



SALT

SALT BREAKFAST OR BRUNCH

Traditional breakfast	£5.95
Grilled bacon, pork & leek sausages, potato rostis, fried free range egg, grilled mushroom and plum tomato.	
Veggie breakfast (V)	£4.95
Vegetable sausages, grilled mushroom, potato rostis, plum tomato and free range eggs.	
Eggs Benedict	£5.45
English muffin, wilted spinach, grilled bacon, poached eggs and hollandaise sauce.	
Breakfast cobs	£3.50
Choose from:	
Crisp bacon	
Pork & leek sausage	
Vegetable sausage (V)	

LIGHTER PLATES

Chef's soup of the day	£3.95
Served with rustic bread. Please ask for today's choice.	
Bruschetta	
Choose from:	
Classic tomato (V)	£4.25
With garlic and olive oil.	
Spicy chorizo & Italian beans	£4.50
In a roasted red pepper & tomato sauce.	
Grilled mozzarella & caramelized onions (V)	£4.25
With torn basil leaves.	
Homemade crabcakes	£5.25
With a hint of fresh chilli served with dressed rocket and lime and chive crème fraiche.	
Classic tiger prawn cocktail	£5.45
Succulent tiger prawns, crisp salad leaves and cucumber topped with a refreshing tomato & lemon mayonnaise.	
Grilled lemon & honey chicken skewers	£4.50
Served with sweet chilli jam.	
Caesar Salad	£5.45
Our classic salad with fresh cos lettuce, anchovies and parmesan.	
Topped with grilled chicken breast	£6.95

SALT SHARERS

All available for 2, 3 or 4 people.

Chicken platter	£9.95 / £14.50 / £19.00
Sweet chilli skewers, crispy chicken strips, cajun chicken fillets, smoked chicken on bruschetta breads, olives and sauces to dip.	
Fish platter	£8.50 / £12.00 / £16.50
Mini battered cod fillets, sweet chilli calamari strips, deep fried blanchbait, tempura battered prawns, breads, olives and sauces to dip.	
Vegetable platter (V)	£8.50 / £12.00 / £16.50
Tomato & mozzarella bruschetta, mini vegetable skewers, vegetable tempura sticks, roasted red pepper boats topped with Dragon's Breath cheese, breads, olives and sauces to dip.	

DELI FILLED BREADS

Served on ciabatta sundried tomato focaccia and served with salad garnish and Salt fries.

Ham, Welsh Cheddar and sweet mustard pickle	£5.45
Free range egg and fresh watercress	£4.75
Smoked salmon with citrus crème fraiche & cracked black pepper	£5.75
Hot & spicy king prawns with sweet chilli	£5.75
Chargrilled chicken breast with lemon mayonnaise and spring onion	£5.95
Celtic Pride steak with caramelized red onion	£5.95
Salt club sandwich	£6.75
A triple stack sandwich filled with chargrilled chicken, bacon & cheese, fresh plum tomato, crisp salad leaves & a fried egg.	

SALT BURGERS

All served in a crusty cob with salad and Salt fries.

Steak & sea salt burger	£6.50
Celtic Pride steak, cracked pepper and Anglesey sea salt burger, topped with homemade relish.	
Cheese & bacon steak burger	£6.95
Creole chicken breast burger	£6.95
Topped with homemade salsa.	
Lamb & garlic burger	£7.25
Topped with homemade salsa.	
Tomato, lentil and spinach burger (V)	£6.95
Topped with sweet tomato chutney & crisp salad.	



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SALT FISH & SEAFOOD

Situated overlooking the bay, let the team at Salt spoil you with freshly prepared fish dishes. Please see our DAILY SPECIALS BOARD or ask one of our team about our range of freshly prepared fish dishes.

SALT SIGNATURES

Grilled gammon steak	£7.95
Served with fried free range eggs, Salt fries and dressed rocket.	
Butterflied chicken breast	£7.95
With lemon and tarragon butter served with salad garnish and fries.	
Grilled lamb chops	£8.25
Glazed with redcurrant and cranberry and served with Salt fries and dressed rocket.	
Texan beef chilli pot	£7.95
Chunky beef and pinto beans in a spicy sauce flavoured with cumin, oregano and ground coriander, topped with Welsh Cheddar and served with rice and corn chips.	
Salmon and bubble & squeak fishcake	£6.95
Served on dressed house salad with homemade salsa or minted mushy peas, Salt fries and our own tartare sauce.	
"45" fish & fries	£6.75
Specially selected white fish fillet cooked in our own "45" continental beer batter served with minted mushy peas, fries and our own tartare sauce.	
Tagliatelle carbonara	£7.95
Pancetta and parmesan in a creamy garlic sauce on fresh egg pasta served with foccacia bread and parmesan.	
Seared scallops & chorizo	£7.95
In tomato and basil sauce on linguine pasta and served with foccacia bread.	
Wild mushroom & pea risotto	£7.75
Topped with pan fried mushrooms and drizzled with truffle oil.	

SALT STEAKS

All of our steaks are prime Celtic Pride cuts which have been matured on the bone for a minimum of 21 days. Seasoned with Angelsey sea salt and cracked black pepper and topped with your choice of garlic or lemon & tarragon butter. Served with dressed rocket and Salt fries.

Salt rump steak	£10.95
Salt sirloin steak	£12.95

SIDE ORDERS

Breads, oil & olives (V)	£3.95
Salt fries	£1.95
Pan fried mushrooms	£1.25
Side salad	£1.95
Onion rings	£1.50
Garlic bread	£1.95
Garlic & cheese bread	£2.25

SALT SWEETS

Homemade crème brulee	£3.50
With raspberries.	
Lemon & sultana baked cheesecake	£3.95
Served with fresh cream.	
Blackberry & almond pudding	£3.95
Made with a dash of Welsh mountain liqueur and served with custard, vanilla pod ice cream or fresh cream.	
Dark & white chocolate fondant with cherries	£4.25
A decadent, warm pudding with a gooey centre and served with vanilla pod ice cream.	
Merlyn liqueur ice cream	£3.25
With salted fudge pieces.	

All our chips are "Nature's Goodness" which are water blanched and then fried in high quality vegetable oil. This results in a chip with 50% less fat, 70% less saturated fat and 30% fewer calories than ordinary chips.

Approximate weights shown are prior to cooking. Some products may contain nuts or nut oils. Fish and poultry dishes may contain bones.

Dishes marked with a V are suitable for vegetarians.