

**WHILE YOU WAIT**

Marinated olives	5
Confit garlic in olive oil & warm ciabatta	6
Sesame & chilli popcorn	5

**TO START**

<b>Monkfish &amp; tiger-prawn skewers (n)</b> tomato chilli drizzle, pesto, pine nuts, coleslaw, pitta	9.5
<b>Salt &amp; chilli crispy squid (mild) (gfo)</b> pressed lemon & pink peppercorn aioli	9
<b>Jerk chicken skewers</b> spiced mango mayo, toasted coconut, pickles, coleslaw, flat bread	9
<b>Crispy deep-fried brie (v)</b> tomato chilli jam	9
<b>Sweet potato &amp; chipotle corn fritters (vg)</b> spring onion & maple dipping sauce, warm pitta	8.5

**BURGERS** (gfo)

ALL 17

**ALL SERVED WITH SHREDDED GEM. GHERKIN, RED ONION, SEASONED FRIES AND COLESLAW.**

**Crispy breaded katsu chicken burger**  
pickled pink ginger, chilli & shallots, katsu sauce, crispy onions

**Salt Burger**  
beef patty, caramelized beer onions, spicy ketchup, bacon, melted blue cheese

**Spiced bean burger (n) (v) (gfo)**  
avocado, melted cheddar, chilli jam

**Salt 'Gains' chicken fillet burger**  
avocado, grilled cajun chicken, crispy bacon, deep fried brie, chilli jam

**The Bacon-Double-Smash**  
two 4oz beef patties, smoked bacon, cheese, spicy ketchup, homemade burger sauce

**SEAFOOD**

<b>Korean fried fish tacos</b> Gochujang mayo, homemade kimchi, crisp leaf, pickles, toasted sesame, spiced fries	19
<b>Light &amp; crisp beer tempura fish of the day (gfo)</b> fries, wasabi pea purée, spicy tartar, katsu curry sauce	18.5
<b>Monkfish &amp; tiger-prawn skewers (n)</b> tomato chilli drizzle, pesto, pine nuts, coleslaw, pitta, rocket salad, seasoned fries	19.5
<b>Tandoori spiced monkfish</b> masala sauce, crispy 'Gunpowder' potatoes, samphire, garlic chapati	20
<b>Salt &amp; chilli crispy squid (gfo)</b> pressed lemon & pink peppercorn aioli, coleslaw, rocket salad, seasoned fries	18.5

**FROM THE LAND**

<b>10oz sirloin steak</b> Salt's seasoned fries, beer pickled onion rings, chimichurri sauce, watercress – add jumbo shell on shrimp	28 3 each
<b>Sweet potato &amp; chipotle corn fritters (vg)</b> spring onion & maple dipping sauce, seasoned fries, rocket salad, warm pitta	18.5
<b>'Low &amp; slow' pork belly</b> roasted garlic & spring onion crispy fried new potatoes, watercress, Cornish Rattler jus	20
<b>Jerk chicken skewers</b> spiced mango mayo, toasted coconut, pickles, flat bread, cajun fries, rocket salad, coleslaw	19
<b>Salt's 'Bookmaker' steak melt</b> tender rump steak, garlic ciabatta base, caramelized beer onions, melted blue cheese (or cheddar), coleslaw, seasoned fries - served pink or well done	19.5

**LOCALLY SOURCED**

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

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

# GRILLED CIABATTAS

SERVED 12-5PM

Chicken & bacon Caesar club (gfo) parmesan, Caesar mayo, gem lettuce	11.5	Tempura fish (gfo) crisp lettuce, sliced pickles, spicy tartar, lemon	11.5
B.A.C. (v) deep fried brie, avocado, chilli jam, lettuce – add bacon	10 2	All-day breakfast bap sausage, bacon, egg, hash brown	9.5

ADD A HANDFUL FRIES 2.5

## SIDES


Salt's seasoned fries	4.5
Cheesy fries	5.5
Garlic bread	4.5
Cheesy garlic bread	5.5
Onion rings	5
Coleslaw	3.5

## LOADED FRIES

Katsu chicken loaded fries pickles, crispy onions – without chicken	12 8
Tandoori spiced monkfish mango mayo, pickles, chilli, shallots, spring onions, pressed lemon	14
Crispy chicken & bacon melted cheese, Alabama mayo, crispy onions	12.5
Spicy cheesy (gfo) jalapeños, cajun spicy ketchup, crispy onions	7.5

## NIPPERS Under 12's

SERVED WITH FRIES & HOUSE MAYO

Beef burger or crispy chicken burger	
Blackgate Farm sausages (gfo) or veggie sausages	
Chicken lollipops	
Mini fish & chips	
Add ons - baked beans, mini garlic bread, cheese, peas	

ALL  
8.5

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## DESSERTS

Homemade cheesecake of the day (please see the board for today's flavour)	8.5
Belgian waffle local vanilla ice cream, crushed Meringue, marshmallows, chocolate sauce	8.5
Cinnamon spiced churros chocolate sauce	8
Warm chocolate brownie (n) (gfo) Cornish vanilla ice cream	8.5
Selection of Cornish ice creams	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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