



2019 Winter Menu

2 – Sharing and To Start

3 & 4 – Main Courses and Sandwiches

5 – Sunday Roast, Kids' Meals and Sides

6 - Desserts

7 – Allergy Advice

Sharing

OLIVES (V) (GFP) (LO) (VEGAN) £3.25

Salterns Marinated Giant Green and Black Spanish Olives

HALLOUMI 'CHIPS' (V) £5.25

Breaded Halloumi Chips, Sweet Chilli Mayo

WHITEBAIT FILLETS £5.25

Crispy Fried Breaded Fillets, Lemon and Our Tartare Sauce

SALTERNS SHARING BOARD (V)

(LO) **£12.00**

Selection of Cured Meats: Salami Milano, Cured Chorizo, Parma Ham, Chicken Liver Pate, Balsamic Onions, Sweet Baby Peppers and Sourdough Bread

SALTERNS FISH BOARD £19.00

Breaded Crispy Cod Cheek Bites, Hot Smoked Salmon, Salt and Pepper Squid, Prawns in Marie Rose Sauce, Fries, Chive Crème Fraiche, Sweet Chili and Lime Mayo, Tartar Sauce, Served with Mini White Baguettes

SALTERNS MEAT FEAST BOARD

£19.50

Breaded Halloumi Fries, Marinated Giant Olives, Crispy Pork Croquettes, Chargrilled Chorizo Sausage, Cured Meats, Chips, Dressed Mixed Leaf, Sweet Chilli and Lime Mayo, Smokey BBQ Sauce and Ciabatta Bread

To Start

SOUP (V) (LO) £6.25

Home-Made Soup with Baked Mini White Baguette and Butter (Please See the Specials Menu for Today's Flavour)

RISOTTO (GFP) £7.25

Creamy Risotto with Grilled Herb Marinated Chicken, Garden Peas, Spring Onions, Parmesan and Truffle Oil

CHICKEN LIVER PATE £7.25

Chicken Liver Pate, Thyme Butter, Crispy Chicken Skin, Toasted Mezzaluna Bread, Home-Made Red Onion Jam

CRAB TORTELLINI (LO) £7.50

Home Made Tortellini Pasta, Filled with Crab Mousse, with Tomato Bisque, Braised Fennel and Fresh Dill

GOATS CHEESE SALAD (V) (LO)

(GFP) **£7.50**

French Goats Cheese, Candid Walnuts, Fresh Orange, Mixed Leaves with Split Balsamic Dressing

HOT SMOKED SALMON (LO)

£8.25

Hot Smoked Salmon, Chive Crème Fraiche, Coriander, Tomato and Red Pepper Salsa

SCALLOPS (LO) (GFP) £8.50

Pan Fried Scallops with Lime and Chilli Sautéed Courgette, Roasted Red Peppers, Tomato, Red Onion and Balsa Salsa

Mains from the sea

FISH & CHIPS (GFP) **£14.50**

Beer Battered 8oz Fresh British Cod, Hand Cut Triple Cooked Chips, Minted Mushy Peas, Lemon and our Tartare Sauce

SEA BREAM (GFP) **£16.00**

Pan Fried Fillets of Sea Bream with Mixed Beetroots, Heritage Carrots, Garden Peas and Garlic Pesto New Potatoes

SALMON (GFP) (LO) **£17.00**

Pan Roasted Salmon Fillet, Buttered Leeks, Roasted Baby Turnips, Herb Buttered New Potatoes with Lemon and Tarragon White Wine Cream Sauce

'MARKET FISH' (GFP) **£18.00**

Please See the Specials Menu for Today's Catch

TURBOT (GFP) (LO) **£22.00**

Pan Roasted Turbot Filled, Oyster and Dill Cream Broth with Diced Potatoes, Buttered Baby Turnips and Cavolo Nero

Mains from the land

BEETROOT, RED PEPPER AND QUINOA BURGER (V) **£12.50**

Beetroot, Red Pepper and Quinoa Burger, Brioche Bun, Hellman's Mayo, Lettuce, Tomato and Onion. Served With a Side of Tomato Relish and Fries

SALTERNS BURGER **£13.25**

6oz Home-Made West Country Beef Burger, Brioche Bun, Hellman's Mayo Lettuce, Tomato and Onion. Served With a Side of Tomato Relish and Fries

CHICKEN BURGER **£13.25**

Grilled Lemon & Herb Marinated Chicken Breast, Brioche Bun, Hellman's Mayo, Lettuce, Tomato and Onion. Served With a Side of Tomato Relish and Fries

