

Salt bar lunch menu

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gf = gluten free n = nuts S = sesame
v = vegetarian ve = vegan veo –vegan
option available

Salt & cracked black pepper mixed nuts (n/gf/ve)	£3
Citrus & garlic marinated olives (ve/gf)	£3.50
Mixed nibbles board (n/ve) – nuts, olives, warm sourdough & roasted aubergine dip.	£8

Smoked salmon & scrambled eggs. (n)	£6.95
On toasted sourdough bagel with house rocket and hazelnut pesto.	

Welsh rarebit & smoked bacon bagel.	£6.95
Wincle beer infused rarebit, smoked bacon and red onion marmalade on toasted sourdough bagel.	

Soup and smorrebrod (open sandwich)	£8.50
A hearty bowl of today's soup with your choice of open sandwich on German style rye bread.	
* Smoked salmon, hazelnut and rocket pesto, pickled cucumber, soft boiled egg and leaves (n)	
* Salt beef, pickled cucumber, sweet walnuts and horseradish cream (n)	
* Cured carrot, wilted spinach, marinated feta cheese and pine nuts (n/veo)	

Our famous sharing boards. They may no longer be called Smörgåsbords but they're just as tasty!
Choose any three for £9 or all six for £18. One crispbread included per 3 items. Extra 75p each.

- * House salt beef/horseradish cream/pickled cucumber (gf) * Italian prosciutto with sweet walnuts (gf/n)
- * Juniper & lime roasted chicken with red onion marmalade (gf) * Cured carrot/marinated feta cheese/pine nuts (gf/n/veo) * Beetroot/apple/red onion salad (gf/ve) * Quinoa with harissa roasted vegetables and preserved lemon (ve)

VEGAN AND/OR GLUTEN FREE OPTIONS AVAILABLE

Prawn Skagen	£7
Fried sourdough topped with prawns in a dill, horseradish and leek mayonnaise. Finished with lumpfish caviar and an herb oil.	

Scandinavian style meatballs (gf)	£8.50
British pork and beef meatballs, pickled cucumber, cranberry sauce and either mash (properly!) or fries. Choose our traditional cream sauce or go dairy free with tomato, roasted pepper and basil.	

Salt bar burger	£8.50
4oz British beef patty topped with a sliced meatball, vintage red Leicester cheese and cranberry sauce. Lettuce, pickled cucumber and tomato on a toasted brioche bun. Fries.	

Beetroot and chickpea falafel bowl (gf/ve/n)	£8.25
Quinoa and harissa roasted vegetable salad, Beetroot, apple and onion salad, House pickled slaw and dressed leaves. Coriander yoghurt dressing and pumpkin seeds.	

Creamed mushrooms on toast (v)	£6
Button and chestnut mushrooms with thyme and smoked paprika in a simple cream sauce. Toasted sourdough.	

Sides £3.50each *Fries (gf/ve) *House pickled slaw (gf/ve) *Beetroot, apple and red onion salad (gf/ve)	
*Quinoa, harissa roasted vegetable and preserved lemon. (gf/ve) * Cream sauce £1.25	

A 10% service charge will be added to tables of 6 or more.

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