

THE SALTHOUSE A LA CARTE

STARTERS

Tear and Share 13.5

Freshly baked bread with nutty pesto, red pepper hummus, mixed olives, sun-dried tomato dressing & split balsamic.

Prawn Cocktail 9.5

Fresh prawns coated in Marie Rose sauce & served with mango, red pepper, & onion salsa, served with shredded lettuce, lemon wedge & homemade Guinness wheaten bread.

Fire Cracker Chicken 8

Crispy marinated chicken bites served with mixed leaf lettuce, sesame seeds and a honey sriracha dipping sauce. Served with a mixed leaf salad

Classic Chicken Caesar Salad

Starter 9.5

Main 12.5

Tender pan-seared chicken breast, crispy streaky bacon & shredded baby gem lettuce with sourdough croutons, parmesan shavings & Caesar dressing.

Heritage Tomato Salad 9

Locally sourced tomatoes with crumbled feta cheese, pea puree, pickled red onion & mixed salad leaves, drizzle of balsamic reduction.

Salt and Chilli Squid 9

Crispy fried squid rings served with stir-fried vegetables & fresh chillies, seasoned with salt & chilli. Finished with a coriander & lime dressing.

Soup of the Day 7.5

Served alongside our freshly baked Guinness wheaten bread.

S

MAINS

THE LAND

Lamb Shank 30

Served with colcannon mash, honey-glazed carrot & parsnip & red wine gravy.

Pork Tenderloin 25.5

Freshly infused Pork Tenderloin with soy, honey & garlic. Served with black garlic sauce, wilted cabbage, broccoli & baby carrots.

Char-Grilled Chicken 25

Served with your choice of side, sauce & cherry tomatoes.

Roast Chicken Chasseur 23

Locally sourced tender roast chicken breast served with creamy mash, charred scallion & rich mushroom, shallot & bacon sauce.

Honey Chilli Chicken 18.5

Crispy chicken strips tossed with stir-fried vegetables coated in a sweet & spicy honey chilli dressing. Served with fragrant Asian-style fried rice.

THE SEA

Seafood Platter 30

A luxurious selection of fresh seafood, with gambas pil pil prawns, salt & chilli squid & sundried tomato dressing. Finished with a saffron fish cream.

Sea Bass 28.5

Pan-Fried Sea Bass, with crushed & roasted baby potatoes tossed in seaweed butter. Served with a saffron fish cream.

Miso Glazed Cod 26.5

Miso marinated Cod served with wilted Pak choy, cauliflower, asparagus & cauliflower puree.

THE FIELDS

Pan-Seared 8oz Fillet Steak 45

Char-Grilled 10oz Sirloin of Beef 35

Char-Grilled 10oz Ribeye 35

All served with blistered cherry tomatoes and choice of sauce & side

Why not add on:

Crispy Salt & Chilli Prawns 6

Sauteed Garlic Onions And Mushrooms 4

THE EARTH (v)

Chilli Tofu 17

Crispy tofu fried with sesame seeds & mixed vegetables. Served with wilted vegetables & your choice of side.

Thai Green Vegetarian Curry 17

Chinese-style vegetables simmered in a fragrant Thai green curry base with creamy coconut milk & served with Asian-style fried rice.

Vegetable Tagliatelle 17

A selection of noodles made from courgette, leek, mixed bell pepper & onion, mixed in a tomato & basil sauce & sprinkled with Parmesan cheese. Served with homemade garlic sourdough.

Veggie Burger 17

A plant based patty served on a toasted brioche bun, with crisp lettuce, tomato, melted cheese & our secret sauce. Served with skinny fries.

Some of our menu items contain nuts, seeds and other allergens: there is a small risk that tiny traces of these may be in any other dish or food served here. We understand the dangers to those with severe allergies. Please speak to a member of staff who may be able to help you to make an alternative choice.

THE SALTHOUSE

SIDES & SAUCES

SIDES 6

Chunky chip/ chunky garlic chips	Dauphinoise potatoes
Skinny fries/ garlic skinny fries	House salad
Mash/champ	Sour cream and chilli fries
Asian style fried rice	French fried onions

SAUCES 4

Pepper sauce
Red wine gravy
White wine and chorizo cream

DESSERTS

Cheese Board A selection of cheeses served with fresh grapes, celery, quince jelly, house-made chutney, pickled apple slices & sourdough crackers.	13.5	French Lemon And Raspberry Tart A short crust pastry with a tangy lemon and raspberry infusion, topped with an Italian meringue. Served with a mascarpone ice cream.	8.5
Salthouse Profiterole Profiterole filled with salted caramel cream. Served with vanilla ice cream & drizzled with Lir whiskey & chocolate sauce.	9	Coconut Panna Cotta Served with a honey citrus compote & caramelized peach. Finished with mint & fresh berries.	8.5
Sticky Toffee Pudding Served with toffee sauce & scoop of vanilla ice cream. Garnished with a maple & sesame seed tuile.	9	Honeycomb Sundae Shards of homemade honeycomb, rich butterscotch sauce & topped with creamy honeycomb ice cream. Topped with a spoonful of fresh cream & crispy chocolate wafers.	8.5

DIGESTIFS

Port The perfect companion to our cheeseboard.	7.5
Irish Coffee Please ask your server for our selection.	8.5
Salthouse Dessert Cocktail Brandy, coffee liqueur, dark creme de cacao, espresso coffee, double cream.	11

Aged to Perfection: Indulge in the exquisite flavour of our 21-day aged prime beef. Each cut is carefully selected and hand-cut by our skilled local craft butchers, ensuring a dining experience that reflects the pinnacle of culinary excellence.

Locally Grown, Organically Sourced: We take pride in our commitment to freshness and sustainability. All our vegetables are sourced locally and organically, guaranteeing the finest quality produce to elevate the flavours of every dish on your plate.

Straight from the Sea to Your Table: Our seafood offerings are a testament to our dedication. Sourced directly from local fishermen in nearby waters, we ensure the highest quality for an unforgettable taste in every bite.

Bon Appétit!

Some of our menu items contain nuts, seeds and other allergens:
there is a small risk that tiny traces of these may be in any other dish or food served here. We understand the dangers to those with severe allergies.
Please speak to a member of staff who may be able to help you to make an alternative choice.