

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>	£9.95	<b>The Salt House Vegetarian Breakfast (v)</b>	£9.95
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		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>The Salt House Vegan Breakfast (ve)</b>	£9.95	<b>Protein Breakfast</b>	£8.50
Sliced Avocado, Wilted Baby Spinach, Heinz Baked Beans, Pan-fried Mushrooms, Grilled Tomato & Facon		Scottish Smoked Salmon, Baby Spinach & Two Poached Eggs	
<b>Whole Smoked Kipper</b>	£8.50	<b>Add a Whey Protein Shake</b>	for £3.95
Served with Lemon, Butter & Granary Toast		<b>Hot Smoked Salmon</b>	£10.80
		Hot Smoked Salmon on Grilled Sourdough with Avocado and Crème Fraîche	

## Bakery

<b>Pancakes</b> Served with:	
Maple Syrup & Streaky Bacon	£8.95
Maple Syrup & Fruit Compote (v)	£8.95
Banana, Blueberries & Maple Syrup (v)	£8.95
Nutella, Strawberries & Cream (v)	£8.95
Poached Egg, Streaky Bacon & Maple Syrup	£9.95
<b>Cinnamon French Toast (v)</b>	£8.95
Served with Caramelised Banana & Maple Syrup	
<b>Toasted Teacake (v)</b>	£2.80
Served with Jam or Marmalade	
<b>Thick Cut Granary or Farmhouse Toast (v)</b>	£2.50
Served with Jam or Marmalade	
<b>Toasted Sourdough</b>	£3.50
Served with Jam or Marmalade	
<b>Rolled Scottish Oat Porridge (v)</b>	£4.25
Served with Honey & Banana or Blueberries	

## Eggs

<b>Eggs on Toast (v)</b>	£5.75
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>	£8.95
Made with Three Eggs & your choice of two fillings – Ham, Cheese, Tomato, Mushroom or Onion	
<b>Eggs in a Basket</b>	£9.95
Fried Egg, Sourdough, Caramelised Onion & Crispy, Streaky Bacon	
<b>Vegan Omelette (Vegan)</b>	£7.95
With a choice of two fillings: Avocado, Spinach, Mushroom, Onion or Tomato	
<b>Speciality Eggs</b> — Poached Eggs Served on a Toasted English Muffin with Hollandaise Sauce	
<b>Eggs Benedict</b> with Ham	£9.95
<b>Eggs Florentine</b> with Baby Spinach (v)	£9.95
<b>Eggs Royale</b> with Scottish Smoked Salmon	£9.95

## 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

£3.95
(Under 12 Years Old)
Scrambled Egg, Sausage & Beans
Eggy Bread (v)
Sausage & Beans

## Extras

Grilled Bacon (2) · Eggs (2)
Avocado (½) · Baby Spinach
Grilled Halloumi (2)
Hash Browns (2) · Baked Beans
£1.95
Smoked Salmon £3.50
Mushrooms
Black Pudding (1) · Tomato
Farmhouse Pork Sausage (1)
£1.50

V: Vegetarian

GF: Gluten Free

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.