



main

SALT

of the earth

menu

Little Breakfast

Sourdough Toast £2.90 (V) or (VE)

Lagom Bakery sourdough served with Derby Hill Farm butter & Salt strazzberry jam

Banana Bread £4.50 (V) (N)

Chocolate pecan banana bread served warm with whipped honeycomb butter

Lemon & Raspberry Muffin £3.50 (VE)

With vegan cream cheese frosting

Pistachio Lemon Granola £8.50 (V)(N)

Lemon Greek yoghurt, pistachio & cranberry granola, raspberry compote, cacao honey & berries

Baked Apple Porridge £8.50 (V) or (VE) (N)

Vanilla nutmeg creamy porridge, brown sugar caramel, almond butter & baked apple topped with hazelnut crumble

Check our bake stand for our ever changing homemade bakes

Salt Brunch

Toronto Toast £12.50

Thick brioche French toast, smoked streaky bacon, raspberry compote, whipped honeycomb butter, berries & maple syrup. Topped with speculoos biscuit pretzel crumble

*(V) swap streaky bacon for caramelised banana
Add caramelised banana +£2.50*

True Grits £13.50

Cheesy breakfast grits, crispy pancetta, two fried eggs & toasted sourdough. Topped with 'nduja butter & herb oil

Egg Ryan £12.00 (V) (N)

Two fried eggs, charred tender stem broccoli, crispy cavolo nero, aji verde & Salt chilli crisp on garlicky sourdough toast

Swap to scrambled eggs +£1.00

Add pancetta +£2.50

Add Lancaster honey hot smoked salmon +£4.00

Desperately Seeking Salmon £14.00

Lancaster honey hot smoked salmon, soft boiled egg, pepperoncini cream cheese, pickled red onion, sweet pickled beetroot, sprout kraut, everything seasoning & fresh herbs on a scallion potato pancake

Green Eggs & Ham £13.50

Eggs braised in herb infused cream with shredded roast ham, baby leeks & petit pois. Served with sourdough toast & bearnaise

Swap ham for Lancaster honey hot smoked salmon +£2.00

Mushroom Bibimbap £13.50 (V) or (VE) (N)

Mushrooms sauteed with cumin seed & gochugaru, fried duck egg, sticky rice, Salt kimchi & sprout kraut. Served with roasted sesame dressing & Salt chilli crisp

Salt Hash £14.00

Breakfast hash with shredded treacle ham, crispy hash browns & cavolo nero, topped with a fried duck egg. Served with bearnaise

Buttermilk Pancakes £12.50

*See our specials board for this week's fluffy pancakes
available Saturday & Sunday*

(V) vegetarian (VE) can be made vegan (N) includes nuts

Sandwiches

*add a cup of soup to
any sandwich +£3.00*

Beef Diva Boots £15.00

*Flat iron steak, mushroom fricassee, puff pastry,
mustard crème fraîche on a warm toasted ciabatta.
Served with bone marrow gravy & apple & fennel slaw
served medium rare*

Lancashire Grilled Cheese £10.00 (V)

*Sandhams' creamy Lancashire, fermented apple &
Eccles cake chutney on grilled Lagom sourdough.
Served with apple & fennel slaw*

Add pancetta +£2.50

Flat Pack Sausage £10.00

*Swedish meatball sausage, pancetta, fried egg, crispy
shallot, lingonberry ketchup & gravy on a toasted
brioche bun*

Hammy the Champion of the World £10.00

*Sticky treacle roast ham, champ, fried duck egg &
pineapple piccalilli on grilled brioche loaf. Served
with apple & fennel slaw*

Demeggoron £9.50 (V) (N)

*Herby eggy sourdough bagel, fried egg, tenderstem
broccoli, aji verde, pickled chillis, spinach, Emmental,
parmesan & romesco sauce*

Broccoli Rueben £9.50 (V) or (VE)

*Charred tender stem broccoli, Emmental, 1000 island
dressing, sprout kraut & pickles on grilled Lagom
sourdough. Served with sweet pickled beetroot*

Panelle buttý £9.50 (VE) (N)

*Crispy rosemary chickpea fritter, romesco sauce,
roast garlic mayo, roast peppers & spinach on warm
garlic toasted ciabatta. Served with apple & fennel
slaw*

Add fried egg +£1.50

Soup of the Day £7.50

*Check our specials board for today's soup, served
with sourdough bread & Derby Hill Farm butter*

Tots & Bits

Tots £4.50 (VE)

*Seasoned with Maldon salt & a choice of dip. Choice from
Salt Ketchup (ve), roast garlic mayo (ve), 1000 island (ve),
bearnaise (v), Salt mustard (ve), aji verde (v), lingonberry
ketchup (ve), toasted sesame dressing (ve)
Extra dip +£0.90*

Kimmi Tots £7.00 (VE) (N)

*Tots tossed in chilli crisp, topped with homemade
kimchi, pickled chillies & toasted sesame dressing*

Jalapeno Popper Tots £7.00 (V)

*Tots topped with pepperoncini cream cheese, pickled
jalapeno, aji verde & pangrattato*

Tots, Cheese & Gravy £7.50

*Tots tossed in bone marrow gravy, topped with
melted Emmental, crispy shallots & mustard crème
fraîche*

Side of crispy hash £4.50 (V)

Breakfast Cocktails

2 of the same type for £15.00

Hot Pickle Margarita £8.50 (V)

*Olmeca, Cointreau, pickle juice, lime, hot sauce & Salt
spice mix rim*

Kimchi Bloody Mary £8.50 (VE)

*Absolut, Salt Kimchi, Sriracha, Hendersons, Big Tom &
Salt spice mix*

Cacao Honey Espresso Martini £8.50 (V)

*Absolut, Kahlua, cacao honey, Tomber Town double
espresso & Maldon Salt*

Negroni Mimosa £8.50 (V)

Salt negroni marmalade, fresh orange & prosecco

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If you have any dietary requirements please inform a member of staff. Even though we have a small kitchen we will try our best to accommodate, but we cannot guarantee lack of cross contamination.

