



Kitchen

WHILE YOU WAIT

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

TO START

Monkfish & tiger-prawn skewers (n) tomato chilli drizzle, pesto, pine nuts, coleslaw, pitta	9.5
Salt & chilli crispy squid (mild) (gfo) pressed lemon & pink peppercorn aioli	9
Crispy deep-fried brie (v) tomato chilli jam	9
Beetroot felafels (vg) pickles, tahini mayo, pitta, dukka seeds	8.5
Shredded chilli chicken gochuchang mayo, crisp lettuce, spring onion, crispy chilli oil	8

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

Korean fried fish tacos Gochujang mayo, homemade kimchi, crisp leaf, pickles, toasted sesame, spiced fries	19
Light & crisp beer tempura fish of the day (gfo) fries, wasabi pea purée, spicy tartar, katsu curry sauce	18.5
Monkfish & tiger-prawn skewers (n) tomato chilli drizzle, pesto, pine nuts, coleslaw, pitta, rocket salad, seasoned fries	19.5
Salt's monkfish scampi panko breaded monk, spicy tartar, wasabi pea puree, lemon, seasoned fries	20
Salt & chilli crispy squid (gfo) pressed lemon & pink peppercorn aioli, coleslaw, rocket salad, seasoned fries	18.5

FROM THE LAND

10oz sirloin steak Seasoned fries, beer pickled onion rings, chimichurri sauce, watercress – add jumbo shell on shrimp	28 3 each
Beetroot felafels (vg) garlic & caraway flatbread, pickles, cucumber, red onion, rocket, tahini mayo, dukka seeds	18.5
Sticky Korean BBQ pork steamed rice, pickled chilli, sriracha, Korean bbq sauce, spring onions, crispy onion flakes	19
Chicken Shawarma garlic & caraway flatbread, tzatziki, rocket, pickles, red onion, cucumber, crispy onions	19
Salt's 'Bookmaker' steak melt 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

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
Monkfish scampi loaded fries spicy tartar, pickles, spring onions, lemon, wasabi peas	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



1

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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