



LUNCH
MENU

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.

Please See the Board for Today's Soup & Delicious Specials

Sandwiches

All sandwiches marked (GF) have gluten free fillings & are available with Gluten Free Sliced Bread

Steak & Caramelised Onion Toasted Ciabatta with Melted Stilton (GF)	£8.95	Croque Monsieur Honey Roast Ham & a Mustard Cheese Sauce on toasted Thick Cut Bread	£6.75
Crispy Battered Fish Fingers on Thick Cut Bread <i>(Gluten Free available)</i>	£7.25	Prawn, Avocado & Marie Rose Sauce on Thick Cut Bread (GF)	£7.95
Melted Brie, Bacon & Cranberry Toasted Ciabatta (GF)	£6.75	Ham, Melted Cheddar & Tomato Toasted Ciabatta (GF)	£6.75
Courgette, Pesto, Spinach & Feta Toasted Ciabatta (V) (GF)	£6.75	Lightly Spiced Crab with a Lime & Coriander Mayonnaise on Thick Cut Bread	£7.95
Chicken Caesar Wrap (GF)	£7.25	Cheddar & Piccalilli on Thick Cut Bread (V)	£5.95
Ham & Pease Pudding on Thick Cut Bread (GF)	£6.45	Ham Salad with a Honey Mustard Dressing on Thick Cut Bread	£6.75
BBQ Pulled Pork & Melted Cheddar Toasted Ciabatta (GF)	£7.25	Confit Duck Wrap with Spring Onion, Cucumber, Baby Gem & Hoisin Sauce	£7.95
Chicken Club (GF) Bacon, Lettuce, Tomato, Chicken & Mayonnaise on Thick Cut Bread	£7.25		

Bigger Plates

The Salt House Burger Hand-pressed Beef & Pork Patty stacked with Bacon, Cheddar, Onion Rings & Salad. Served with Homemade Chips	£10.95	Steamed Mussels (GF) With White Wine, Shallots & Garlic or a Tomato & Chilli Sauce. Served with Homemade Chunky Chips	£9.45
Wholetail Whitby Scampi Homemade Chips & Salad	£9.95	Cottage Pie Minced Beef with Carrots & Peas in a Rich Gravy topped with Creamy Mashed Potato & Cheddar Cheese. Served with Buttered Vegetables	£9.95
Smoked Haddock Fishcakes Served with Fresh Greens, Cream Sauce & Soft Poached Egg	£9.95	Quesadilla Two Flour Tortillas filled with your choice of Seasoned Chicken or Vegetables & Melted Cheese. Served with Salt House Salad	Chicken £10.95 Vegetarian £9.95
Homemade Crispy Breadcrumbs Chicken Kiev & Thick Cut Chips	£10.95	Pan Fried Seabass (GF) Buttered Greens & Wasabi Mayonnaise	£9.95
Beer Battered Fish Homemade Chips, Mushy Peas & Tartar <i>(Gluten Free available)</i>	£10.95	Butternut Squash Tagine (V) Tabbouleh, Lemon Yoghurt & Flatbread	£9.95
Stilton & Mushroom Tarts (V) Salad & Sweet Potato Fries	£8.95		

Upgrade to Sweet Potato Fries from Chips on any Bigger Plate for £1

Sides & Sauces

Salt House Chunky Chips	£3.30
Sweet Potato Fries	£3.65
Crispy Potato Skins with Garlic Mayo or BBQ Dip	£3.10
Beer Battered Onion Rings	£3.10
Salt House Side Salad	£2.45
Homemade Slaw	£2
Buttered Greens	£3
Mushy Peas	£2
Sauces	95p

Children's Menu

Under 12 years old

£5.95

includes
a Scoop of Ice Cream

Homemade Fish Goujons
Chips & Beans or Garden Peas

Homemade Chicken Goujons
Chips & Beans or Garden Peas

Sausage, Chips & Beans

Mini Slider Burger & Chips

Cheese & Tomato Ciabatta Pizza

Salads

Chicken Caesar Salad	£10.95
Avocado, Chilli, Pesto & Feta (V) (GF)	£10.95
Quinoa, Butternut Squash & Tahini (V) (GF)	£10.95

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

GF
Gluten Free