



SALTWATER


breakfast/ brunch/lunch


BREAKFAST

served all day

GRANOLA BOWL  
fresh fruit, coconut yoghurt, chai seeds



SOURDOUGH TOAST  
2 sourdough slices, choice of jam, marmalade, peanut butter, marmite, nutella

GARLIC AND THYME MUSHROOMS 
sourdough toast, rocket, vine tomatoes with poached egg (add back bacon or salmon)

TWO EGGS ON TOAST 
free range eggs on toast either fried-scrambled-poached (add back bacon or smoked salmon)

BACON OR SAUSAGE CIABATTA
choice of local butcher bacon/sausage or vegan/vegetarian/gluten free sausage (add fried egg or mushrooms)

TUSCAN BEANS ON TOAST  
Cannellini beans in a tomato sauce with garlic and herbs (add back bacon, sausages – fried or poached egg)


HOMEMADE WAFFLES  
choice of bacon and maple syrup or berries, banana and maple syrup

SMOKED SALMON BAGEL
capers, rocket, crème fraiche


LUNCH

PRAWN / SMOKED SALMON OPEN SANDWICH
Prawns or smoked salmon, edamame beans, lemon mayo, capers, avocado

ROASTED VEGETABLE OPEN SANDWICH 
beetroot hummus, courgette, red pepper, red onion, cherry tomatoes, garlic, sweet potato, vegan feta, salad leaves

WELSH RAREBIT 
served with salad, red onion chutney

STEAK CIABATTA
salad, onions, dijon mayo

OLD WINCHESTER ASPARAGUS 
Local asparagus on sourdough toast topped with Old Winchester cheese, poached egg, lemon butter, salad leaves (add bacon or sausages) (for vegan option topped with vegan feta no egg)

YOU CAN ALSO ADD
poached/fried egg, smoked bacon, smoked salmon, prawns, avocado

some of our dishes can be made either vegan/vegetarian - gluten free options are available, please ask a team member for help