn.

SAMPLE Dinner Menu

We believe in the healing power of food, with wellbeing at the very heart of why we created Retreat East. This is represented in the ethos around our menu with simple, seasonal, healthy dishes.

Starters

Soup fresh from the garden (please ask what chefs created today)	7
Moong dal with ginger, green chilli, garlic, curry leaves and coriander	8
Farm smoked mackerel, horseradish celeriac remoulade and peppery leaves	9
Roasted peppers with tomato, garlic, basil and grilled goats' cheese	9
New Season Asparagus with soft poached egg and parmesan shavings	10

Mains

Risotto 'ortolana' – spring risotto with garden vegetables	16
New Season Asparagus, red onion, Suffolk blue cheese tart with herb tossed new potatoes	18
Seared wild seabass, new potatoes, caramelised fennel and confit tomatoes	24

Chefs special

Suffolk spring lamb rack, potato purée, sautéed spinach and ratatouille	27
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Sweets

Goopy meringues with cream and red berry compote	7
Apple tarte tatin with Alder Carr vanilla ice cream	8
Bitter chocolate tart with creme fraiche	8
Suffolk cheese selection	9

Please ask if you have any concerns regarding allergens and intolerances, our menu is produced with all fresh ingredients daily