



THE SALT HOUSE  
— KITCHEN —

LUNCH  
MENU

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.

## Homemade Soup of the Day

Small - £2.90 Large - £3.90

*Served with hand-carved bread*

## Paninis & Toasties

*Served with homemade coleslaw*

£5.25

Thick Cut Ham, Cheese & Tomato

Brie, Bacon & Cranberry

Goats Cheese &  
Caramelised Red Onion (v)

Sweet Chilli Chicken & Cheese

Tuna & Cheese Melt

Sunblushed Tomato,  
Mozzarella & Pesto (v)

## Sandwiches

£4.95

*Served in thick cut, hand-carved white  
or brown bread with homemade coleslaw*

*Gluten free bread is available  
for all of our sandwiches*

Homemade Fish Finger Sandwich

Mature Cheddar  
and Plum Chutney (v)

Egg Mayonnaise & Watercress (v)

Thick Cut Ham Salad  
with Honey Mustard Dressing

Tuna Crunch

The Salt House B.L.T  
(Add Chicken £1)

## Gourmet Sandwiches

£5.50

*Served in thick cut, hand-carved white  
or brown bread with homemade coleslaw*

*Gluten free bread is available  
for all of our sandwiches*

Tiger Prawn, Marie Rose & Rocket

Crab with Lightly Spiced Lime &  
Coriander Mayonnaise

Smoked Salmon  
with Lemon & Dill Crème Fraiche

Roast Beef & Horseradish

Spicy Piri Piri Chicken,  
Salad & Lime Mayo

## Side Dishes

Salt House Chunky Chips

Small - £2.20 Large - £3.00

Sweet Potato Fries - £3.00

Homemade Coleslaw - £1.50

Beer-battered Onion Rings - £2.95

House Salad - £1.95

Creamed Spinach - £3.00

Garlic Bread - £2.50

Side Sauces - 50p

Gravy/Sweet Chilli/Garlic Mayo  
BBQ/Chilli Pickle

*Please see the board for today's Delicious Specials*

## Bigger Plates

The Salt House Burger - £8.95

*Hand-pressed Beef & Pork patty stacked with Crispy Bacon, Mature Cheddar,  
Onion Rings & Chilli Pickle. Served with Homemade Chips*

Steak & Ale Pie - £8.95

*Served with Homemade Chunky Chips or Mashed Potato & Mushy Peas*

Beer-Battered Fish, Chunky Chips & Mushy Peas - £7.95

*Served with Homemade Tartar Sauce*

Brie & Caramelised Red Onion Tart - £7.95

*Served with Watercress Salad & Sweet Potato Fries (v)*

Homemade Crispy Breadcrumbed Chicken Kiev - £8.50

*Served with Chunky Chips*

Homemade Fishcakes - £7.95

*Served with Wilted Spinach and Parsley Cream*

Goats Cheese & Sunblushed Tomato Filo Parcel - £7.25

*Served with Salad (v)*

Steamed Mussels - £7.95

*Cooked with White Wine, Shallots, Garlic, Lemon Juice & Parsley*

*Served with Homemade Chips*

Spicy Cajun Chicken Burger - £8.50

*Breaded Chicken Breast, Lettuce, Tomato & Mozzarella. Served with Chunky Chips*

Teriyaki Salmon - £8.25

*Served on a bed of Egg Noodles & Asian Vegetables*

*Upgrade to Sweet Potato fries from any of our bigger plates for 50p*

## Something for the Kids

£3.95

Mac & Cheese (v)

Homemade Breadcrumbed

Chicken Goujons

*Served with Chunky Chips,*

*Beans or Garden Peas*

Sausage, Mashed Potato & Gravy

Homemade Breadcrumbed

Fish Goujons

*Served with Chunky Chips,*

*Beans or Garden Peas*

French Bread Pizza

*Topped with Tomato Sauce*

*& Cheese (v)*

*All of our food is made fresh to order.*

*Your patience is appreciated.*



## 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.

6 Queens Parade, Seaburn, Sunderland, SR6 8DA 0191 529 3132

[www.thesalthousekitchen.com](http://www.thesalthousekitchen.com) [info@thesalthousekitchen.com](mailto:info@thesalthousekitchen.com)