BURGER OPTIONS

Make It Gourmet- Add Smokey Bacon, Cheddar Cheese and Four Onion Rings + £1.50

Change Your Chips for Sweet Potato Fries + £1.50

Make It 'Skinny' By Removing The Bun and Adding

Extra Salad (LO) (GFP)

THREE BEAN CHILLI (V) (LO)

(VEGAN) **£14.50**

Mixed Beans Cooked in Spicy Tomato and Coriander Sauce, with Basmati Rice, Crispy Tortilla, Lime and Chilies

VEGETARIAN CASSOULET (V) (LO) (VEGAN) **£14.50**

Spiced Tomato Sauce with Butterbeans, Chick Peas, Mixed Peppers, Red Onions, Aubergine and Courgette with Giant Israeli Couscous

PORK BELLY (GFP) **£16.50**

Slow Cooked Pork Belly, Braised Apples, Honey and Cider Cream, Confit Potato, Baby Turnips and Cavolo Nero

LAMB SHANK (GFP) **£17.50**

Slow Cooked West Country Lamb, with Spring Onion and Leek Mash, Petit Pois, Heritage Roasted Carrots, Caramelized Shallots

CHICKEN SUPREME (GFP) **£18.00**

Pan Roasted Chicken Supreme, Salt Baked Heritage Carrot, Petit-Pois, Dauphinoise Potato and Roasted Celeriac Puree

West Country Steaks

8OZ HANGER STEAK £18.00

8OZ RIBEYE STEAK £22.00

8OZ FILLET STEAK £25.50

All of our Steaks are Served with Confit Vine Tomatoes, Hand Cut Triple Cooked Chips and your choice of

1. Melting Blue Cheese
2. Peppercorn Sauce
3. Béarnaise Sauce

Mains from the Garden

GREEK SALAD (V) £12.00

Dressed Green Leaves, Greek Feta Cheese, Red Onion, Olives, Cucumber and Tomato, Topped With Breaded Halloumi

CHICKEN CAESAR £12.00

Caesar Dressed Green Leaves with Marinated Anchovies, Sour-Dough Croutons, Smoked Bacon, Shaved Grana Padano Parmesan and Grilled Garlic and Herb Marinated Chicken Breast

‘SUPER FOOD’ SALMON SALAD

(LO) (GFP) **£13.50**

Lemon, Garlic and Herb Vinaigrette Dressed Mixed Leaves, With Mixed Beetroot, Garden Peas, Sun Blushed Tomato, Red Onions, Mixed Peppers, Crushed Chilli and Lime Avocado and Toasted Sun Flower Seeds
ADD HOT SMOKED SALMON FOR AN EXTRA £1.50

Sandwiches

PRAWN AND AVOCADO ‘OPEN’ SANDWICH £7.25

One Slice of Granary Bread Topped With Classic Prawns in Marie Rose Sauce with Fresh Dill. Avocado and Apple Matchsticks

TUNA MELT £7.25

Tuna Mayo with Cheddar Cheese in Grilled Granary Bloomer Bread

SMOKED SALMON ‘OPEN’ SANDWICH (LO) £7.50

Hot Smoked Wye Salmon, Chive Crème Fraiche and Watercress on One Slice of Granary Bread

FRENCH GOATS CHEESE ‘OPEN’ SANDWICH (V) £7.50

Goats Cheese with Honey and Thyme Balsamic onions, Sweet Baby Peppers and Watercress, Baked on one Slice of Ciabatta

THE AMERICAN CLUB £8.25

Marinated Chicken Breast, Smoked Streaky Bacon, Egg Mayo, Green Lettuce and Beef Tomato in Warm Ciabatta Roll

HERB MARINATED CHICKEN £8.25

Marinated Chicken Breast, Rocket, Mozzarella and Salami, Grilled In White Bloomer Bread

CHICKEN CAESAR WRAP £8.25

Chargrilled Chicken Breast Strips in a Floured Tortilla Wrap with Gem Lettuce, Parmesan Cheese, Streaky Bacon and Homemade Caesar Dressing

CROQUE MADAME £8.25

Grilled White Bloomer Sandwich of Honey Roast Ham and Cheddar Cheese Topped with Cheesy Béchamel Sauce with Fried Free Range Egg on Top

STEAK SANDWICH £8.25

West Country Hanger Steak Strips, Fried Red Onions, Rocket and Chive Mayo in Warm Ciabatta Roll

