

## LIGHT BITES AND SHARING

<b>Olives, mixed breads, oil and balsamic</b> (v) (vg)	4.50
<b>Whole baked Cornish Camembert</b> (v) (to share)	9.50
with caramelised red onion, pesto and toasted ciabatta	
<b>Meat antipasti board</b>	9.95 / 14.95
cured meats, falafel, hummus, olives, roast Med veg and goats cheese, olive oil and balsamic, with mixed breads	
<b>Vegetarian antipasti board</b> (v)	7.95 / 13.50
falafels, hummus, herb crusted halloumi, olives, roasted Med veg and goats cheese, olive oil and balsamic, and mixed breads	
<b>Deep fried whitebait</b> – with garlic mayo	6.95
<b>Mixed bean chilli bowl</b> (v)	7.50
with sour cream, coriander and focaccia	
<b>Hummus and falafels</b> (v) (vg) – with pitta bread	6.50
<b>Roasted Mediterranean vegetables</b> (v)	5.95
with melted goats cheese and pesto	
<b>Herb crusted fried halloumi</b> (v) – with tomato relish	6.95
<b>Monkfish and tiger prawn skewers</b>	7.95
with a cajun chilli drizzle served with mixed leaves and pitta	
<b>Honey, lime and ginger chicken skewers</b>	7.50
with a sesame, soy and coriander dressing, tsatsiki, pitta and mixed leaves	

## GOURMET BURGERS

<b>The 'Salt' burger</b>	13.50
Homemade beef patty with blue cheese, smoked bacon, mayo and homemade ketchup, with fries and relish.	
<b>Piri piri chicken fillet burger</b>	12.95
in a Baker Tom's bun, with garlic mayo and fries Breaded halloumi as an extra (£1.95)	
<b>'Smokehouse' burger</b>	13.50
prime beef patty with smoked paprika, melted cheddar, grilled apple, smoked bacon and fries	
<b>Cornish duck burger</b>	13.50
with grilled halloumi, spring onion, lettuce, cucumber and plum sauce. Fries on the side	
<b>'Gains' burger</b>	13.95
cajun chicken fillet, smoked bacon, brie, avocado, salad and fries	
<b>Homemade spiced beanburger</b> (v) (vg)	12.95
in a Baker Tom's bun, with avocado, tomato relish, and sweet potato fries or	
<b>Just how you like it</b> – just ask if you want it 'Skinny on bed of salad', in a 'G-F bun' or as a 'plain burger with toppings' eg – bacon, cheddar, brie, blue cheese, sweet chilli or red onion marmalade – (1.00 each) Swap to sweet potato fries (1.20)	

## GRILLED SANDWICHES

All 8.50 (lunchtime only)

<b>Roasted vegetable melt</b> (v)	
roasted Mediterranean vegetables, pesto and goats cheese on a garlic ciabatta base	
<b>Bang bang chicken ciabatta</b>	
Chicken breast, with spicy and nutty mayo with tomato and crunchy lettuce	
<b>'Salt' Club sandwich</b>	
smoked bacon, chicken breast, beef tomato and peppered mayo in a toasted ciabatta with mixed leaves	
<b>B.L.T. with avocado</b>	
smoked bacon rashers, crunchy lettuce, avocado, beef tomato and mayo	
<b>Monkfish-finger ciabatta</b>	
crumbed Cornish monkfish, lettuce, tomato and tartare sauce in a toasted ciabatta bun	
<b>Add fries and apple coleslaw</b>	1.95
Go skinny? Just swap the ciabatta for a bed of mixed leaves	

## FROM THE LAND

<b>'Hungrymans' spare ribs</b>	15.50
slow cooked meaty pork ribs marinated in jerk sauce with chips, apple coleslaw and charred corn	
<b>Bookmaker steak melt</b>	14.95
tender rump steak with red onion marmalade and melted blue cheese on a garlic ciabatta base, served with fries and apple coleslaw	
<b>Honey, lime and ginger chicken skewers</b>	14.50
with a sesame, soy and coriander dressing, Mediterranean vegetables, tsatsiki, hummus and pitta	
<b>Extra matured 10oz rump steak</b>	17.50
prime cut, served with chips, salad, onion rings, mushrooms and grilled vine cherry tomatoes (pepper sauce / melted blue cheese 2.50)	

## FROM THE SEA

<b>Homemade monkfish scampi</b>	14.50
breaded local monkfish tail, served with salad, chips and homemade tartare	
<b>Homemade crab and hake fish balls</b>	14.50
with steamed Thai jasmine rice, sweet chilli and sesame soy sauce	
<b>Monkfish and tigerprawn skewers</b>	14.95
with a cajun chilli drizzle, served with roasted Mediterranean vegetables, pine nuts and pitta	

## SALADS & TACOS

<b>Fish tacos</b>	14.50
local white fish fillet with a light spiced seasoning, cajun mayo, sour cream, tomato and coriander, with tomato salsa on the side	
<b>Mixed bean chilli tacos</b> (v) (vg)	13.50
Homemade mixed bean chilli in soft shell tacos with melted cheddar (or vegan cheese). Hummus, sweet potato fries and mixed salad on the side	
<b>Salt's chicken Caesar salad</b>	13.50
Classic Caesar salad with chicken breast, smoked bacon and croutons on baby gem and mixed leaves, with parmesan shavings	
<b>Herb crusted halloumi salad</b> (v)	12.95
fried halloumi with seasonal herbs, on a mixed leaf salad, olives and cherry tomatoes	

## SIDES

<b>Garden salad</b>	2.60
<b>Coleslaw</b>	2.00
<b>Corn on the cob</b>	2.00
<b>Sweet potato fries</b>	3.95
<b>Seasoned French fries</b>	3.00
<b>Chunky chips</b>	3.20
<b>Spicy cheesy fries</b>	3.95
<b>Garlic ciabatta / with cheese</b>	2.95 / 3.60

## LITTLE PEOPLE

All 6.95 with a juice or pop

<b>Fish fingers, chips and beans</b>
<b>Beef burger &amp; chips</b>
<b>Pork (or vegetarian) sausages, chips &amp; beans</b>
<b>BBQ pork rib &amp; chips</b>
<b>Breaded chicken strips &amp; chips</b>
<b>Kids steak &amp; chips (served medium – add £1.50)</b>

### G.F.? Vegan? Food intolerances?

We are happy to adapt  
menu ingredients to  
suit you – please ask  
a member of staff