



SaltRock



BREAKFAST PLATES

Full Breakfast • 14 - GF

Lincolnshire sausage, dry cured bacon, Stornoway black pudding, field mushroom, baked beans, roast tomato, homemade rosti, free range egg & toast

Veggie Breakfast • 13 - GF VE

Halloumi, field mushroom, baked beans, roast tomato, smashed avocado, wilted spinach, homemade rosti, free range egg & toast

Eggs Your Way

Two poached free range eggs, hollandaise & toasted sourdough

Meaty • 12

Peppercorn beef brisket & Stornoway black pudding

Benedict • 11 - GF

Pulled honey roasted ham

Veggie • 9 - GF

Mushroom & wilted spinach

Royale • 12 - GF

Hot smoked salmon, chive & wholegrain mustard hollandaise

Eggs, Feta & Avocado • 11 - GF

Two poached free range eggs, smashed avocado, whipped feta, caramelised onion, roast tomato & toasted sourdough

Omelette • 11 - GF

Three egg omelette & toast
Choose any 3 fillings:
ham / cheddar / mushroom / baby spinach
tomato / mixed peppers

Steak & Eggs • 13 - GF

4oz rump steak, poached eggs, buttered spinach, roast tomato & chimichurri sauce

Salmon & Eggs • 12 - GF

Hot smoked salmon in scrambled eggs, dill & pink peppercorn hollandaise & toasted sourdough

Rock Breakfast Burger • 12

Double sausage patty, cheddar, fried egg, hash brown & brioche bun

Extras

- 2.5 Free range egg, field mushroom, baked beans, wilted spinach, roast tomato, hash brown
- 3.5 Sausage, dry cured bacon, Stornoway black pudding, homemade rosti, smashed avocado
- 5.5 4oz rump steak, halloumi, hot smoked salmon

SWEET

Pancakes • 11

Choose one topping:

- Nutella, strawberries & whipped cream
- Greek yoghurt, fresh fruit & honey
- Streaky bacon, blueberries & maple syrup
- Lemon drizzle, crushed meringue, lemon sauce & whipped cream

Granola • 7

House granola, mixed seeds, nuts, Greek yoghurt, fresh fruit & honey

Acai Bowl • 9

House granola, peanut butter, banana, strawberries & toasted coconut

SANDWICHES & TOASTIES

Served with house slaw & Lancashire crisps
Upgrade to skin on fries £2

Peppercorn Beef Toastie • 13

Slow braised pulled peppercorn brisket, cheddar, caramelised onion & peppercorn dipping sauce

Caesar Wrap • 12

Toasted wrap filled with crispy chicken, streaky bacon, lettuce, tomato, parmesan & caesar mayo

Italian Meats Club • 13

Roast chicken, Milano salami, speck ham, rocket, tomato & balsamic mayo

Chip Butty • 11

Pulled honey roasted ham, fried egg & skin-on fries in soft buttery bread

Steak Ciabatta • 13 - GF

Rump steak, mushrooms, balsamic onions & rocket
Choice of blue cheese or cheddar

Tuna Melt • 11 - GF

Tuna mayo, garlic olive oil, red pesto, mozzarella & rocket

Halloumi Sandwich • 11 - GF

Halloumi fingers, smashed avocado, chilli honey & spinach

Chicken Parm Ciabatta • 13

Battered chicken breast, garlic butter toasted ciabatta, tomato vodka sauce, rocket, balsamic & gratinated cheese

S&P Chicken Wrap • 13

Crispy chicken, peppers & onions & sweet chilli hoi sin dip

Brunch Burrito • 12

Chorizo, halloumi, spinach, scrambled egg, tomato & avocado (Veggie available without chorizo)

PLATES

Soup & Grilled Cheese • 12

Roast sweet potato & carrot soup with cheddar & red leicester cheese toastie

Smash Burger • 15

Double beef patty, monterey jack cheese, streaky bacon, black pepper & truffle mayo & fries

Cajun Pasta Salad • 12

Crispy chicken, peppers, sweetcorn, red onion, lettuce & cajun mayo

Poke Bowl • 12 - GF

Choice of chicken, halloumi or tuna mayo
With: avocado, slaw, spiced rice, lettuce, tomato, sweetcorn, cucumber & sriracha mayo



Sides • 5

- Salt & pepper tater tots
- Truffle & parmesan fries
- Loaded rostis - stornoway black pudding & sriracha hollandaise
- Maple glazed pigs in blankets

Allergens

GF = can be made gluten free
VE = can be made vegan

Please inform staff of allergies.
Some dishes may contain bones or traces of nuts/seeds.

Hot Drinks

- Matcha • 4.5
- Espresso • 2.5
- Flat White • 4
- Cappuccino • 4
- Latte • 4
- Americano • 4
- Mocha • 4
- Hot Chocolate • 4
- Add cream & marshmallows • 0.5
- Oat Milk • 0.5
- Syrup • 0.5

Soft Drinks

San Pellegrino • 3

- Lemon
- Orange
- Fentimans • 3.5
- Dandelion & Burdock
- Rose Lemonade

Juices • 2.5

- Orange Juice
- Apple Juice
- Cranberry Juice
- Pineapple Juice

J20s • 3

- Orange & Passionfruit
- Apple & Raspberry

Teas • 3.5

- English Breakfast
- Decaf English Breakfast
- Earl Grey
- Peppermint
- Green
- Camomile
- Ginger
- Ask for our selection of fruit teas

Iced Drinks • 5.5

Toffee Iced Latte

Chocolate Brownie Iced Latte

Pistachio Iced Latte

Biscoff Iced Latte

Iced Matcha

Blue Vanilla / Classic Green / Blueberry Matcha

Iced Chocolate

Whipped cream optional

Extras

Syrup 0.5
Strawberry / Mango / Vanilla
Oat Milk 0.5

Cocktails 8.5

Mimosa Prosecco

Orange liqueur & fresh orange juice

Espresso Martini

Vanilla vodka, coffee, kahlua & baileys

Spiked Rose Lemonade

Rose lemonade & Edinburgh rhubarb

Mojito

White rum, lime, mint, sugar syrup & soda

2 cocktails for 12

Available all day everyday.
2 of the same cocktail.

Smoothies • 5

Berry Bonanza

Strawberries, raspberries, blueberries & apple juice

Sunshine Fruits

Passion fruit, banana, mango & orange juice

Rocky Monkey

Strawberries, bananas, milk & vanilla

SaltRock

Kitchen & Bar

BRUNCH MENU

Function Room Hire

Baby Showers, Parties & Private dining

Wine Tasting

Last Friday of Every Month

Pizza & Plates

Fri-Sun - 4pm-9pm

Cheese & Wine Night

2nd Tuesday of Each Month

Sunday Roast

3pm until sold out

4pm Bottomless Roast 6pm-8pm

