

# Salty's

Beach Bar & Restaurant

## STARTERS

### HOMEMADE SOUP OF THE DAY - 6

Served with crusty bread **VE V GF**

### SAUTÉED GARLIC PRAWNS - 10

In garlic butter served with dressed salad, ciabatta & extra garlic butter for dipping **GF**

### BRUSCHETTA - 7

Mediterranean vegetable ragu bruschetta **VE V**

### MUSSELS - 8

New Zealand green lipped mussels oven roasted with garlic butter & herb cream served with dressed salad & extra bread on the side

### CHICKEN LIVER PATE - 8

With garlic smoked bacon, red wine & herbs served with red onion chutney & oven baked ciabatta

### FISHCAKES - 9

King prawn & smoked salmon fishcakes served with baby caper, red onion & wild dill tartare sauce

### CAJUN CHICKEN TACO - 8

Spicy cajun chicken taco with salad, peppers, soured cream & sweet chilli sauce or roasted veg instead of chicken

### WHEN AVAILABLE...

#### TRADITIONAL WELSH CAWL\* - 9

Served with locally baked bread & black bomber cheddar cheese

## SIDES

### RUSTIC CHIPS - 4 **VE GF**

### GARLIC LOAF - 4 (+ CHEESE 50p) **V**

### MARINATED OLIVES & SUNBLUSHED

### TOMATOES - 5 **VE GF**

### SIDE SALAD - 4 **VE GF**

### SAUTEED VEG & POTATOES - 4 **V GF**

### BAKED BREAD - 3 **VE**

## MAINS

### BEEF WELLINGTON - 32

Fillet of beef with mushroom duxelles wrapped in pastry served with French beans, carrots & mashed potatoes

### POSH FISH & CHIPS - 19

Deep fried cod and tiger prawns served with chips, mushy peas & hollandaise sauce

### FILLET OF SALMON - 19

Pan fried in garlic capers and prawns served with broccoli, mengetouts, crushed potatoes & spring onions **GF**

### SIAN'S FAVOURITE - 36

6oz fillet steak & king prawns served in Thermidor sauce with rustic chips

### CHICKEN OR ROAST VEGETABLE

#### CURRY\* - 16

Homemade chicken or roast vegetable curry served with steamed rice, poppadum & mango chutney

#### CLASSIC KING PRAWNS\* - 24

Served with stir-fried vegetables & warm flatbread

#### OVEN ROAST RUMP OF LAMB - 24

Infused with garlic & rosemary with roast garlic mashed potatoes, French beans & red wine herb jus **GF**

## KIDS (IF YOU'RE UNDER 12)

### BEEF BURGER\* - 7

With or without cheese & served with chips

### CHICKEN BURGER\* - 7

With or without cheese & served with chips

### FISH FINGER SANDWICH\* - 7

With ketchup & chips

### CHICKEN PASTA - 7

Penne pasta with chicken in a tomato and basil sauce with or without cheese

### CHICKEN NUGGETS - 7

With chips and beans

## KIDS SWEETS

### CHOCOLATE BROWNIE - 3.5

With vanilla ice cream

### ICE CREAM - 3

STRAWBERRY | CHOCOLATE | VANILLA

*\*We can make this gluten free! Ask one of the team*

**GF** Gluten Free **V** Veggie **VE** Vegan

## FROM THE GRILL

### 8 OZ CHARRED FILLET STEAK - 30

Drizzled with peppered welsh butter **GF**

### 10 OZ RUMP STEAK - 22

Garlic-rubbed, topped with sea salt and pepper **GF**

### 8 OZ CHICKEN BREAST- 18

Marinated in garlic and parsley, finished with chicken jus **GF**

*All of the above served with rustic chips & salad or vegetables and potatoes*

### ADD A SAUCE - 3.5 **V GF**

PEPPERCORN | BLUE CHEESE | CREAMY GARLIC

## BURGERS

### LAZY COW BURGER\* - 14

Two 3oz patties with cheese, beef tomato, lettuce & rustic chips

### LAZY COW VEGAN BURGER\* - 14

6oz soya based patty with vegan cheese, beef tomato, lettuce & rustic chips

## SWEETS

### HOMEMADE CHOCOLATE BROWNIE - 7

Served with coconut ice cream & caramel chocolate sauce **V**

### VEGAN CHOCOLATE BROWNIE - 7

Served with vegan ice cream **VE V**

### HOMEMADE APPLE CRUMBLE - 7

With vanilla ice cream or custard **V**

### BUENO & CARAMEL CHEESECAKE - 7

With fresh whipped cream **V**

### ETON MESS - 7

Strawberry & raspberry Eton Mess with meringue & strawberry coulis **V**

### CHEESEBOARD - 11

Black Bomber, Red Devil & Pearl Las served with handmade Welsh crackers, apple, grapes & chutney **V**

### VODKA LEMON SORBET - 7 (**V VE GF**)

### AFFOGATO - 6.5

Vanilla ice cream drowned with a shot of hot espresso **V GF**