

Please take a seat and we will take your order at the table.  
If you would prefer to sit outside please order and pay at the counter. Thank you.

All of our food is sourced from quality local suppliers & made fresh to order. Your patience is appreciated.

Served from 9am until 11:45am Monday to Friday & until 11:30am Saturday & Sunday

## Breakfasts

<b>The Salt House Breakfast</b>	<b>£8.95</b>	<b>Protein Breakfast</b>	<b>£7.50</b>
Two Rashers of Grilled Back Bacon, Pork Farmhouse Sausage, Doreen Black Pudding, Pan Fried Mushrooms, Grilled Tomato, Poached Egg, Heinz Baked Beans & Thick Cut Granary or Farmhouse Toast		Scottish Smoked Salmon, Baby Spinach & Two Poached Eggs	
<b>The Salt House Vegetarian Breakfast (v) £8.95</b>		<b>Add a Whey Protein Shake</b>	<b>for £3.70</b>
Two Eggs cooked any style, Sliced Avocado, Wilted Baby Spinach, Heinz Baked Beans, Pan Fried Mushrooms, Grilled Tomato & Thick Cut Granary or Farmhouse Toast		<b>Whole Smoked Kipper</b>	<b>£7.50</b>
<b>Kedgeree</b>	<b>£8.50</b>	Served with Lemon, Butter & Granary Toast	
Smoked Haddock with Curried Rice & Poached Egg (Our Kedgeree is made from scratch to order, your patience is appreciated)		<b>Beans on Toast (v)</b>	<b>£4.50</b>
		Heinz Baked Beans on Two Slices of Thick Cut Granary or Farmhouse Toast	

## Breakfast Sandwiches

<b>Grilled Back Bacon</b>	<b>£4.50</b>
<b>Farmhouse Pork Sausage</b>	<b>£4.75</b>
<b>Bacon, Egg &amp; Sausage</b>	<b>£6.50</b>
<b>Why not add:</b> an Egg, Mushrooms or Tomato	

## Bakery

<b>Pancakes</b>	<b>£6.25</b>
Served with Maple Syrup & Bacon	
<b>Pancakes (v)</b>	<b>£6.25</b>
Served with Maple Syrup & Fruit Compote	
<b>Cinnamon French Toast (v)</b>	<b>£6.45</b>
Served with Caramelised Banana & Maple Syrup	
<b>Toasted Teacake (v)</b>	<b>£2.50</b>
Served with Jam or Marmalade	
<b>Thick Cut Granary or Farmhouse Toast (v)</b>	<b>£2.50</b>
Served with Jam or Marmalade	
<b>Rolled Scottish Oat Porridge (v)</b>	<b>£3.95</b>
Served with Honey & Banana or Blueberries	

## Eggs

<b>Eggs on Toast (v)</b>	<b>£4.70</b>
Two Poached, Scrambled or Fried Eggs served with Thick Cut Granary or Farmhouse Toast	
<b>Why not add:</b> Avocado Scottish Smoked Salmon Grilled Back Bacon or Pork Sausage	

<b>Omelette</b>	<b>£6.50</b>
Made with Three Eggs & your choice of two fillings – Ham, Cheese, Tomato, Mushroom or Onion	

<b>Speciality Eggs</b>	
Poached Eggs Served on a Toasted English Muffin with Hollandaise Sauce	

<b>Eggs Benedict</b>	<b>£6.95</b>
With Ham	
<b>Eggs Florentine (v)</b>	<b>£6.95</b>
With Baby Spinach	
<b>Eggs Royale</b>	<b>£6.95</b>
With Scottish Smoked Salmon	

## Extras

<b>Grilled Bacon (2)</b>	
<b>Eggs (2)</b>	
<b>Avocado (½)</b>	
<b>Baby Spinach</b>	<b>£1.95</b>
<b>Smoked Salmon</b>	<b>£2.50</b>
<b>Baked Beans</b>	
<b>Mushrooms</b>	
<b>Black Pudding (1)</b>	
<b>Tomato</b>	
<b>Farmhouse Pork Sausage (1)</b>	<b>£1.50</b>

## Children's Menu

<b>£3.45</b> (Under 12 Years Old)
<b>Scrambled Egg &amp; Beans (v)</b>
<b>Eggy Bread (v)</b>
<b>Beans on Toast (v)</b>
<b>Sausage &amp; Beans</b>

All our food is prepared in a kitchen where nuts, cereals containing gluten and other allergens are present and our menu descriptions do not include all ingredients. If you have a food allergy or intolerance, please let us know before ordering. Dishes containing fish may contain small bones. (V) = made with vegetarian ingredients, however some of our preparation and cooking methods could affect this. If you require more information, please ask your server. All prices include VAT at the current rate.

