

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> Two Rashers of Grilled Back Bacon, Pork Farmhouse Sausage, Black Pudding, Pan Fried Mushrooms, Grilled Tomato, Poached Egg, Heinz Baked Beans, Potato Hash & Thick Cut Granary or Farmhouse Toast	<b>£9.50</b>	<b>The Salt House Vegetarian Breakfast (v)</b> Two Eggs cooked any style, Sliced Avocado, Wilted Baby Spinach, Heinz Baked Beans, Pan Fried Mushrooms, Grilled Tomato, Potato Hash & Thick Cut Granary or Farmhouse Toast	<b>£9.50</b>
<b>The Salt House Vegan Breakfast (ve)</b> Sliced Avocado, Wilted Baby Spinach, Heinz Baked Beans, Pan-fried Mushrooms, Grilled Tomato & Seitan	<b>£9.50</b>	<b>Protein Breakfast</b> Scottish Smoked Salmon, Baby Spinach & Two Poached Eggs	<b>£7.95</b>
<b>Whole Smoked Kipper</b> Served with Lemon, Butter & Granary Toast	<b>£7.50</b>	<b>Add a Whey Protein Shake</b>	for <b>£3.70</b>
		<b>Hot Smoked Salmon</b> Hot Smoked Salmon on Grilled Sourdough with Avocado and Crème Fraîche	<b>£10.50</b>

## Bakery

<b>Pancakes</b> Served with:	
Maple Syrup & Streaky Bacon	£6.50
Maple Syrup & Fruit Compote (v)	£6.50
Banana, Blueberries & Maple Syrup (v)	£6.50
<b>Waffles</b> Served with:	
Berries & Maple Syrup (v)	£6.95
Peanut Butter & Banana (v)	£6.95
Nutella, Strawberries & Cream (v)	£6.95
Poached Egg, Streaky Bacon & Maple Syrup	£7.95
Scrambled Egg, Mushrooms, Tomato, Halloumi & Beans (v)	£8.95
<b>Cinnamon French Toast (v)</b> Served with Caramelised Banana & Maple Syrup	<b>£6.95</b>
<b>Toasted Teacake (v)</b> Served with Jam or Marmalade	<b>£2.50</b>
<b>Thick Cut Granary or Farmhouse Toast (v)</b> Served with Jam or Marmalade	<b>£2.50</b>
<b>Rolled Scottish Oat Porridge (v)</b> Served with Honey & Banana or Blueberries	<b>£3.95</b>
<b>Chai Pudding Pot (Vegan)</b> Served with Banana, Blueberries & Maple Syrup	<b>£3.95</b>

## Eggs

<b>Eggs on Toast (v)</b> Two Poached, Scrambled or Fried Eggs served with Thick Cut Granary or Farmhouse Toast	<b>£4.75</b>
<b>Why not add:</b> Avocado Scottish Smoked Salmon Grilled Back Bacon or Pork Sausage	
<b>Omelette</b> Made with Three Eggs & your choice of two fillings – Ham, Cheese, Tomato, Mushroom or Onion	<b>£6.95</b>
<b>Eggs in a Basket</b> Fried Egg, Sourdough, Caramelised Onion & Crispy, Streaky Bacon	<b>£7.95</b>
<b>Vegan Omelette (Vegan)</b> With a choice of two fillings: Cheese, Avocado, Spinach, Mushroom, Onion or Tomato	<b>£6.95</b>
<b>Speciality Eggs</b> – Poached Eggs Served on a Toasted English Muffin with Hollandaise Sauce	
<b>Eggs Benedict</b> with Ham	<b>£6.95</b>
<b>Eggs Florentine</b> with Baby Spinach (v)	<b>£6.95</b>
<b>Eggs Royale</b> with Scottish Smoked Salmon	<b>£6.95</b>

V  
Vegetarian

GF  
Gluten  
Free

## Breakfast Sandwiches

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

## Children's Menu

<b>£3.65</b> (Under 12 Years Old)
Scrambled Egg, Sausage & Beans (v)
Eggy Bread (v)
Sausage & Beans

## Extras

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