



Kitchen/Bar  
01736 755862

## WHILE YOU WAIT

Confit garlic oil & ciabatta (vg/gfo)	5
Marinated pitted olives (vg)	4.5
Tortilla chips, tequila spiced queso dip (v)	5

## TO START

Monkfish & tiger-prawn skewers (gfo) tomato chilli drizzle, pesto, pine nuts, pitta, pickled slaw	9.5
Salt & chilli crispy squid (mild) (gf) with spicy tartar	8.5
Deep fried brie (v) with chilli jam	8.5
Firecracker chicken skewers (gfo) cajun marinated chicken, honey & spring onion mayo, pickled slaw, pitta	8.5
Beetroot & chickpea falafels (gfo) (vg) tahini sauce, pickled slaw, pitta	8.5

## LOCALLY SOURCED

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

## SEAFOOD

Hake fillet Kyiv breaded hake fillet, Indian spiced spinach & potatoes, raita dip	22
Monkfish & tiger-prawn skewers (gfo) tomato chilli drizzle, pesto, pine nuts, pitta, fries, pickled slaw, house salad	19
Beer battered fish of the day (gf) fries, spicy tartar, house salad	18
Cuban style monkfish scampi mojo sauce, salad, seaweed salted fries	19
Salt & chilli crispy squid (mild) (gf) fries, spicy tartar rocket salad	17.5

## FROM THE LAND

'Bookmaker' steak melt (gfo) garlic ciabatta base, red onion marmalade, medium rare sliced rump, melted blue cheese, fries, pickled slaw, crispy onions	19
Firecracker chicken skewers (gfo) cajun marinated chicken, honey & spring onion mayo, pitta, fries, house salad, pickled slaw	18
10oz Sirloin steak (gfo) mature aged sirloin, fries, beer battered onion rings, rocket salad, bone-marrow butter, pickled slaw. – add pepper sauce 3 – add 3 garlic shell-on tiger prawns 7	28
Brisket loaded mac 'n cheese pulled spiced brisket, parmesan herb crumb, smoky bacon jam	18
Beetroot & chickpea falafels (vg/gfo) tahini sauce, pickled slaw, pitta, house salad, fries	18

## BURGERS (gfo)

ALL  
16.50

**ALL SERVED WITH FRIES AND PICKLED SLAW**

**Salt burger**  
beef patty, onion marmalade, smoked bacon,  
melted blue cheese, crispy onions, spicy ketchup

**'Gains' chicken fillet burger**  
grilled cajun chicken, crispy bacon, deep fried brie,  
smoky bacon jam

**Pulled brisket burger**  
beef patty, brisket, melted cheddar, alabama mayo, pickles

**Crispy fish burger**  
beer battered fish of the day, spicy tartare, pickles

**Spiced bean burger (v) (gfo)**  
melted Jarlsberg cheese, avocado, chilli jam

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



# GRILLED CIABATTAS

AVAILABLE 12-4PM

<b>Salt's Cheesesteak</b> (gfo) 13 garlic ciabatta, fried onions & peppers, sliced med/rare rump, melted Jarlsberg cheese, sliced gherkin, American mustard	<b>B.A.C.</b> (v) 10 deep fried brie, avocado, chilli jam, lettuce, tomato – add bacon 1.5
<b>Salt Club</b> (gfo) 11 grilled chicken fillet, bacon, tomato, lettuce, roasted garlic aioli	<b>Beetroot &amp; falafel</b> (v) 10 roasted garlic aioli, pickled slaw, rocket, tomato
<b>Fish-finger</b> (gfo) 11 battered catch of the day, rocket, spiced tartar, lemon	

## SIDES

Fries	4
Cheesy fries	5.5
Garlic ciabatta	4.5
Cheesy garlic ciabatta	5
Beer battered onion rings	4.5
Pickled Slaw	3
House salad	4.5

## LOADED FRIES

<b>Beef brisket loaded</b> (gfo) 11 mozzarella, alabama mayo, pickles, crispy onions – add cajun tiger prawns 4
<b>Scampi loaded</b> 12 panko breaded monk fillet, spicy tartar, siracha onion & chilli, wasabi peas
<b>Spicy cheesy fries</b> (gfo) 7 jalapenos, cajun spicy ketchup, crispy onions
<b>Chicken &amp; bacon loaded fries</b> 11 breaded chicken, crispy bacon, alabama mayo, crispy onions

## LITTLE PEOPLE Under 12's

<b>Breaded chicken lollipops</b> fries, house mayo	 <p>ALL 8</p>
<b>Fish &amp; chips</b> (gf)	
<b>Beef burger, fries</b> (gfo) (add cheddar)	
<b>Mac 'n cheese</b>	
<b>Sausages &amp; chips</b> (gf)	
<b>Add ons -</b> 1 baked beans / mini garlic bread / cheese / peas	

## DESSERTS

<b>Homemade cheesecake</b> (see board for today's flavour)	ALL 8
<b>Waffle</b> vanilla ice cream, chocolate sauce, toppings	
<b>Churros</b> cinnamon sugar, chocolate sauce	
<b>Warm chocolate brownie</b> (gf) vanilla ice cream (contains nuts)	
<b>Cornish ice creams</b> (ask for flavours)	5



**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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