



2019 Summer Menu

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Nibbles and Sharing

HOUSE MARINATED OLIVES (V) (GFP)

(LO) (VEGAN) **£3.25**

Salterns Marinated Giant Green and Black Spanish Olives

HALLOUMI BITES (V) £5.95

Halloumi Bites, Served with Homemade Ginger Jam

SALTERNS MEAT BOARD £15.95

Chicken Liver Pate with Red Onion Marmalade, Black Pudding Bon Bons with Lingonberry Jam, 4oz Ribeye Steak Strips with Blue Cheese Mayo

SALTERNS SEA FOOD BOARD (DF)

£16.95

King Prawn Skewers with Bang Bang Sauce and House Coleslaw, Oak Smoked Salmon with Mustard Dill Dip, Crayfish tails in Horseradish and Dill Mayonnaise, served with Toasted Rye Bread

To Start

SOUP £6.25

Home-Made Soup of the Day with Crusty Sourdough Bread

(Please See the Specials Menu for Today's Flavour)

CAPRESE SALAD (V) £7.50

Buffalo Mozzarella, Vine Ripened Cherry Tomatoes, Bread Crostini, Chunky Basil Pesto and Kalamata Olives

SALTERNS STEAK TARTARE (DF) £7.50

Shaved Beef Striploin, Served with Caper Berries, Beetroot, Red Onion, Russian Style Fermented Pickles, Poached Egg and Bread Crostini

SCALLOPS £8.75

Pan-Seared King Scallops, Mango Salsa, Chili Avocado Mayo and Crispy Pancetta

TOAST SKAGEN (DF) £8.95

Crayfish Tails with Horseradish and Dill Mayonnaise, Served with Toasted Rye Bread and Lemon Rocket Salad

MUSSELS £8.95

Fresh Cornish Mussels, Steamed in a Creamy Garlic Sauce or Spicy Thai Red Curry Sauce, Served with Hand Cut Chips and Toasted Sourdough Bread

Mains From the Sea

SALTERNS FISH & CHIPS (GFP) £14.95

Beer Battered Fresh Cod Fillet, Served with Hand Cut Chips, Minted Mushy Peas, Lemon and Homemade Tartare Sauce

MUSSELS £14.95

Fresh Cornish Mussels, Steamed in a Creamy Garlic Sauce or Spicy Thai Red Curry Sauce, Served with Hand Cut Chips and Toasted Sourdough Bread

PAN FRIED SALMON (DF) £17.00

Served With Stir-Fried Asian Vegetables and Pak Choi and Finished Sweet Chilli Ginger Sauce and Baby Coriander

'MARKET FISH'

Please See the Specials Menu for Today's Catch

SEAFOOD LINGUINI £ 16.95

Steamed Mussels, Calamari and King Prawns in a Creamy Fennel Sauce, Finished with Tomato, Chive Shaved Parmesan

MONKFISH FILLET (GF) £19.95 Roasted Monkfish Fillet Served With Creamy Mashed Potatoes, Buttered Broccolini, Vine Tomatoes and Finished with Lobster Sauce and King Prawns

Mains From the Land

MUSHROOM BURGER (V) £12.95

Portobello Mushroom Burger in a Toasted Brioche Bun with Charred Red Peppers, Stilton Mayonnaise and Homemade Pickles, Served with Chunky Chips and House Coleslaw

GOURMET BEEF BURGER £13.75

6oz Home-Made Char Grilled Beef Burger, in a Toasted Brioche Bun with Vintage Cheddar, Crispy Pancetta, Chilli Avocado Mayonnaise and Homemade Pickles, Served with Chunky Chips and House Coleslaw

GOURMET CHICKEN BURGER £13.75

Char-Grilled Chicken Fillet and Crispy Pancetta Burger, in a Toasted Brioche Bun with Lime Marinated Pineapple, Chilli Avocado Mayonnaise and Homemade Pickles, Served with Chunky Chips and House Coleslaw

THAI RED CHICKEN CURRY (GFP) £15.95

Spicy Coconut Curry with Chicken and Asian Vegetables, Served with Steamed Jasmine Rice, Deep Fried Coriander and Homemade Sweet Chilli Ginger Sauce

TOFU BANG BANG (DF) (VEGAN) £13.95

Stir Fried Wheat Noodles with Asian Vegetables and Deep Fried Tofu, Tossed with Spicy Oriental Bang Bang Sauce, Szechuan Pepper and Toasted Cashew Nuts

Swap Tofu for Chicken for extra £2.00

STEAK (GFP) £22.95

Char-Grilled British 28 Days Dry Aged 8oz Sirloin or Ribeye Steak, Served with Dauphinoise Potato, Buttered Broccolini, Vine Ripened Cherry Tomatoes and Choice of Green Peppercorn or Creamy Stilton Sauce

Mains From the Garden

POMEGRANATE AND FETA SALAD (GF) **£9.95**

Crushed Feta Cheese, Pomegranate Seeds and Avocado, Served on a Bed of Rocket Leaves, Finished with Lemon Oil and Toasted Almonds

