

THE SALTHOUSE

LUNCH MENU

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.

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.



MAINS

Beef Cheek 18.5

Tender slow-braised beef cheek with creamy champ & rich Guinness gravy, topped with crispy onions.

Cullen Skink 18.5

Smoked haddock poached in a creamy fish sauce served with sautéed baby potatoes, crispy bacon, spring onion & poached egg.

Battered Haddock 18

Lightly battered haddock with golden chunky chips, homemade tartar sauce, pea puree & garnish of lemon wedge.

Salthouse Burger 18

Locally sourced prime beef served on a toasted bun, with crisp lettuce, tomato, melted cheese, & our secret sauce. Served with skinny fries.

Chicken Quesadilla 17.5

Tender spiced chicken & wok-fried vegetables in a toasted tortilla wrap. Served with smoked paprika, jalapenos, & cheese, with chilli & sour cream fries.

Honey Chilli Chicken 17.5

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

Classic Club Sandwich 18

Chargrilled chicken, crispy streaky bacon, baby gem lettuce, & sliced tomato. Served on white bloomer bread or brown bread & finished with a spoonful of mayonnaise. Served with skinny fries.

VEGETARIAN

Chilli Tofu (v) 17

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

Thai Green Vegetarian Curry (v) 17

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

Veggie Burger (v) 17

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

SANDWICHES

Open Prawn and Salmon 14

Cold fresh water prawns, bound on a Marie Rose sauce, topped with smoked salmon and served on homemade Guinness wheaten bread.

Bacon & Brie Melt 9.50

Crispy, streaky bacon, topped with sliced brie, finished with redcurrant jelly. Served on white bloomer or brown bread.

Pulled Beef Slider 13.50

Slow cooked beef cheek, served with a spicy garlic mayo, finished with pickles, red onion and cheese, served on ciabatta.

Add a cup of soup to any sandwich - 3.5

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!

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