



Available Friday, Saturday and Sunday from 6pm-9pm in The Great Barn.

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 that are designed to share.

Soup fresh from the garden (please ask us for chef recommendation).	7
<i>Starters 9 each or 15 to share between two</i>	
Beetroot, pickled blackberries & tarragon.	9/15
Honey baked figs, feta cheese & mustard leaves.	9/15
Warm roasted roots, walnuts, kale & pear.	9/15
<i>Mains 18 each or 32 to share between two</i>	
Broccoli & mushroom tagliatelle pasta with pecorino fonduta.	18/32
Garden pumpkin & sage risotto, goats cheese, pine nuts & winter leaves.	18/32
“Hogan Hens” roasted chicken, creamy leeks, butternut squash, rainbow chard & pearl barley.	18/32
Garden vegetables & “Suffolk Blue” gratin with crispy breadcrumbs.	18/32
East coast cod, local sweetcorn, cavolo nero & tomato lentils.	18/32
Truffle baked “St. Jude” cheese, wild mushrooms, polenta chips, garlic bread and salad (sharing only)	32
<i>Sweets 8 each</i>	
Iced dark chocolate parfait, boozy cherries & honeycomb.	8
St Clements posset with shortbread.	8
Orchard fruit crumble with local ice cream.	8
Local cheese, condiment & cracker plate.	8

Available Friday, Saturday and Sunday 11am-5pm in The Great Barn



Brunch Menu

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Breakfast

- The Retreat East Breakfast; eggs, sausages, bacon, mushroom & tomato. 9
- The Vegan Treat Breakfast; vegan sausages, mushroom, tomato & organic baked beans. 9

Brunch

- Avocado smash, chilli flakes, lemon & mint on sourdough toast. 7
(with eggs) 9
- Open sandwich of "Pinney's of Orford" hot smoked salmon, beetroot humus & garden leaves. 9
- Baked farmhouse eggs, rainbow chard, tomato sauce & feta cheese. 8
- Soup fresh from the garden (please ask us for chef recommendation). 6
- Warm salad of pumpkin, walnuts & apple, "Baron Bigod" cheese, honey & mustard dressing. 8

Retreat East Farmhouse Boards

- Local hams, cheeses, condiments with bread & butter. 10
- Raw garden vegetables, condiments & dips (vegan). 10

Retreat East Smoothies

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



Prepared and ready for your arrival to your barn. Simply tell us in advance (min 24 hours before check-in) what you would like, and we will prepare your dishes, ready for your arrival.

In-Barn Dining

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 that are designed to share.

Choose one main per person

Hogan hen chicken, leek, squash in a crumble served with vegetables from the garden.

Smoked haddock & salmon gratin with a Suffolk cheddar topping with vegetables from the garden.

Chunky vegetable stew, thyme & rosemary dumplings.

Choose one dessert per person

St. Clement's posset and shortbread.

Dark chocolate delice & salted caramel.

Suffolk cheese, chutney & biscuits.

£30 per person. Add a bottle of Adnams Fizz for an additional £20.