



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.
(Gluten free - extra 50p each)

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.

Granola, Greek Natural Yoghurt, Berry Compote, Honey.

Toast, Butter, Preserves or Marmalade.
Gluten free - extra 50p each.

TOASTED SANDWICHES

On Wholemeal or White Bread

Gluten free - extra 50p each.

Hog Roast Sausage.

Cured Bacon.

Fried Egg.

Extras

Sausage/Bacon/Smoked Salmon

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

£14.25

TAKEAWAY

Sandwiches on wholemeal or white bread.

Gluten free - extra 50p each.

£13.95

Hog Roast Sausage.

£6.50

Cured Bacon.

£6.50

£8.50

Fried Egg.

£5.50

Granola Pot, Berries, Yoghurt, Honey.

£5.50

£11.95

Extras - Sausage/Bacon
Egg/Mushroom/Tomato

£2.50 each
£1.50 each

£10.50

JING LOOSE LEAF TEAS

£11.50

Assam

Pot
£3.95

Breakfast / Earl Grey

£12.50

Herbal

£4.30

Jade Sword / Blackcurrant & Hibiscus / Peppermint /
Chamomile Blossoms

£11.50

Chai

£4.30

£12.95

Chai, loose Leaf Blend (served Black or with Hot Milk)

£11.95

ROUNTON COFFEE



£11.50

Espresso

£2.80

£11.50

Double Espresso

£3.00

£8.00

Macchiato

£3.00

Double Macchiato

£3.50

£8.00

Americano

£3.70

£4.50

Latte

£3.90

Cappuccino

£3.90

Flat White

£3.90

Mocha

£4.30

Koka Collection Hot Chocolate

£4.10

Chai Latte

£4.40

£8.00

Dirty Chai Latte

£5.50

£8.00

Oat milk/Cream/Honey

30p

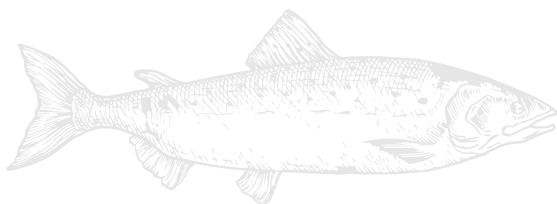
£7.00

Syrups - Vanilla/Salted Caramel

50p

JUICES

£3.60
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.