Sunday Roast

ROASTED LOIN OF WILTSHIRE SOMERSET PORK 'WITH ALL THE TRIMMINGS' £15.00

Butter Roasted Potatoes, Honey Glazed

ROASTED SIRLOIN OF WEST COUNTRY BEEF 'WITH ALL THE TRIMMINGS' £17.00

Butter Roasted Potatoes, Honey Glazed

Side Dishes

Granary and White Bloomer Bread With
Butter (V) £1.75

Fries (V) (GFP) £3.00

Seasonal Vegetables (V) (GFP) £3.25

Battered Onion Rings (V) £3.25

Dressed House Salad (V) (GFP)
(Vegan) £3.25

'Cheesy Fries' (V) (GFP) £3.50

Sweet Potato Fries (V) (GFP) £3.50

Kids' Meals

(IDEAL FOR KIDS UP TO THE AGE OF 10)

GRILLED CHEESE SANDWICH (V) £4.75

Grilled Cheddar Cheese Sandwich on White Bread
(Served 12-3pm Monday-Friday and 12-6pm Saturday,
Sunday and Bank Holidays)

MAC N CHEESE (V) £6.25

Macaroni Pasta Baked in Cheesy Sauce

SAUSAGES £6.25

Two Premium Dorset Sausages, Fries and
Baked Beans

PIZZA- 5" (V) £6.25

Cheese and Tomato Pizza with Salad

SLIDER BURGERS £7.25

Two Mini Burgers in Mini Brioche Buns
with Fries

FISH DIPPERS £7.25

Battered Cod Fingers, Fries and Garden Peas

CHICKEN STRIPS £7.25

Breaded 100% Chicken Breast Strips, Baked
Beans and Fries

GRILLED SALMON (GFP) (Lo) £7.25

½ Salmon Fillet, Simply Grilled and Served
with Peas and White Rice

GRILLED CHICKEN BREAST (GFP) (Lo) £7.25

½ Grilled Chicken Breast Served With
Season Vegetables and Mash Potato

SUNDAY ROAST DINNER £10.00

(Available 12-9pm on Sundays - Subject To
Availability)

Your Choice of ½ Portion of **Beef** or **Pork**
With Roasted Potatoes, Seasonal Vegetables
and Gravy

Desserts

HOME-MADE ICE-CREAMS &

SORBETS

Choose from Madagascan Vanilla, Milk Chocolate, Praline Ice-Creams or Raspberry Sorbet (Vegan) (GFP)

APPLE TART £7.00

Warm Apple and Cinnamon Tart with Sweetened Apple cream, Sticky Toffee Sauce and Apple Crisp

BROWNIE £7.00

Warm Triple Chocolate Brownie, Caramelized Hazelnuts, Home Made Vanilla Ice Cream, Chocolate Shard and Fresh Caramelized Strawberry

LIME AND COCONUT £7.00

Warm Light Sponge, Flavoured with Fresh Lime, Pineapple Salsa and Whipped Coconut Cream

'ALMOND AND PLUM' (GFP) £7.00

Warm Almond and Plum Sponge, Plum and Honey Syrup and Chantilly Cream and Candied Pistachios

SALTERNS STICKY TOFFEE

PUDDING £7.00

Classic Date and Toffee Sponge with Toffee Sauce and Home-Made Vanilla Ice-Cream

SALTED CARAMEL AND CHOCOLATE POT £7.00

Milk Chocolate Mousse with Salted Caramel Sauce, Amoretti Biscuits and Fresh Berries

CRÈME BRULEE £7.00

Apple Rhubarb Compote, Caramelized Vanilla Baked Custard, Crushed Meringue and Fresh Berries

LEMON TART £7.25

Baked Lemon Tartlet with a Sweet Pastry Case with Whipped Vanilla Crème Fraiche, Candied Lemon and Lime Shortbread

CHEESE BOARD £7.75

Somerset Brie and 'Coastal Cheddar' From Ford Farm, Dorset Cheeses with Autumn Fruit Chutney, Celery Batons, Crackers and Butter

FOOD ADVICE

For **allergy advice**, please speak to a member of the serving team who will be happy to assist you.

Please note that although every care has been taken to remove the bones from our fish, they may not be completely bone/shell free. Where ever possible our fish is sourced from sustainable markets.

All weights are weighed prior to cooking, and are approximate.

(V) - Indicates where a dish has been made using vegetarian ingredients, however it has been prepared in a kitchen that contains meat & fish products & may be cooked in a fryer or equipment where these have also been cooked.

(GFP) - Gluten Free Products - this dish is prepared using non-gluten ingredients. However although we take precautions to limit cross contamination, our dishes are prepared in a kitchen containing gluten & may be cooked in a fryer/equipment where gluten containing products have been cooked. As such we are unable to guarantee that the dish is gluten-free.

(LO) - Indicates a dish that is a 'lighter option'.

(Vegan) Indicates a dish that is made using no animal products ingredients. However although we take precautions to limit cross contamination, our dishes are prepared in a kitchen containing animal products & may be cooked in a fryer/equipment where animal products have been cooked.