

# Salterns

## BREAKFAST MENU

served 9-11:45am

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### THE 'FULL' DORSET

SMOKED BACK BACON, BAKED BEANS, PORK AND LEEK SAUSAGE, PORTOBELLO MUSHROOM, BLACK PUDDING, HOMEMADE ROSTI POTATO, VINE-RIPE CHERRY TOMATOES, TWO FREE RANGE POACHED EGGS AND TOASTED SOURDOUGH (DF)

9.50

### SMOKED SALMON

OAK SMOKED SALMON AND FREE RANGE SCRAMBLED EGGS, SERVED ON TOASTED SOUHDOUGH BREAD, ROCKET SALAD AND LEMON OIL

7.95

### THE 'FULL' VEGGIE

VEGETARIAN SAUSAGE, GRILLED HALLOUMI CHEESE, PORTOBELLO MUSHROOM, HOMEMADE ROSTI POTATO, VINE-RIPE CHERRY TOMATOES, BAKED BEANS, WILTED SPINACH, TWO FREE RANGE POACHED EGGS AND TOASTED SOURDOUGH

9.00

### BERRY PANCAKES (V)

STACK OF 5 AMERICAN STYLE PANCAKES WITH BERRY COMPOTE AND MAPLE SYRUP

6.95

### PORRIDGE

BANANA AND OAT PORRIDGE WITH TOASTED CASHEW NUTS, CONDENSED MILK AND FRESH BERRIES.

5.95

### EGGS BENEDICT A LA SALTERNS

HOMEMADE POTATO ROSTI, TOPPED WITH SMOKED BACK BACON, TWO FREE RANGE POACHED EGGS AND HOLLANDAISE SAUCE (GF)

6.95

### AVO ON TOAST (V) (LO)

SMASHED AVOCADO ON TOASTED SOURDOUGH, TOPPED WITH MELTED GOATS CHEESE AND POACHED FREE RANGE EGG, SERVED WITH ROCKET SALAD, CHILLI OIL AND BALSAMIC SYRUP

8.45

### EGGS ROYALE A LA SALTERNS

HOMEMADE POTATO ROSTI, TOPPED WITH OAK SMOKED SALMON, TWO FREE RANGE POACHED EGGS AND HOLLANDAISE SAUCE (GF)

7.95

#### POLITE NOTICE

ANY CHANGES OR ADDITIONAL ITEMS  
ADDED WILL BE CHARGED AT £1.25

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# Saltens

## DRINKS AND EXTRAS

### HOT DRINKS

UNLIMITED FILTER COFFEE	2.50
AMERICANO	2.50
LATTE	2.60
CAPPUCCINO	2.60
ESPRESSO	1.70
MOCHA	2.90
HOT CHOCOLATE	2.90
TEA FOR ONE	2.50
DECAF TEA	2.50
SPECIALITY TEA	2.50

lemon & ginger, chamomile,  
earl grey, green, peppermint.

### FROM THE BAKERY

COOKIE	1.25
ROUND OF TOAST	1.50
MUFFINS	3.00
JUMBO DANISH PASTRY	2.25
CROISSANT	2.00
SLICE OF CAKE	2.50

**PAIR ANY CAKE WITH A  
TEA OR COFFEE FOR £4.90**

EXCLUDES MUFFINS,  
UNLIMITED FILTER COFFEE,  
HOT CHOCOLATE & COFFEES  
WITH SYRUP

SYRUP SHOT 50P  
VANILLA  
CARAMEL

SOYA &  
COCONUT MILK  
AVAILABLE

### JUICES

ORANGE	2.40
APPLE	2.40
CRANBERRY	2.40

(V) INDICATES A DISH HAS BEEN MADE WITH  
VEGETARIAN INGREDIENTS. HOWEVER IT HAS  
BEEN PREPARED IN A KITCHEN WHERE MEAT  
AND FISH PRODUCTS MAY HAVE BEEN COOKED  
IN THE SAME EQUIPMENT.

(GF) INDICATES A DISH THAT HAS BEEN MADE  
WITH GLUTEN FREE PRODUCTS. HOWEVER IT  
HAS BEEN PREPARED IN A KITCHEN THAT  
HANDLES NON-GLUTEN FREE PRODUCTS AND  
COOKED IN EQUIPMENT THAT MAY HAVE BEEN  
USED TO COOK SUCH PRODUCTS.

(LO) INDICATES A DISH IS A 'LIGHTER OPTION'  
(VEGAN) INDICATES A DISH THAT IS MADE  
USING NO ANIMAL PRODUCTS. HOWEVER IT IS  
PREPARED IN A KITCHEN CONTAINING ANIMAL  
PRODUCTS AND MAY BE COOKED IN  
EQUIPMENT WHERE ANIMAL PRODUCTS HAVE  
BEEN COOKED.