



## 2019/20 Winter 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) (GFP) 5.95**

Halloumi Bites, Served with Homemade Smoky Chilly Mayo

## **SALTERNS MEAT BOARD £14.95**

Chicken Liver Pate with Red Onion Marmalade, Salami, Parma Ham and Picked Wild Mushrooms, 4oz Ribeye Steak Strips with Blue Cheese Mayo and Crusty Sourdough Bread

## **SALTERNS SEA FOOD BOARD (DF) £15.95**

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

**ASK A MEMBER OF THE STAFF REGARDING FURTHER OPTIONS ON THE BLACK BOARD**

# To Start

## **SOUP £6.25**

Home-Made Soup of the Day with Crusty Sourdough Bread

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

## **GOATS CHEESE MOUSSE (V) £6.25**

Served with Plum Tomato and Vanilla Jam, Rocket Leaves and Bread Crostini

## **MUSSELS £7.95**

Fresh Cornwall Mussels, Steamed in a Creamy Garlic Sauce or Spicy Thai Red Curry Sauce, Served with Toasted Sourdough Bread

## **SCALLOPS (GFP) (DF) £8.75**

Pan-Seared King Scallops, Served with Beetroot Salad, Crispy Pancetta and Balsamic Syrup

## **TOAST SKAGEN (DF) £8.95**

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

## **BEEF CARPACCIO (GF) £8.95**

Thinly Sliced Balsamic Marinated Beef Fillet, Served with Caper Berries, Parmesan Shavings, Rocket Leaves and Olive Oil

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## Mains From the Sea

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### **SALTERNS FISH & CHIPS (GFP) £14.95**

Beer Battered Fresh Cod Fillet, Served on a Bed of Hand Cut Chips, Minted Mushy Peas, Lemon Van Dyke and Homemade Tartare Sauce

### **MUSSELS £14.95**

Fresh Cornwall 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, Finished with 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 and Chive Sprinkle and Freshly Shaved Parmesan Cheese

### **SEA BASS FILLET (GF) £17.95**

Pan-Fried Sea Bass Fillets, Served on a Bed of Puy Lentils Sautéed in Crème Fraiche, Wilted Spinach, Vine Ripened Cherry Tomatoes, Dark Fennel Jus and Red Amaranth

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## Mains From the Land

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### **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 Ketchup and 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 Ketchup and Pickles, Served with Chunky Chips and House Coleslaw

\* Gluten Free Option Available

### **TOFU BANG BANG (DF) (VEGAN) £11.95**

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

### **THAI RED CHICKEN CURRY (DF) £15.95**

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

### **LAMB SHANK £18.95**

Slow Roasted Lamb Shank, Served with Creamy Mash Potato, Buttered Kale and Country Style Chunky Tomato and Red Wine Sauce

### **STEAK (GFP) £22.95**

Char-Grilled British 28 Days Dry Aged 8oz Sirloin Steak, Served with Hand Cut Chips, Rocket Salad, Vine Ripened Cherry Tomatoes and Choice of Green Peppercorn or Creamy Stilton Sauce

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## Salads

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### **CAESAR SALAD (DF) £9.45**

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

Add Char-Grilled Chicken or Oak Smoked Salmon for extra £2.00

### **ROASTED WINTER VEG SALAD (GF) (V) £10.95**

Roasted Beetroot, Butternut Squash and Sweet Potato, Topped with Rocket Leaves and Feta Cheese, Finished with Wholegrain Mustard Dressing and Red Amaranth

### **GOATS CHEESE SALAD (GF) (V) £11.95**

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

### **VIETNAMESE SQUID AND KING PRAWN SALAD (GF) (DF) £12.95**

Glass Noddle Salad, Tossed in a spicy Aromatic Oriental Dressing with Asian Vegetables and Coriander, Topped with Pan-Fried Squid and Prawns

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## Sandwiches and Lunch Light Bites

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

### **SALTERNS OPEN OMELETTE (GF) £6.95**

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

### **GOATS CHEESE AND WALNUT WRAP (V) £7.50**

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

### **SPICY ITALIAN WRAP £7.95**

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

### **TUNA MELT £8.95**

Buttered Toasted Sourdough Bread, Filled with Creamy Tuna Mayonnaise, Melted Red Leicester Cheese and Fresh Tomato Served with with House Coleslaw

### **SMASHED AVOCADO ON TOASTED SOURDOUGH (V) £9.45**

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

### **SALTERNS CLUB SANDWICH (DF) £9.45**

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

### **STEAK SANDWICH £9.95**

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

**All Sandwiches and Wraps are served with a choice of Skinny Fries, Hand Cut Chips, Sweet Potato Fries or Side Salad**

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**HONEY ROASTED FETA CHEESE**  
(V) **£15.95**

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

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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

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**ROASTED SIRLOIN OF WEST COUNTRY BEEF OR ROASTED 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

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Seasonal Vegetables (GFP) £3.45

Hand Cut Chips (V) (GFP) (DF) £3.50

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

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**Kids Meals**

(IDEAL FOR KIDS UP TO THE AGE OF 10)

**SAUSAGES (DF) £6.45**

Two Premium Dorset Sausages, Fries and Baked Beans

**KIDS BEEF BURGER £7.25**

Beef Burger, Brioche Bun with Fries

**KIDS CHICKEN BURGER (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

**FISH AND CHIPS (DF) £7.25**

½ Cod Fillet, Served with Peas, Lemon and Skinny Fries

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## Desserts

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### **PURBECK ICE-CREAMS AND SORBETS**

Choose from Vanilla, Strawberry, Chocolate, Mint Chocolate Chip, Salted Caramel and Cappuccino, Blackcurrant Sorbet

One Scoop **£4.00**

Two Scoops **£5.00**

Three Scoops **£6.00**

### **DARK CHOCOLATE MOUSSE (GFP) £7.00**

Dark Chocolate and Blood Orange Mousse, Served with White Chocolate Dust

### **CALVADOS AND RICE BRULEE (GFP) £7.25**

Served with Winter Apples, Chilled Cranberries and Meringue Snow

### **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.