

LIGHT BITES AND SHARING

Olives, mixed breads, oil and balsamic	4.50
Whole baked Cornish Camembert with caramelised red onion, pesto and toasted ciabatta	7.95
Meat antipasti board	8.95 / 13.50
cured meats, falafel, hummus, olives, roast Med veg and goats cheese, olive oil and balsamic, with mixed breads	
Vegetarian antipasti board	7.50 / 11.95
falafels, hummus, herb crusted halloumi, olives, roasted Med veg and goats cheese, olive oil and balsamic, and mixed breads	
Garlic prawns	6.95 / 12.50
pan-fried king prawns with sweet chilli and ciabatta	
Deep fried whitebait – with garlic mayo	6.95
Chorizo bites – with tomato and chilli	6.50
Hummus and falafels – with pitta bread	5.95
Roasted Mediterranean vegetables	5.50
with melted goats cheese and pesto	
Herb crusted fried halloumi - with tomato relish	6.50
Monkfish and tiger prawn skewers	7.50 / 13.95
with a cajun chilli drizzle served with mixed leaves and pitta	
Honey, lime and ginger chicken skewers	6.95 / 12.95
with a sesame, soy and coriander dressing, tsatsiki, pitta and mixed leaves	
Homemade lamb kofta skewers - with riata, pitta and mixed leaves (Skewers available as a main with roasted veg, pine nuts)	6.95 / 12.95

GOURMET BURGERS

Piri piri chicken fillet burger	10.95
in a Baker Tom's bun, with garlic mayo and fries	
Homemade beatroot and feta burger	11.50
in a Baker Tom's bap with sweet potato fries and red onion marmalade]	
'Smokehouse' burger	12.50
prime beef patty with smoked paprika, melted cheddar, grilled apple, smoked bacon and fries	
'Gains' burger	12.95
cajun chicken fillet, smoked bacon, brie, avocado, salad and fries	
Spiced lamb burger	10.95
homemade lamb patty, with tsatsiki and fries	
The 'Salt' burger	10.95
homemade beef patty, with mayo, Salt's homemade ketchup, fries and tomato relish – add cheddar, smoked bacon, blue cheese, sweet chilli or red onion marmalade (1.00 each)	
Skinny burger – any of the above burgers on a bed of mixed salad and tomato. Swap to sweet potato fries for £1	

GRILLED SANDWICHES

All 7.50, served 12pm – 3pm

Roasted vegetable melt	
roasted Mediterranean vegetables, pesto and goats cheese on a garlic ciabatta base	
Cajun spiced chicken breast	
with mango chutney, tomato and mixed leaves in a toasted ciabatta	
'Salt' Club sandwich	
smoked bacon, chicken breast, beef tomato and peppered mayo in a toasted ciabatta with mixed leaves	
B.L.T. with avocado	
smoked bacon rashers, crunchy lettuce, avocado, beef tomato and mayo	
Monk fish-finger ciabatta	
crumbed Cornish monkfish, lettuce, tomato and tartare sauce in a toasted ciabatta bun	
Add fries and apple coleslaw	1.50
Go skinny? Just swap the ciabatta for a bed of mixed leaves	

FROM THE LAND

'Hungrymans' spare ribs	12.95
slow cooked meaty pork ribs marinated in jerk sauce with chips, apple coleslaw and mixed salad	
Bookmaker steak melt	12.50
tender rump steak with red onion marmalade and melted blue cheese on a garlic ciabatta base, served with fries and apple coleslaw	
'Laksa' Thai chicken noodles	12.95
homemade Thai chicken curry with 'angel hair' noodles and naan	
Extra matured 10oz rump steak	15.95
Prime cut, served with chips, salad, onion rings and grilled vine cherry tomatoes	
Cornish 10oz matured rib-eye steak	19.95
Local cut of beef served with chips, salad, onion rings and grilled vine cherry tomatoes (pepper sauce / melted blue cheese 1.95 / Go Surf & Turf £3.95)	

FROM THE SEA

Homemade monkfish scampi	12.95
breaded local monkfish tail, served with salad, chips and homemade tartare	
Homemade Thai fishcakes	12.50
served with potato wedges, salad and sweet chilli sauce	
Posh fish & chips	14.95
black pepper dusted fried seabass with fries, mushy peas, mixed leaves and homemade tartare	
Monkfish and tigerprawn skewers	13.95
with a cajun chilli drizzle, served with roasted Mediterranean vegetables, pine nuts and pitta	

SALADS

King prawn and chorizo salad	12.50
pan fried prawns and fresh chorizo in a sweet chilli sauce, lemon and parsley dressing, on a bed of mixed leaves with tomatoes	
Chicken Caesar salad	11.95
chargrilled chicken breast, smoked bacon, cherry tomatoes, croutons, shaved parmesan on mixed baby leaves with Caesar dressing and anchovies	
Herb crusted halloumi salad	10.95
fried halloumi with seasonal herbs, on a mixed leaf salad with olives and cherry tomatoes	

SIDES

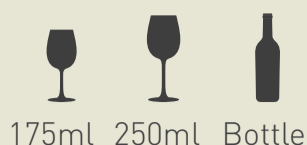
Side salad	2.60
Hummus and falafels – with pitta bread	5.95
Sweet potato fries	3.50
Seasoned French fries	2.80
Chunky chips	2.80
Spicy cheesy fries	3.80
Chunky potato wedges and dips	3.95
Garlic ciabatta / with cheese	2.95 / 3.50

