

SAL'S

SNACKS & NIBBLES

Gordal Olives (Ve, GF)
Smoked Nuts (Ve, Gf)
Chilli Rice Crackers
Houmous - Flatbread (V)
Kabanki Peppers - stuffed with soft cheese (v)
Grilled Artichokes & Parma Ham

SANDWICHES & WRAPS

All served with pickled cabbage, yoghurt & sesame seed slaw

BLT Ciabatta

Smoked Streaky Bacon, Gem Lettuce, Tomato, Wild Garlic Pesto

Madame

Toasted Bloomer, Yorkshire Ham, Gouda, Fried Egg

Aldwark Dipper Ciabatta

Minute Steak, Caramelised Onion, Rocket Salad

Smoked Salmon Wrap

Smoked Salmon, Black Pepper Creamed Cheese, Cucumber

St Andrews Cheddar

Kimchi & Baby Gem on Brown Bloomer

TOASTED SELECTION

White, Brown or Multi Seeded Bloomer
Sourdough
Crumpet
Tea Cake

with 1 side 4.50
with 2 sides 5.50

Fruity Kitchen Preserve

Strawberry Jam
Raspberry Jam
Apricot Jam
Rhubarb & Ginger Jam

Butter
Marmalade
Peanut Butter
Creamed Cheese
Nutella
Honey
Marmite
Lemon Curd

Smashed Avocado 3
Smoked Salmon 5

BRUNCH

6	Bircher Oats - Apple, Cinnamon & Honey	5.50
5	Porridge - Plain / Spiced Pear & Peacan	5.50
5	Seeded Loaf - Seasonal Fruit	7
7.50	Banana & Peanut Bread - Chocolate & Hazelnut	7
6	Fruit Kebabs - Mint Syrup	4
10		

SALADS & BOWLS

	Hazelnut Gremolata	15
	Sweetcorn, Roquette, Hazelnut vinaigrette	
15	Butter Bean Caesar	16
	Romaine Lettuce, Parmesan, Roasted Butter Bean, Caesar Dressing	
15	Bulgar Wheat	15
	Heritage Tomato, Red Onion, Chilli & Mint Dressing	
18	Baba Gnoush	16
	Roasted Beetroot, Sundried Tomatoes, Smoked Paprika	
15	Fregola	15
	Pickled Fennel, Orange, Olive, Dill	
15	Udon Noodle	16
	Mooli, Edamame Beans, Coriander, Sesame, Soy	

Add to your salad...

Chargrilled Chicken 6
Smoked Mackerel 5.50
Chargrilled Haloumi 5
Roasted Harrissa Cauliflower 3

SWEET TREATS

	Flapjack	5.50
	Date & Sunflower Seed	
	Home-made Granola	6.50
	Seasonal Stewed Fruit	
	Chia Seed	
	Agave Syrup	
	Honey	
	Natural Yoghurt	
	Muffins	4
	Lemon / Chocolate	
	Cake	5
	Carrot / Chocolate / Lemon Drizzle	
	Fresh Fruit	1
	Banana / Apple / Orange	
	Smoothie of the Day	4
	Frozen Yoghurt	6
	Fruit Compote / Crushed Pistachio / Lemon Sherbert	

(V) Vegetarian (Ve) Vegan (GF) Gluten free (*GF) can be made gluten free (*Ve) Can be made Vegan. Our food is prepared in a kitchen where nuts, gluten and other allergens may be present. If you would like information on ingredients within our menu items in relation to allergens and food intolerances, please ask before ordering, and a member of our team will be delighted to assist you.

A discretionary service charge of 10% will be added to your bill.