



Kitchen

STARTERS / LIGHT BITES

Crispy pork belly bites (gfo)	10
hot honey glaze, smoked chilli mayo, pickles	
Deep fried shell-on prawns	12
whipped garlic & chilli butter, gremolata, toasted ciabatta	
Chinese salt & pepper squid (gfo)	9.5
Chinese curried mayo	
Salt's loaded houmous bowl (v) (vg) (n) (gfo)	9 / 14.5
mixed pickles, seeds, crispy onions, dukka, gremolata, warm bread (small or sharer)	
Crispy halloumi sticks (v) (vgo) (gfo)	9.5
fried halloumi, sweet chilli mayo sauce	
Shredded chilli chicken	9
pickled shallot mayo, crispy chilli oil, spring onion, pickles	

BURGERS (gfo)

ALL SERVED WITH SHREDDED GEM, GHERKIN, RED ONION, FRIES & CREAMY SLAW

Salt's Smash burger	15.5
beef patty, American cheese, smoked bacon, house burger sauce – double up?– just ask! 3	
Chicken & chorizo burger	18
buttermilk chicken, crispy chorizo oil, smoked cheddar, smoked chilli mayo, fire roasted pickled peppers	
The 'Salt brisket burger'	18
beef patty, spiced pulled brisket, jalapeño & blue cheese mayo, crispy onions	
Crispy halloumi & garlic mushroom burger	18
(v) (vgo) fire roasted pickled peppers, pickled shallot & garlic mayo	

SEAFOOD

Fritto Misto - fried mixed seafood	22
fried squid, shell on prawns, light beer battered fish, mussels, crispy capers, seaweed salted fries, smoked chilli mayo	
Lightly beer battered fish of the day (gfo)	19
seaweed salted fries, charred lemon, curried mayo	
Grilled seafood & chorizo brochette (gfo)	22
herby fried potatoes, crispy capers, whipped garlic chilli butter, shredded salad, warm pitta	
Chinese salt & pepper crispy squid (gfo)	19.5
skinny fries, curried mayo, shredded gem salad	

FROM THE LAND

Salt's steak melt	20
sliced rump steak, ciabatta base, café de paris butter (f), smoked cheddar, crispy onions, pickled shallots, creamy slaw, fries – choose pink or well done	
10oz sirloin steak	29
skinny fries, garlic mushroom, beer battered onion rings, watercress – add café de paris butter (f) 2 – add garlic butter 2 – add crispy shell-on jumbo prawns 7 – add peppercorn sauce 3	
Sticky & crispy hot honey skewered pork belly (gfo)	20
pork crumb, pickled chilli & shallots, herby fried potatoes, toasted pitta & shredded gem salad	
Salt's 'dirty' caesar salad (vo)	12
crisp gem lettuce, caesar dressing, garlic & herb croutons, anchovies, parmesan – add buttermilk chicken (gfo) 5.5 – add deep fried halloumi (vgo) (v) 5.5	

LOCALLY SOURCED

ALL OUR MEAT AND FISH COMES FROM LOCAL CORNISH BUTCHERS AND FISHMONGERS.

(V) VEGETARIAN (VG) VEGAN (F) FISH (N) NUTS (VGO) (GFO) VEGAN AND GLUTEN FREE OPTIONS AVAILABLE - PLEASE ASK A MEMBER OF STAFF

GRILLED CIABATTAS

SERVED 12-4PM

Crispy halloumi (v) (vgo) houmous, pickled peppers & shallots, toasted seeds, gem lettuce	12	Buttermilk chicken caesar ciabatta gem lettuce, parmesan, caesar dressing	12
Spiced pulled brisket po-boy lettuce, red onion, jalapeño and blue cheese mayo, crispy onions	12.5	Fish-finger ciabatta beer battered fish, gem lettuce, sliced pickles, smoked chilli mayo, pickled shallots, lemon	12.5

ADD A HANDFUL FRIES 2.5

LOADED FRIES & CRISPY POTATOES

Brisket loaded fries (gfo) spiced pulled brisket, blue cheese & jalapeño mayo, crispy onions, jalapeños, skinny fries	13
Crispy prawn loaded potatoes fried prawns, smoked chilli mayo, gremolata, crispy capers, lemon	13
Salt & chilli chicken loaded fries pickled peppers & shallots, Chinese curried mayo, crispy onions, spring onions	13
Steak loaded herby potatoes peppercorn sauce, smoked cheddar, crispy onions – choose pink or well done	15.5
Halloumi loaded fries (v) (vgo) sweet chilli mayo, pickles, gremolata	13

SIDES

Onion rings	5.5
Fries	4.5
Cheesy fries	5.5
Crispy herby potatoes	4.5
Creamy slaw	4
Garlic bread	4.6
Cheesy garlic bread	5.6

DESSERTS

Salt's stout sticky toffee pudding Guinness toffee sauce, vanilla ice cream	9
Chocolate orange smores dark chocolate torte, orange marshmallows, ritz cracker crumble	9
Lemon mascarpone mousse lemoncello lady fingers, white chocolate, lemon curd, raspberries, meringue	9
Miso caramel banoffee waffles bourbon caramel sauce, brulee banana, cream, toasted almonds, dark chocolate	9
Cornish vanilla ice cream – add sauce and toppings 2.5	6

NIPPERS Under 12's

SERVED WITH FRIES

Buttermilk chicken & fries (gfo)
Beef burger & fries (gfo)
Fish & chips (gfo)
Sausage & chips (vgo)
Crispy halloumi burger & fries (vgo) (gfo)
– add beans or garlic bread 1.5

ALL
9



ALLERGIES AND INTOLERANCES – IF YOU HAVE ANY SPECIFIC ALLERGIES OR INTOLERANCES LET A MEMBER OF STAFF KNOW BEFORE PLACING YOUR ORDER. OUR ALLERGIES MATRIX IS AVAILABLE ON REQUEST.

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