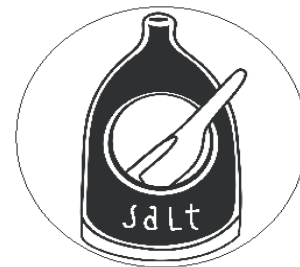


Autumn/Winter 2021

Lunch menu

Wednesday – Friday 11.30am – 3pm (kitchen 2pm)

Saturday 12pm – 5pm



All of our delicious food is made to order in our tiny kitchen so may well take longer during busy periods. In a bid to do our bit and reduce food waste we prepare limited amounts of each.

Soup and sandwich £7.50

A hearty bowl of today's homemade soup and a sandwich of your choice on wholemeal or white bloomer.

- Salt beef, rocket, pickled cucumber & mustard.
- Cheshire cheese, tomato, red onion marmalade & rocket (v)
- Rosemary roast chicken, rocket and lemon mayonnaise.

Scandinavian style meatballs (gf) £8.50

Pork & beef meatballs in cream sauce with pickled cucumber, cranberry sauce and your choice of mash or fries.

Miso mushrooms and marinated feta on toast (v) £7.50

Topped with a poached egg and finished with gremolata.

Lose the egg and feta cheese and add cured carrot for a vegan option.

Salt bar burger £8.50

4oz beef patty, meatball, cheese and cranberry sauce. Brioche bun, pickled cucumber, tomato and lettuce. Fries.

Sharing boards served with crispbread

3 items £7.50 all 7 items £18

- Beetroot, barley, apple and feta cheese salad (v)
- Cured carrot, toasted walnut and herb oil (v/n)
- Rosemary roast chicken with lemon mayonnaise
- Cornish smoked mackerel, horseradish & preserved lemon terrine
- Prosciutto
- House pickled vegetables (ve)
- British cheeses with red onion marmalade (v)

Prawn Skagen toast £7

Prawns in dill, leek and horseradish mayonnaise on fried sourdough. Finished with lumpfish caviar.

Sides

Fries (gf/ve)	£2
Salt bar salad (ve/gf)	£2
Beetroot, apple and feta salad (v/gf)	£2
Marinated olives (ve/gf)	£2.50
House smoked nuts (gf/n/ve)	£2.50

Table d'hôte

Two courses £16

**Available all day Wednesday/Thursday
Until 7pm Friday/Saturday**

House soup of the day (v)
With warm bread

Miso mushroom bruschetta (ve)

Salt beef & Shropshire blue cheese salad (n)
With pickled cucumber, croutons, toasted walnuts and mustard dressing.

Scandinavian style meatballs (gf)
Cream sauce, pickled cucumber and cranberry sauce. Mash or fries.

Stuffed cabbage rolls (gf/ve)
With green lentils, tomato & red wine. Gremolata & pumpkin seeds.

Maple & mustard salmon (gf)
On roasted winter vegetable ratatouille. Tomato & red pepper sauce.

Please advise us before ordering of any food allergies/intolerances.

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

Gf = gluten free V = vegetarian Ve = vegan

