



SALT

the essential ingredient



LIGHT BITES

Homemade soup £4.25
Served with sour dough & butter.

Spicy homemade wedges (V) £4.50
Hot and spicy potato wedges with or without bacon topped with melted Welsh Cheddar, sour cream and fresh salsa.

Salt southern fried chicken £4.50
With sour cream & BBQ sauce.

Nachos (V) £5.95
A crunchy tortilla basket made of hot nachos filled with our homemade Welsh beef or vegetarian chilli, melted Welsh Cheddar, jalapeños, sour cream, spicy salsa and guacamole.

SALT BURGERS

Welsh beef burger £6.95
Served with fries & spicy slaw.

Welsh pork, honey & mustard burger £6.95
Served with fries & sweet mustard pickle.

Cajun chicken burger £6.95
Served with spicy salsa, sour cream & fries.

BBQ black bean & corn burger (V) £6.95
Served with fries, sour cream & guacamole.

Toppings - Cheese, bacon or BBQ sauce 75p

SALT FAVOURITES

Homemade chilli £6.25
Choice from Welsh beef or vegetarian (V).
Served with rice, nachos and grated Cheddar.

Homemade Welsh beef lasagne £7.45
Hot and spicy potato wedges with or without Welsh bacon topped with melted Welsh Cheddar, sour cream and fresh salsa.

Homemade roast vegetable lasagne (V) £7.45
Served with salad.

Chicken Caesar salad £7.95

Bangers & mash (V) £6.95
Choose from Welsh pork, honey & thyme sausages or vegetable. Served on creamed mash with caramelised onions & gravy.

Our famous fish & chips £7.95
White fish fillet in our own Brains beer batter served with fries, house salad and a chunk of grilled lemon.

Rump steak £10.95
Served with chips, button mushrooms & plum tomato.

Add peppercorn sauce for £1.40

Chicken New Yorker £6.95
Chicken breast topped with bacon, cheese & BBQ sauce served with fries & side salad.

SALT SANDWICHES

Served on malted bloomer or on sour dough baguette with fries.

Ham, Cheddar and sweet mustard pickle £5.45

Chicken, bacon & tomato £5.45

Homemade fish fingers & chunky tartare sauce £5.75

Brie & cranberry (V) £4.95

Southern fried chicken & sour cream £5.45

Salt club sandwich £6.95

Chicken, bacon, Colliers Cheddar, lettuce, tomato & mayonnaise. On toasted bloomer and served with fries.

SIDE ORDERS

Garlic bread (V) £1.75

Cheesy garlic bread (V) £2.25

Bread & butter (V) 99p

Onion rings (V) £1.75

Button mushrooms (V) £1.50

Side salad (V) £1.50

SALT SWEETS

Sticky toffee pudding £3.95
Served with custard or vanilla pod ice cream.

Belgian waffle £3.95
Topped with Brecon honey, ice cream, crushed walnuts and drizzled with maple syrup.

Mario's ice cream £3.50
We are proud to offer Mario's third generation Italian ice cream made in Wales from local ingredients.

Oreo cookie ice cream sundae £4.25
A delicious concoction of ice cream, chocolate sauce and, of course, Oreo cookies.

Raspberry pavlova sundae £3.95
Real Raspberry ripple & vanilla ice cream, crushed meringues, raspberry sauce, topped with cream.

CHILDREN'S MEALS

All below served with mash or fries and peas or beans or alternatively fresh salad

Homemade fishfingers £3.50

Homemade beef or vegetarian lasagne (V) £3.50

Pork or vegetable sausages (V) £3.50

Meringue nest with vanilla ice cream & chocolate or raspberry sauce £1.50

Vanilla ice cream, chocolate sauce & Oreo cookie £1.50



(V) Suitable for vegetarians. All items are subject to availability.

*Approximate weights shown are prior to cooking. Some of our dishes or products may contain traces of nuts or nut oils. Fish and poultry dishes may contain bones. All our fresh eggs are Freedom Food accredited. If you require more information on gluten free options please ask a member of staff.



Tap into WaterAid!

Please help us support WaterAid by donating 15p when ordering a glass of tap water. WaterAid transforms lives by improving access to safe water, hygiene and sanitation in the world's poorest communities. Registered charity numbers 288701 (England and Wales) and SC039479 (Scotland).

How did we do today?

We really value your feedback, so please tell us about your experience today. Please ask your server for an entry card and complete the online survey. You will also be automatically entered into a draw to win £1000!

