



THE SALT HOUSE  
— KITCHEN —

BREAKFAST  
MENU

Served until 11:45am  
Monday-Saturday  
and 11:30am Sunday

Brunch Cocktails  
served from 11am

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 made fresh to order. Your patience is appreciated.

*All of our food is sourced from quality local suppliers and made fresh to order.*

*Your patience is appreciated.*

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## **Cooked Breakfasts**

### **The Salt House Breakfast - £6.50**

*Two Rashers of Back Bacon, Pork Sausage, Black Pudding, Pan-fried Mushrooms,  
Grilled Tomato, Poached Egg, Heinz Baked Beans & a slice of Toast.*

### **The Salt House Vegetarian Breakfast - £6**

*Pan-fried Mushrooms, Grilled Tomato, Two Eggs cooked any style,  
Wilted Spinach, Baked Beans & a slice of Toast.*

### **Kedgerree - £6.50**

*Smoked Haddock with Curried Rice & Poached Egg*  
(Our Kedgerree is made from scratch to order, your patience is appreciated)

### **Whole Kipper - £5.95**

*with Lemon & Butter served on Toast*

### **Protein Breakfast - £5.85**

*Smoked Salmon, Spinach & Eggs*

### **Add a Whey Protein Shake for £3.50**

*Protein per Pint - Water 25.5g / Skimmed Milk 46g / Semi Skimmed Milk 45.4g*

### **Beans on Toast - £4.25**

*2 slices of Bread*

## **Sandwiches**

### **Bacon Sandwich - £3.25**

### **Farmhouse Pork Sausage Sandwich - £3.95**

### **Bacon & Farmhouse Pork Sausage Sandwich - £4.50**

*Add an Egg, Mushrooms, or Tomato for 75p each*

### **Additional Items:**

**Egg, Back Bacon, Streaky Bacon, Sausage, Black Pudding,  
Beans, Tomato, Mushrooms – charged at 75p each**

## Eggs

*Scrambled, Poached or Fried*

Eggs on Toast - £3.25

Eggs & Bacon  
on Toast - £3.95

Eggs & Sausage  
on Toast - £4.25

Eggs & Smoked Salmon  
on Toast - £5.50

Omelette - £5.50

*Made with your choice of up to three  
fillings from: Cheese, Ham, Tomato,  
Mushroom or Onion*

Eggs Benedict - £5.75

*Poached Eggs served on a Toasted Muffin  
with Ham & Hollandaise Sauce*

Eggs Florentine - £5.75

*Poached Eggs served on a Toasted Muffin  
with Spinach & Hollandaise Sauce*

Eggs Royale - £5.95

*Poached Eggs served on a Toasted Muffin  
with Smoked Salmon  
& Hollandaise Sauce*

## Oats

Porridge - £2.50

*Served with a spoonful of Honey*

Add banana or blueberries  
for 50p

Granola & Yogurt - £3.95

## Bakery

Pancakes - £4.45

*Served with Maple Syrup*

Add streaky bacon for £1  
Add fruit compote for 75p

Cinnamon French Toast -  
£5.45

*Eggy Cinnamon Brioche served with  
Caramelised Banana & Maple Syrup*

White or Brown Toast served  
with Jam or Marmalade - £1.85

Toasted Teacake served with  
Marmalade or Jam - £2.50

## Something for the Kids

(under 12 years old)

£3.25

Dippy Eggs with Soldiers

Sausage, Scrambled Egg  
& Beans

Eggy Bread

Beans on Toast



## THE SALT HOUSE KITCHEN

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. Full allergen information for food and drink is available, upon request. 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.

6 Queens Parade, Seaburn, Sunderland, SR6 8DA 0191 529 3132

[www.thesalthousekitchen.com](http://www.thesalthousekitchen.com) [info@thesalthousekitchen.com](mailto:info@thesalthousekitchen.com)

