

# Salty's

Beach Bar & Restaurant

## Starters

SOUP OF THE DAY\* - 7  
With a warm baguette **V VE**

SINGAPORE CHICKEN & PRAWN NOODLES - 8  
With oyster sauce, chilli, ginger and paprika

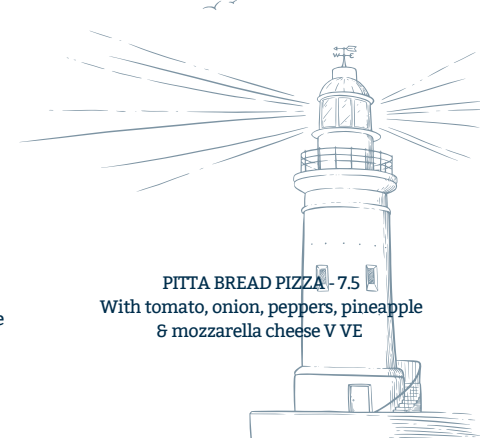
CHICKEN WINGS - 7.5  
With a caramel date, chilli sauce & tzatziki **GF**

GREEK STYLE STUFFED MUSHROOM\* - 7  
With onions, peppers, feta cheese & tomato sauce

DUCK & ORANGE PATE\* - 8  
A smooth pate with plum chutney & toasted pitta bread

SUNDRIED TOMATO & BUTTERBEAN PATE\* - 8  
With red onion chutney & toasted pitta bread **V VE**

PITTA BREAD PIZZA - 7.5  
With tomato, onion, peppers, pineapple & mozzarella cheese **V VE**



## Mains

ROASTED BELLY PORK - 19  
New potatoes, asparagus, black pudding, apple puree charred gem lettuce & cider butter sauce

PAN FRIED CHICKEN - 16  
Rosemary mash, savoy cabbage & bacon with red wine jus **GF**

MONKFISH & KING PRAWNS\* - 23  
Potato terrine & sauce vierge

PAN FRIED COD - 22  
New potatoes, asparagus, green beans & sauce vierge **GF**

CHICKEN JALFREZI - 14  
Basmati rice, mango chutney & poppadom **GF**

MOUSAKKA - 16  
Layered aubergine & potato with lamb mince topped with a creamy bechamel sauce & served with garlic bread

VEGETABLE JALFREZI - 14  
Basmati rice, mango chutney & poppadom **V VEO GF**

RACK OF LAMB - 24  
Potato terrine, vine tomatoes, feta cheese & red wine jus **GF**

### Chefs Selection

SIAN'S FAVOURITE\* - 35  
8 king prawns cooked in a Thermidor sauce with a 6oz fillet steak, fries & garnish

## Classics

BEER BATTER FISH & CHIPS - 13  
Beer battered hake & chips with mushy or garden peas

PROSECCO BATTER FISH & CHIPS - 15  
Prosecco battered hake & chips with mushy or garden peas

### Sides

CHIPS - 4  
**V VE GF**

OLIVES - 6  
**V VE GF**

SKINNY FRIES - 4  
**V VE GF**

ONION RINGS - 4.5  
**V VE**

GARLIC BREAD - 4  
(Add cheese +1) **V**

SIDE SALAD - 4.5  
**V VE GF**

MIXED VEG - 3.5  
**V VE GF**

## Grill

10oz SIRLOIN STEAK - 26  
With chips, tomato, mushroom & garnish **GF**

6oz FILLET STEAK - 27  
With chips, tomato, mushroom & garnish **GF**

ADD 3 LARGE GARLIC PRAWNS - 7.5

### Sauces

PEPPERCORN - 3.5 | BLUE CHEESE - 3.5  
CREAMY GARLIC - 3.5

## Desserts

DANISH CINNAMON WAFFLE - 8.5  
With chocolate brownie, vanilla ice cream, fresh berries & toffee sauce **V**

STICKY TOFFEE PUDDING - 7.5  
With butterscotch sauce & vanilla ice cream **V**

HOMEMADE CHOCOLATE BROWNIE - 7  
Served with vanilla ice cream **V**

ORANGE & PASSIONFRUIT CHEESECAKE - 7  
Served with vanilla ice cream **V**

AFFOGATO - 7  
Salty's Beachside Blend espresso to pour over vanilla ice cream **V**

CHEESEBOARD - 12  
Black Bomber, Roquefort, Brie & Black As Coal smoked cheese with apply, grapes, celery & plum chutney

## Burgers

LAZY HEN BURGER - 13  
Deep fried chicken with Kentucky flavours, black pepper mayo, baby gem lettuce & french fries

LAZY COW BURGER - 13  
Two 3oz patties with cheese, beef tomato, lettuce, fries & TWELVE Tenby's burger sauce (Add Bacon - 1.25)

OUMPH VEGAN BURGER\* - 14  
6oz soya based patty with vegan cheese, beef tomato, lettuce & fries **VE**

### Sian's Favourites...

Pommery Champagne Darling!

Picpoul De Pinet

Rioja Crianza

Baby Guinness



Make it your favourite too!

PLEASE INFORM YOUR SERVER OF ANY INTOLERANCES OR ALLERGIES

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

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