

BREAKFAST - SERVED 8.30 - 11.30 AM

Toasted Tea Cake	£2.00
White or Granary Toast with Jam or Marmalade	£2.50
Full English Breakfast – Smoked Bacon, Tomato, Hash Brown, Beans, Fried Egg, Banger, Mushroom, Black Pudding & Toast	£8.50
Veggie Breakfast – Bubble & Squeak, Tomato, Mushroom, Beans, Egg, Spinach & Toast	£7.25
Toasted Smoked Bacon Sandwich/with Egg	£3.00/£3.75
Sausage Sandwich / with Egg	£3.50/£4.25
Porridge & Seasonal Fruit Compote	£3.00
Poached Eggs on Toast	£3.75

EXTRAS:

Mushrooms	£0.50	Spinach	£0.50	Beans	£1.00
Hash Brown	£0.75	Bubble	£0.75	Egg	£1.00
Bacon	£1.40	& Squeak			
Smoked Salmon	£2.00	Sausage	£1.90		

GLUTEN-FREE BREAD AVAILABLE

KIDS BREAKFAST

Kids Breakfast – Smoked Bacon, Banger, Egg, Beans & Toast	£3.95
Beans on Toast	£3.00

COFFEES & TEAS

Espresso	£1.70	Cappuccino	£2.30
Double Espresso	£1.90	Mocha	£2.30
Filter Coffee	£1.90	Hot Chocolate	£2.30
Macchiato	£1.80	English Breakfast Tea	£1.50
Double Macchiato	£2.00	Earl Grey	£1.50
Americano	£2.10	Green Tea	£1.50
Latte	£2.30	Peppermint Tea	£1.50

SALT & MALT

- TEAROOM · FISH CAFE -

LUNCH SERVED 12 - 3.30PM.
TEA, COFFEE AND CAKES SERVED ALL DAY.

PLEASE ORDER AT THE COUNTER

During busy periods there may be up to a 30 minute waiting time

BREAKFAST / LUNCH

MAINS

Fish & Chips with Buttered Crushed Garden Peas	
~ Cod (Line Caught) ^{gf}	£10.95
~ Haddock (Line Caught) ^{gf}	£11.95
~ Senior Fish Supper ^{gf}	£8.00

CONDIMENTS AND GLUTEN-FREE VINEGAR AVAILABLE

Whole Tail Scottish Scampi, Peas & Chips	£10.50
House Fishcake, Peas & Chips	£8.50
Chargrilled Coriander & Lemon Chicken, Chickpea Salad ^{gf}	£12.95
Honey Mustard Glazed Ham, Egg & Chips, Green Bean Pickle ^{gf}	£9.00
Chargrilled Beef Burger, House Relish, Coleslaw & Chips	£10.50
Soup of the Day, Sourdough & Butter	£6.00
Quiche of the Day, Chips	£8.50
Steamed Mussels, Garlic, Leek & Chips ^{gf}	£10.95
Spicy Falafel, Hummus, Coleslaw ^{gf} ^v	£8.50

SANDWICHES/SALADS Served with house salad

Atlantic Prawn, Cucumber, Lettuce & Marie Rose	£5.95
Smoked Salmon, Pickled Cucumber & Mustard Cress	£5.50
Fish Finger Sandwich, Lettuce & Tartare Sauce	£5.50
Coronation Chicken & Gem Lettuce	£5.50
Coastal Cheddar or Ham, Pickle & Salad	£5.00

Ploughmans: Cheddar, Stilton or Ham	£7.50
Salad of the Day - See Board	£7.95
Smoked Fish Platter	£12.95
<i>Taramasalata, Smoked Salmon, Mackerel, Anchovies, Pickled Muscles & Sourdough</i>	

KIDS MEALS Served with chips and a choice of crushed peas or beans

Battered Fish ^{gf}	£4.00
Sausage ^{gf}	£4.00
Ham, Egg ^{gf}	£4.00
Scampi	£4.00

EXTRAS

Chips ^{gf}	£1.95	Chip Shop Curry Sauce ^{gf}	£1.00
Sourdough & Butter	£2.50	Battered Banger ^{gf}	£1.90
Baked Beans	£1.00	Tomato & Shallot Salad	£2.50
Side Salad ^{gf}	£2.20		
Coleslaw	£2.20		
Buttered Crushed Garden Peas ^{gf}	£1.50		

DESSERTS

Honey Panna Cotta, Granola & Seasonal Fruit	£5.00
Lemon Selection: Posset, Cake, Sorbet	£5.00

AFTERNOON TEA

Toasted Tea Cake	£2.00	Scone & Butter	£1.75
Scone, Jam & Clotted Cream			£2.45

Some items may contain nuts or traces of nuts, flour and other allergy associated products. Please ask staff for guidance. ^{gf} Gluten Free ^v Suitable for vegetarians