



THE SALT HOUSE
— KITCHEN —

BREAKFAST
MENU

Served until 11:45am
Monday-Saturday
and 11:30am Sunday

Brunch Cocktails
served from 11am

Please take a seat and we will take your order at the table. If you would prefer to sit outside please order and pay at the counter. *Thank you.*

All of our food is made fresh to order. Your patience is appreciated.

All of our food is sourced from quality local suppliers and made fresh to order.

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Cooked Breakfasts

The Salt House Breakfast - £6.50

Two Rashers of Back Bacon, Pork Sausage, Black Pudding, Pan-fried Mushrooms, Grilled Tomato, Poached Egg, Heinz Baked Beans & a slice of Toast.

The Salt House Vegetarian Breakfast - £6.50

Pan-fried Mushrooms, Grilled Tomato, Two Eggs cooked any style, Wilted Spinach, Baked Beans & a slice of Toast.

Kedgerree - £6.50

Smoked Haddock with Curried Rice & Poached Egg
(Our Kedgerree is made from scratch to order, your patience is appreciated)

Whole Kipper - £5.95

with Lemon & Butter served on Toast

Protein Breakfast - £5.95

Smoked Salmon, Spinach & Eggs

Add a Whey Protein Shake for £3.50

Protein per Pint - Water 25.5g / Skimmed Milk 46g / Semi Skimmed Milk 45.4g

Beans on Toast - £4.25

2 slices of Bread

Sandwiches

Bacon Sandwich - £3.25

Farmhouse Pork Sausage Sandwich - £3.95

Bacon & Farmhouse Pork Sausage Sandwich - £4.50

Add an Egg, Mushrooms, or Tomato for 75p each

Additional Items:

Egg, Back Bacon, Streaky Bacon, Sausage, Black Pudding, Beans, Tomato, Mushrooms – charged at 75p each

Eggs

Scrambled, Poached or Fried

Eggs on Toast - £3.25

Eggs & Bacon on Toast - £3.95

Eggs & Sausage on Toast - £4.25

Eggs & Smoked Salmon on Toast - £5.50

Omelette - £5.50

Made with your choice of up to three fillings from: Cheese, Ham, Tomato, Mushroom or Onion

Eggs Benedict - £5.85

Poached Eggs served on a Toasted Muffin with Ham & Hollandaise Sauce

Eggs Florentine - £5.85

Poached Eggs served on a Toasted Muffin with Spinach & Hollandaise Sauce

Eggs Royale - £5.95

Poached Eggs served on a Toasted Muffin with Smoked Salmon & Hollandaise Sauce

Something for the Kids

(under 12 years old)

£3.25

Sausage, Scrambled Egg & Beans

Eggy Bread

Beans on Toast

Oats

Porridge - £2.50

Served with a spoonful of Honey

Add banana or blueberries
for 50p

Granola & Yogurt - £3.95

Bakery

Pancakes - £4.45

Served with Maple Syrup

Add streaky bacon for £1
Add fruit compote for 75p

Cinnamon French Toast - £5.45

Eggy Cinnamon Brioche served with
Caramelised Banana & Maple Syrup

White or Brown Toast served
with Jam or Marmalade - £1.85

Toasted Teacake served with
Marmalade or Jam - £2.50



THE SALT HOUSE KITCHEN

All our food is prepared in a kitchen where nuts, cereals containing gluten and other allergens are present and our menu descriptions do not include all ingredients. If you have a food allergy or intolerance, please let us know before ordering. Full allergen information for food and drink is available, upon request. Dishes containing fish may contain small bones. (v) = made with vegetarian ingredients, however some of our preparation and cooking methods could affect this. If you require more information, please ask your server. All prices include VAT at the current rate.

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