



SALT FISH

..... SEAFOOD, GRILL
& WINE BAR

at HOUNDGATE

BREAKFAST MENU

Monday to Friday: 7:00am - 10:30am

Saturday & Sunday: 8:00am - 10:30am

Full English

Cured Bacon, Hog Roast Sausage, "W. Peat's" Black Pudding,
Roast Flat Cap Mushroom, Grilled Tomato, Hash Brown,
Baked Beans, Egg.

Full Vegetarian

Falafel, Spinach, Roast Flat Cap Mushroom, Grilled Tomato,
Hash Brown, Baked Beans, Egg.

2 Eggs on Toast

Fried, Poached or Scrambled on Sourdough, Wholemeal
or White Bread.

Baked Eggs, Rustic Tomato & Harissa Sauce, Coriander
& Feta, Sourdough Soldiers.

Eggs Florentine

Spinach, Poached Eggs, Hollandaise, Muffin.

Eggs Benedict

Bacon, Poached Eggs, Hollandaise, Muffin.

Eggs Royale

Smoked Salmon, Poached Eggs, Hollandaise, Muffin.

Smoked Salmon & Scrambled Eggs, Sourdough Toast.

Salt Haddock Kedgerree, Poached Egg.

Crushed Avocado, Poached Eggs, Tomato Chilli Jam
on Sourdough Toast.

3 Egg Omelette

Cheese & Mushroom / Bacon & Mushroom.

Boston Beans on Sourdough, Bacon & Poached Eggs.

Porridge Oats

Banana & Honey / Berry Compote & Honey.

Homemade Granola, Greek Natural Yoghurt,
Berry Compote, Honey.

Yoghurt Bowl

Greek Natural Yoghurt, Poached Fruits, Seasonal Berry
Compote, Toasted Coconut, Pumpkin, Sunflower & Chia Seeds.

Toast, Butter, Preserves or Marmalade.

Gluten free - extra 50p each.

TOASTED SANDWICHES

On Sourdough, Wholemeal or White Bread

Gluten free - extra 50p each.

Breakfast Sandwich

Hog Roast Sausage, Cured Bacon, Fried Egg, Black Pudding,
Chilli Jam.

Hog Roast Sausage.

Cured Bacon.

Fried Egg.

Extras - Sausage / Bacon / Smoked Salmon

Egg / Mushroom / Tomato / Hash Brown / Black Pudding.

£13.95 TAKEAWAY

Sandwiches on wholemeal or white bread.

Gluten free - extra 50p each.

£13.95

Hog Roast Sausage.

£6.00

Cured Bacon.

£6.00

£8.50

Fried Egg.

£5.00

Granola Pot, Berries, Yoghurt, Honey.

£5.00

£9.95

Extras - Sausage / Bacon / Egg /
Mushroom / Tomato

£1.50 each

£9.50

STORM LOOSE LEAF TEAS

£10.50

Organic Tea Range: Breakfast / Earl Grey /
Ceylon Green / Hibiscus / Peppermint /

Pot

£3.70

£11.50

Camomile Blossoms

£11.50

ROUNTON COFFEE



£10.95

Espresso

£2.60

£10.50

Double Espresso

£2.90

Macchiato

£2.90

£9.50

Double Macchiato

£3.30

Americano

£3.50

£10.50

Latte

£3.70

£7.00

Cappuccino

£3.70

Flat White

£3.70

£7.95

Mocha

£3.90

£7.50

Koka Collection Hot Chocolate

£3.80

Smooth Vanezuella 58%

Oat milk - 30p extra.

£4.50

JUICES

£3.25

Each

The restaurant opening times are Monday to Saturday
8am-10:30am, 12pm-2:30pm & 5pm-10pm (last food order 8:45).

On Sundays, we open for breakfast at 8am-10:30am and our
lunch time service is 12pm-5pm. Our bar is open from 8am until
close serving teas & coffees and bar snacks from 12pm.