CAESAR SALAD (DF) £10.45

Crispy Romaine Leaves, Tossed in Homemade Caesar Dressing, Topped with Crostini, Spanish Anchovies, Poached Egg add Freshly Shaved Parmesan

Add Char-Grilled Chicken or Crayfish Tails for extra £2.00

GOATS CHEESE SALAD (GF) £11.95

Grilled Goats Cheese, Rocket, Mediterranean Marinated Vegetables, Balsamic Syrup and Toasted Pine Kernels

Sandwiches and Lunch Light Bites

Served 12-3pm Monday-Friday and 12-6pm Saturday, Sunday and Bank Holidays

GOATS CHEESE AND WALNUT WRAP £6.50

Filled with Grilled Goats Cheese, Red Onion Marmalade, Roasted Walnuts and Rocket

SALTERNS OPEN OMELETTE (GF) £6.50

Chorizo, Smoked Cheddar, Peppers and Three Free Range Eggs, Served with House Coleslaw and Salad Garnish

SPICY ITALIAN WRAP £6.95

Filled with Pepperoni, Roasted Ham, Jalapenos, Melted Mozzarella, Lettuce, Cucumber, Pickled Red Onion and Spicy Red Pepper Mayo

SMASHED AVOCADO ON TOASTED

SOURDOUGH £7.50

Topped with Melted Goats Cheese and Poached Free Range Egg, Served with Rocket Salad, Chilli Oil and Balsamic Vinegar

STEAK SANDWICH £7.95

Toasted Ciabatta Roll filled with 4oz Grilled Steak Strips, Grilled to your liking with Rocket, Red Onion Marmalade and Blue Cheese Mayonnaise

SALTERNS CLUB SANDWICH (DF) £7.95

Grilled Chicken Breast, Smoked Bacon, Tomato, Lettuce Mayonnaise Served on Char-Grilled Sourdough Bread

Add Skinny Fries, Hand Cut Chips, Sweet Potato Fries or Pomegranate, Parmesan and Rocket Salad for extra £2.00

HONEY ROASTED FETA CHEESE (V)
£15.95

Served with Rosemary Roasted Potatoes, Buttered Greens, Cauliflower Cheese, Roasted Heritage Carrots, Finished with Toasted Cashew Nuts, Sweet Chilli Ginger Sauce and Giant Yorkshire Pudding

Crusty Sourdough and Butter (V) £2.45

Skinny Fries (V) (GFP) (DF) £3.25

Pomegranate, Parmesan and Rocket Side Salad (V) (GFP) £3.25

House Coleslaw (GFP) (DF) £3.25

Sunday
Roast

Side
Dishes

ROASTED SIRLOIN OF WEST COUNTRY BEEF OR HALF CHICKEN £16.95

Served with Rosemary Roasted Potatoes, Buttered Greens, Cauliflower Cheese, Roasted Heritage Carrots and Sour Red Cabbage, Finished with Homemade Gravy and Giant Yorkshire Pudding

Buttered Greens (GFP) £3.45

Hand Cut Chips (V) (GFP) (DF) £3.50

Sweet Potato Fries (V) (GFP) (DF) £3.75

Kids Meals

(IDEAL FOR KIDS UP TO THE AGE OF 10)

SAUSAGES £6.45

Two Premium Dorset Sausages, Fries and Baked Beans

KIDS BEEF BURGER £7.25

Beef Burger, Brioche Bun with Fries

KIDS CHICKEN BURGER (GFP) (Lo) £7.25

Chicken Fillet Burger, Brioche Bun and Fries

GRILLED SALMON (GFP) (Lo) £7.25

½ Salmon Fillet, Simply Grilled and Served with Peas and Mashed Potatoes

CHICKEN STRIPS (DF) £7.25

Breaded 100% Chicken Breast Strips, Baked Beans and Fries

KIDS FISH AND CHIPS (DF) £7.25

1/2 Cod Fillet Served with Peas, Lemon and Skinny Fries

Desserts

PURBECK ICE-CREAMS & SORBETS

Choose from Vanilla, Strawberry, Honeycomb Hash, Mint Chocolate Chip and Raspberry

One Scoop **£4.00**

Two Scoops **£5.00**

Three Scoops **£6.00**

TROPICAL FRUIT SPRING ROLL £7.00

With Pineapple, Mango and Papaya, Served with Cinnamon Ice Cream and Star Anise Syrup

MANGO AND PASSION FRUIT MOUSSE

(GFP) **£7.00**

Served with White Chocolate Dust and Fresh Strawberries

STICKY TOFFEE PUDDING £7.00

Homemade Ginger Sticky Toffee Pudding, Served with Toffee Sauce and Vanilla Ice Cream

CHOCOLATE FONDANT £7.25

Homemade Chocolate Fondant, Served with Raspberry Sauce, Vanilla Ice Cream and Fresh Raspberries

SALTERNS CHEESE BOARD £7.95

Selection of British Cheeses, Served with Fig Chutney, Celery, Grapes and Bread Crostini

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.

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

(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.