



Summer Menu

Breakfast is the most important meal of the day so we take that seriously.

*We love our local suppliers
The eggs in your omelette come from half a mile
down the road, our sourdough handmade by
Stuart at Lagom and our salmon is hot smoked at
Glasson Dock*

Made with love in our tiny kitchen.



gluten free, kids & takeaway menus
are available on request





Little Breakfast

Sourdough Toast £2.90 (V) or (VE)

Lagom Bakery sourdough served with Derby Hill Farm butter and strazzberry jam

Banana Bread £3.80 (V)(N)

Chocolate pecan banana bread served warm with maple pecan butter

Blueberry Lemon Muffin £3.50 (VE)

With vegan cream cheese frosting

Pina Colada Granola £7.50 (V) (N)

Coconut lime Greek yoghurt, Salt coconut granola, mango curd, lime honey, roasted pineapple and banana

Check our bake stand for our ever changing homemade bakes

Salt Brunch

Peach Cobbler French Toast £11.50 (V)

Thick brioche French toast, honey roast peaches, peach caramel, scone crumble, vanilla mascarpone & raspberry compote

Toronto Toast £11.50

Thick brioche French toast, smoked streaky bacon, vanilla mascarpone, raspberry compote, fresh berries and maple syrup

Kimchi Beans £12.00 (V) or (VE)

Two sesame fried eggs or sesame tofu, kimchi butter beans, local tomatoes, jasmine rice, chilli crisp, spring onions, crispy shallots and fresh herbs

Steak and Eggs £16.50

Gochujang marinated 8oz Hanger steak, two crispy fried eggs & sesame hash with chimichurri and hollandaise. Served medium rare.

The Salmon Dance £13.50

Lancaster honey hot smoked salmon, crispy fried egg, jasmine rice, fermented chilli, tomato chilli mayo, pickled vegetables and edamame

The Ketchup Song £11.50 (V) or (VE)

Roast local tomatoes, burnt lemon cream cheese, garlicky spinach and romesco sauce with gremolata on sourdough toast

ET the Eggstra Terrestrial £10.50 (V)

Scrambled egg, feta, avocado yogurt, tangy tomato compote, watercress, tomato salt & burnt lemon oil on sourdough toast

*Add Lancaster honey hot smoked salmon +£3.50
Add bacon +£2.50*



(V) vegetarian (VE) can be made vegan (N) includes nuts

Sandwiches



Beef Bahn Mi £12.50

Honey and soy 6 hour braised Hanger steak, Vietnamese pickled vegetables, tomato chilli mayo, coriander and sesame on a crispy beef buttered baguette, served with dipping gravy and fermented chilli

Add egg ribbon +£2.00

The Good, the Bad and the Sausage £9.50

Nduja sausage patty, pepperoni, fried egg, Swiss cheese, crispy smashed potato, hot honey and black garlic mayo on a griddled brioche bun

First Wives Club £9.00

Lancaster honey hot smoked salmon, burnt lemon cream cheese, pickled cucumber, capers, everything seasoning, pickled onion and crispy shallot on a toasted sourdough bagel

Big Bright Green Pleasure Machine £8.50 (V)

Spinach, feta, and pea omelette, roast courgette, burnt lemon cream cheese, watercress and gremolata served on a toasted brioche bun

I Just Shawarma Dance with Somebody £12.00 (N)

Shawarma chicken thigh, hummus, grilled pepper and courgette, tomato compote, avocado lime yoghurt, harissa, pickled onion, feta and pistachio on a warm flatbread. Served with Salt mango hot sauce

Döner Summer £11.50 (VE) (N)

Shawarma tofu, hummus, grilled pepper and courgette, avocado lime yoghurt, harissa, pickled onion, and pistachio on a warm flatbread, served with Salt fermented chilli

Add feta +£1.00

Beef and Kimchi Melt £11.50

6 hour braised Hanger steak, kimchi, roast peppers and onions, Swiss cheese and black garlic mayo on grilled brioche, served with fermented chilli

Mr Sunshine £9.00 (VE)

Smashed roast potato, kimchi, hummus, crispy shallots, tomato chilli mayo, pickled carrots and cucumber on toasted sourdough with seasonal side salad

Focaccia of the week £10.00

Salad of the week £11.00

See our specials board for our homemade seasonal focaccia sandwich and salad

Tots & Bits

Tots £4.50 (VE)

Seasoned with Maldon salt and a choice of dip. Choice from Salt ketchup (ve), Black garlic mayo (v), hollandaise, (v) tomato chilli mayo (ve), hummus (ve), Salt mango hot sauce (v), chimichurri (ve), tomato compote (ve)

Extra dip +£0.90

Pizza Tots £7.50

Tots tossed in tangy tomato compote, crispy pepperoni, fior di latte, hot honey, topped with buffalo mozzarella and pizza salt

Cacio e Pepe Tots £6.50

Tots tossed in confit garlic, showered in parmesan and black pepper, with black garlic mayo

Add smoked streaky bacon +£2.00

Everything Tots £7.00 (V)

Tots, everything seasoning, burnt lemon cream cheese, pickled onion, crispy shallot, fresh herbs and spring onion

Add smoked streaky bacon +£2.00

Romesco Tots £6.50 (VE) (N)

Tots on a bed of Romesco sauce, topped with gremolata, pickled onion, crispy shallots and avocado crema

Side of sesame hash £4.00 (V) or (VE)

Seasonal Salad £3.50 (V)





Breakfast Cocktails

2 of the same type for £15.00

Spicy Mango Margarita £8.50 (V)

Olmecca Blanco, Cointreau, Mango compote, Salt mango hot sauce & lime with a spicy salt rim

Kimchi Bloody Mary £8.50 (VE)

Absolut, Salt kimchi, Sriracha, Hendersons, Big Tom & Salt spice mix

Salted Maple Espresso Martini £8.50 (V)

Absolut, Kahlua, Maple syrup, Timber Town Double Espresso & Maldon salt

Peach & Honey Bellini £7.50 (V)

Peach compote, Honey, Prosecco & Raspberry

Liqueur Coffee £6.00

Baileys Latte (V)

Baileys, double espresso, steamed milk

Irish Coffee (V)

Jamesons, Americano, Double Cream

Italian Coffee (V)

Disaronno, Americano, Double Cream



If you have any dietary requirements please inform a member of staff. Even though we have a small kitchen we will try our best to accommodate, but we cannot guarantee lack of cross contamination.

