



Available Saturday, Sunday and Monday from 11am-3pm in The Great Barn.

## SAMPLE Brunch 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 dishes using local suppliers and produce from our kitchen garden.*

### *Breakfast*

The Retreat East Breakfast; eggs, sausages, bacon, mushroom & tomato.	9
The Vegan Treat Breakfast; vegan sausages, mushroom, tomato & organic baked beans.	9
Scrambled or poached eggs on toast. (add smoked salmon)	6 9
American- style pancakes, maple syrup, Greek yogurt and mixed berry compote	6

### *Brunch*

Avocado smash, chilli flakes, lemon & mint on sourdough toast with poached eggs. (without eggs)	9 7
Eggs Benedict                      or                      Eggs Royale                      or                      Eggs Florentine Local Ham                                      Smoked Salmon                                      Kale Traditionally served on a toasted English muffin & hollandaise sauce.	9
Baked Farmhouse eggs, cavolo nero, spicy tomato sauce & feta cheese	8
Smoked salmon, cream cheese sandwich, Dressed leaves	8
Soup fresh from the garden (please ask us for chef recommendation).	6

### *Retreat East Farmhouse Boards*

Grazing board of local meats, cheeses and condiments	14
Garden vegetable grazing board, condiments & dips (vegan).	10

### *Retreat East Smoothies*

Detox; Kale, Apple & Spinach.	8
Energy; Mixed berries, banana & yoghurt.	8
Relax; Pear, blueberry & lavender.	8

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

suffolk.farm