LITTLE PEOPLE

All 6.50 with a juice or pop

Homemade scampi & chips	
Beef burger & chips	
Pork sausages, chips & baked beans	
BBQ pork rib & chips	
Breaded chicken nuggets & chips	
Kids steak & chips (served medium)	

WHITE WINES



	175ml	250ml	Bottle
Petirrojo reserve Sauvignon Blanc Bisquertt (Chile)	4.00	5.30	15.50
The Accomplice Chardonnay (Australia)	4.20	5.55	16.50
Principato Pinot Grigio - (Italy)	4.20	5.55	16.50
Southern Dawn Sauvignon Blanc (Marlborough, N.Z.)	5.10	6.80	19.95
Sol Y Sombra, Verdejo, (Spain)			18.95
Domaine de Morin, Piquet de Pinet (France)			20.95
Macon Lugny Les Genievres, Louis Latour (Burgundy)			23.95
Pascal Bouchard Chablis (France)			25.95

PINKS

	175ml	250ml	Bottle
Jack Rabbit Rose Zinfandel (California)	4.10	5.40	15.95
La Girouette rose (France)	4.25	5.65	16.95

RED WINES

	175ml	250ml	Bottle
Petirrojo reserve Merlot, Bisquertt (Chile)	4.00	5.30	15.50
The Accomplice Shiraz (Australia)	4.20	5.55	16.50
Sol Y Sombra Tempranillo/Syrah (Spain)	4.85	6.50	18.95
Finca del Alta Malbec Merlot (Argentina)			17.95
Reserve St Marc Cabernet Sauvignon (France)			17.95
Running Duck (Organic) Shiraz (South Africa)			18.95
Beef Steak Club, Malbec (Argentina)			18.95
PeMo, Montepulciano d'Abruzzo (Italy)			19.95
Volpetto Chianti (Italy)			19.95
La Girouette, reserve Pinot Noir (France)			19.95
Flori Barolo (Piedmont, Italy)			28.95

BUBBLES

	175ml	250ml	Bottle
La Delfina Prosecco Frizzante (Italy)	4.95		18.95
Prosecco minis (200ml)			5.50
Veuve Cliquot Yellow Label Champagne (France)			49.95

SOFT DRINKS

Franlins Ginger Beer	2.80
Franklins cloudy apple & rhubarb	2.80
Franklins strawberry & raspberry	2.80
Franklins tonic water	2.00
Bottle Green elderflower presse	2.80
Bottle Green elderflower & pomegranate	2.80
Frobishers pure apple juice	2.80
Frobishers pure orange juice	2.80
J20 orange & passion fruit	2.60
J20 apple & mango	2.60

Hildon Bottled Waters	2.20
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COCKTAILS – All £6.50



'Salt's' Espresso Martini – Back to the the 80's.
Stolichnaya vodka, Kahlua and espresso & Baileys. Shaken over ice for the perfect wake me up.

Rossini – The strawberry Bellini. Named after the Italian composer Gioachino Rossini. Strawberry puree, strawberry syrup, prosecco and lemon juice. Stirred together for the sophisticated strawberry lovers amongst us.

Long Island Spiced Tea – A gentle twist on the classic iced tea. Bombay Sapphire, Jose Cuevo, Stolichnaya vodka, Cointreau and Old J spiced rum. Shaken over ice with fresh lime to make the perfect blend.

'Classic' Mojito– Needs no introduction. Havana Club 3yr, fresh mint, lime, and gomme syrup. Muddled together for the classic cocktail.

Mixed berry bramble – A delectable twist on the old favourite 'Gin Fix'. Bombay Sapphire, Chambord, elderflower, pomegranate and lemon juice. Shaken over crushed ice with mixed berries for the gin lover in all of us.

'Deep-south' lemonade cooler– From the home of Jack Daniels, Lynchburg Tennessee. Jack Daniels, Cointreau, fresh lime, and lemonade. Shaken over ice and served long for the perfect refreshment.

Sex on Godrevy – Our take on the famous sex on the beach. Citrus infused Stolichnaya Vodka, Midori, fresh lime, orange juice and strawberry syrup. Served long and over ice for the perfect summer drink.

Passionfruit martini – what James Bond would drink on holiday Bombay Sapphire, Passoa, passion fruit syrup, pomegranate juice and lemon. Shaken not stirred, to make the perfect pink martini.

Peach bellini – A classic from Guiseppe Cipriani at Harrys bar in venice. White peach puree and crisp prosecco, stirred together. Simple and elegant.

Raspberry ripple – an extremely good tittle... Vanilla and raspberry infused Stolichnaya Vodka, strawberry puree and grenadine. Poured over ice and finished with soda for the perfect way to bring back those childhood memories.

Can't find what you're looking for? Ask one of our barstaff to help...

MOCKTAILS & SHAKES

Homemade strawberry lemonade	3.80
Summer Breeze – Pomegranate, Elderflower & Strawberry	3.80
Peach and wild berry cooler	3.80
Virgin passion fruit Mojito – with fresh mint & lime	3.80
Hazelnut iced coffee	3.80
Ice cream milkshake – Choc, Vanilla, Strawberry	3.80

HOT DRINKS

Teas – A selection of Tea Pigs, Twinings & herbal teas

Coffee – Italian 100% fairtrade 'arabica' beans. Espresso, Americano, Latte, Cappuccino, Mocha

Hot chocolate – with squirty cream & marshmallows

Deluxe hot chocolate – with squirty cream & marshmallows

Our food is cooked fresh to order and at times there may be a short wait. Nuts are used in our kitchen and our fish may contain small bones. Please consult the staff over any allergen concerns you may have.

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