SALTFISH
SEAFOOD, GRILL & WINE BAR
at HOUNDGATE

BREAKFAST MENU

Monday to Friday: 7:00am - 10:30am
Saturday & Sunday: 8:00am - 10:30am

Full English £14.25
Cured Bacon, Hog Roast Sausage, "W. Peat's" Black Pudding, Roast Flat Cap Mushroom, Grilled Tomato, Hash Brown, Baked Beans, Egg.

Full Vegetarian £13.95
Falafel, Spinach, Roast Flat Cap Mushroom, Grilled Tomato, Hash Brown, Baked Beans, Egg.

2 Eggs on Toast £8.50
Fried, Poached or Scrambled.
(Gluten free - extra 50p each)

Baked Eggs, Rustic Tomato & Harissa Sauce, Coriander & Feta, Sourdough Soldiers. £11.95

Eggs Florentine £10.50
Spinach, Poached Eggs, Hollandaise, Muffin.

Eggs Benedict £11.50
Bacon, Poached Eggs, Hollandaise, Muffin.

Eggs Royale £12.50
Smoked Salmon, Poached Eggs, Hollandaise, Muffin.

Smoked Salmon & Scrambled Eggs, Sourdough Toast. £12.50

Salt Haddock Kedgeree, Poached Egg. £12.95

Crushed Avocado, Poached Eggs, Tomato Chilli Jam on Sourdough Toast. £11.95

3 Egg Omelette £11.50
Cheese & Mushroom / Bacon & Mushroom.

Boston Beans on Sourdough, Bacon & Poached Eggs. £11.50

Porridge Oats £8.00
Banana & Honey / Berry Compote & Honey.

Granola, Greek Natural Yoghurt, Berry Compote, Honey. £8.00

Yogurt Bowl. £7.95

Toast, Butter, Preserves or Marmalade. £4.50
Gluten free - extra 50p each.

TOASTED SANDWICHES

On Wholemeal or White Bread
Gluten free - extra 50p each.

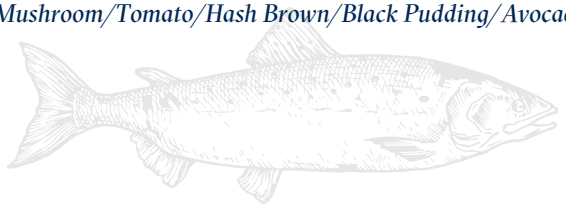
Breakfast Sandwich £11.50
Hog Roast Sausage, Cured Bacon, Fried Egg, Black Pudding.

Hog Roast Sausage. £8.00

Cured Bacon. £8.00

Fried Egg. £7.00

Extras
Sausage/Bacon/Smoked Salmon £3.50
Egg/Mushroom/Tomato/Hash Brown/Black Pudding/Avocado £2.50



TAKEAWAY

Sandwiches on wholemeal or white bread.
Gluten free - extra 50p each.

Hog Roast Sausage.	**£6.50**
Cured Bacon.	**£6.50**
Fried Egg.	**£5.50**
Granola Pot, Berries, Yoghurt, Honey.	**£5.50**
Extras - *Sausage/Bacon*	**£2.50 each**
Egg/Mushroom/Tomato	**£1.50 each**

JING LOOSE LEAF TEAS

	Pot
Assam	**£3.95**
Breakfast / Earl Grey	
Herbal	**£4.30**
Jade Sword /Blackcurrant & Hibiscus / Peppermint / Chamomile Blossoms	
Chai	**£4.30**
Chai, loose Leaf Blend (served Black or with Hot Milk)	

ROUNTON COFFEE

ROUNTON COFFEE ROASTERS

Espresso	**£2.80**
Double Espresso	**£3.00**
Macchiato	**£3.00**
Double Macchiato	**£3.50**
Americano	**£3.70**
Latte	**£3.90**
Cappuccino	**£3.90**
Flat White	**£3.90**
Mocha	**£4.30**
Koka Collection Hot Chocolate	**£4.10**
Chai Latte	**£4.40**
Dirty Chai Latte	**£5.50**
Oat milk/Cream/Honey	***30p***
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.

Allergen information is available on request. Please ask a member of staff for details.
All prices include VAT.