



Spring Menu

Breakfast is the most important meal of the day so we take that seriously.

*We love our local suppliers
The eggs in your omelette come from half a mile
down the road, our sourdough handmade by
Stuart at Lagom and our salmon is hot smoked at
Glasson Dock*

Made with love in our tiny kitchen.



gluten free, kids & takeaway menus
are available on request



Little Breakfast

Sourdough Toast £2.90 (V) or (VE)

Lagom Bakery sourdough served with Derby Hill Farm butter and strazzberry jam

Banana Bread £3.80 (V)(N)

Chocolate pecan banana bread served warm with Derby Hill Farm butter

Blueberry Lemon Muffin £3.50 (VE)

With vegan cream cheese frosting

Baklava Granola £7.00 (V) (N)

Greek yoghurt, Salt almond granola, pistachio honey, raspberry compote, roasted apricot and fresh berries

Check our bake stand for our ever changing homemade bakes

Salt Brunch

'Nduja Breakfast Beans £13.50 (available from Friday)

Butter beans in a garlicky tomato hot tub with 'nduja, pork belly and sausage served with smoked streaky bacon and two fried eggs. Served with sourdough toast and hollandaise

Braised Pork and Eggs £13.50 (N)

Taiwanese style braised pork belly, garlic and chilli fried eggs, Jasmine rice, pickled cucumber, peanut rain and fermented chilli

Toronto Toast £11.00

Thick brioche French toast, smoked streaky bacon, lemon mascarpone, blueberry compote, fresh berries and maple syrup

Coconut School Cake French Toast £11.00 (V)

Thick brioche French toast, vanilla bean custard, toasted coconut, jammy raspberries and cardamon caramel

Smack the Pony £13.00

Lancaster honey hot smoke salmon, herby scramble, pickled courgette and celeriac remoulade served with sourdough toast and hollandaise

Marsala Eggs £11.00 (V) or (VE)
(available as a tofu scramble) (VE)

Three egg marsala scramble, wilted spinach with preserved lemon yoghurt, spring onion, pomegranate, coriander chutney and aloo bhujia with sourdough toast and fermented chilli

La Tomatina £11.00 (V) or (VE)

Herby blistered cherry tomatoes and wilted spinach on a bed of preserved lemon Greek or vegan yoghurt, lemon oil, harissa, pickled shallots and pomegranate served with sourdough toast

Gochujang Brothy Beans £11.50 (VE)

Butter beans in a cherry tomato and caramelised gochujang broth with spring onions, fresh herbs, crispy garlic and chilli oil served with sourdough toast

Add a Fried Egg +£1.50

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





Sandwiches *add a cup of soup to any sandwich +£2.50*

Cuban Toastie £11.50

Mojo braised pork belly, prosciutto, Swiss cheese, pickled courgette and Salt mustard on griddled brioche. Served with pickled salad

The Good, the Bad and the Sausage £9.50

'Nduja sausage patty, pepperoni, fried egg, Swiss cheese, crispy potato, hot honey and black garlic mayo on a griddled brioche bun

The Tony Manero £9.00 (N)

Pepperoni grilled cheese with fior di latte, Swiss cheese, hot honey and crispy potato on toasted brioche. Served with wild garlic pesto

Add a fried egg +£1.50

Pink Flamingos £9.00

Honey hot smoked salmon, celeriac remoulade, scallion cream cheese, pickled courgette, everything seasoning, pickled shallots on a toasted sourdough bagel

Madame Egg £8.50 (V)

Marsala omelette, aloo bhujia, spinach, coriander chutney, black garlic mayo, fermented chilli and Emmental on a griddled brioche bun

Carleton Kebab £12.00 (N) (from 12pm)

Yogurt and Za'atar marinated roast chicken, hummus, preserved lemon yogurt, harissa, pickled courgette, pomegranate and spinach with pistachios and feta on Lebanese style flatbread served with fermented chilli

Madonna Kebab £10.50 (VE) (N)

Za'atar roasted cauliflower, hummus, preserved lemon vegan yogurt, harissa, pickled courgette, pomegranate and spinach with pistachios on Lebanese style flatbread served with fermented chilli

Add feta +£1.50



Tots & Bits

Tots £4.20 (VE)

Seasoned with Maldon salt and a choice of dip. Choice from Salt ketchup (ve), Black garlic mayo (v), Hollandaise (v), Gochujang maple mayo (ve), Hummus (ve)

Extra dip +£0.90

Everything Tots £6.50 (V)

Tots, everything seasoning, scallion cream cheese, pickled shallots, spring onion and fresh herbs

Add smoked streaky bacon +£2.00

Tottolenghi £6.50 (V) or (VE)

Tots tossed in chaat masala, pickled shallots, aloo bhujia, coriander chutney preserved lemon yoghurt, hummus and fermented chilli

'Nduja Garlic Tots £7.50 (N)

Tots tossed in 'nduja with fior di latte, crispy garlic, black garlic mayo and wild garlic pesto

Soup of the Day £6.50

Served with Derby Hill Farm Butter and toasted sourdough

Pickled Side Salad £2.50

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





Breakfast Cocktails

2 of the same type for £15.00

Spicy Breakfast Margarita £8.50 (VE)

Olmecca Blanco, Cointreau, lime, orange and fermented chilli with a spicy salt rim

Bloody Mary £8.50 (VE)

Absolut, Big Tom, Hendersons relish & Salt spice mix

Salted Maple Espresso Martini £8.50 (V)

Absolut Vanilla, Kahlua, Timber Town double espresso, maple syrup & sea salt

Raspberry & Apple Mimosa £6.50

Raspberry compote, apple juice & Prosecco

Liqueur Coffee £5.50

Baileys Latte (V)

Baileys, double espresso, steamed milk

Irish Coffee (V)

Jamesons, Americano, Double Cream

Italian Coffee (V)

Disaronno, Americano, Double Cream



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.