V  
Vegetarian

## Hot Drinks

### Coffee

Coffee	£2.40
Decaf Coffee	£2.40
<i>Delicious Rijo42 Gourmet Arabica Coffee beans freshly ground to order</i>	
Americano	£2.40
Latte	£2.60
Large Latte	£3.20
Latte Macchiato	£2.60
Mocha	£3.10
Large Mocha	£3.60
Cappuccino	£2.70
Flat White	£2.80
Espresso	£2.00
Espresso Macchiato	£2.20
Double Espresso	£2.50
Iced Latte	£3.20
For an extra burst of flavour add one of our coffee syrups or an extra shot of coffee 50p <i>Hazelnut · Cinnamon · Caramel Vanilla · Toffee Nut · Almond · Gingerbread · Banana</i>	
Milk Alternative	50p
<i>Oat, Almond</i>	

### Teas

Tea	£1.95
Decaf Tea	£1.95
Earl Grey	£2.20
Green Tea	£2.20
Peppermint	£2.20
Jasmine	£2.20
Camomile	£2.20
Lemon & Ginger	£2.20
Chai	£2.20
Fennel	£2.20
Fruit	£2.20
Darjeeling	£2.20

### Liqueur Coffees

£5.25

Baileys Coffee	<i>Rich espresso, Baileys Irish Cream &amp; thick cream</i>
Calypso Coffee	<i>Rich espresso, Tia Maria &amp; thick cream</i>
Irish Coffee	<i>Rich espresso, Jameson's Irish whiskey &amp; thick cream</i>
Italian Coffee	<i>Rich espresso, Amaretto &amp; thick cream</i>
Café Royal	<i>Rich espresso, brandy &amp; thick cream</i>
Seville Coffee	<i>Rich espresso, Cointreau &amp; thick cream</i>
Frangelico Coffee	<i>Rich espresso, Frangelico &amp; thick cream</i>

### Hot Chocolate

Cadbury's Hot Chocolate	£3.00
<i>Made with steamed milk</i>	
Cadbury's Hot Chocolate	£3.50
<i>Made with steamed milk, whipped cream &amp; marshmallows</i>	
For an extra burst of flavour add one of our syrups 50p <i>Hazelnut · Caramel · Vanilla Toffee Nut · Gingerbread</i>	

## Soft Drinks

Pepsi · Diet Pepsi	
Lemonade	£1.95
Fruit Juice	£1.95
<i>Orange · Apple · Cranberry</i>	
Fentimans Victorian Lemonade	£2.50
Fentimans Dandelion & Burdock	£2.50
Fentimans Ginger Beer	£2.50
Fentimans Rose Lemonade	£2.50
Still or Sparking Mineral Water	£1.80
J20 – Orange & Passion Fruit	£2.50
J20 – Apple & Raspberry	£2.50
Pear & Elderflower Spritzer	£2.70
Fevertree Tonics	£2.20

### Smoothies

£3.45

*Choose up to three of the following fruit purées and syrups: Raspberry  
Strawberry · Peach · Passion Fruit Mango · Coconut · Blueberry*

### Ice Cream Float

£3.45

*A big scoop of Vanilla ice cream floated on your choice of Pepsi or Lemonade*

### Milkshakes

£3.60

*Ice cream is blended with milk and a choice of favoured syrups:  
Vanilla · Strawberry or Chocolate ice cream  
Hazelnut · Caramel · Toffee-Nut · Cinnamon syrups*

### Mocktails

£3.95

Faux-jito	<i>Apple juice, sugar syrup, fresh mint and lime</i>
Summer Cooler	<i>Cranberry juice, passion fruit purée, orange juice &amp; vanilla syrup</i>
Berry Sling	<i>Elderflower, strawberry, ginger, fresh lemon, cranberry &amp; apple juice</i>
Blueberry & Elderflower Fizz	<i>Lime, blueberry, elderflower &amp; soda</i>
Raspberry & Mint Lemonade	<i>Mint leaves, raspberry, lemon, sugar &amp; soda</i>