

BREAKFAST/ BRUNCH

(Served until 11:30am)

Breakfast wraps / Rolls

Sage and Sausage Wrap £6.75
Cumberland sausage, scrambled egg, caramelised onions, cheddar and sage mayo in a warm tortilla.

Mediterranean Morning Wrap (V) £5.95
Scrambled egg, halloumi, spinach.

The Full English Roll £7.50
Bacon, sausage, egg, mushrooms and tomato chutney in a toasted brioche bun.

Bistro Breakfast £11.95
Thick-cut smoky bacon, juicy Cumberland sausage, choice of golden fried, perfectly scrambled, or delicately poached egg. Served alongside rich, traditional black pudding, sautéed mushrooms, grilled tomato, and a generous helping of warm, crusty toast.

Bistro Brunch £9.50
Frittata topped with bacon, sausage and cherry tomatoes.

Avocado & Poached Egg on Sourdough (V) £7.95
Two perfectly poached eggs served on a bed of smashed avocado, layered over toasted sourdough and finished with a vibrant tomato salsa. Add crispy bacon for £2

Pancakes with Mixed Berries & Syrup £5.95

Pancakes with Nutella & Squirty Cream £5.95

JACKET POTATOES

(Served from 11:30am)

All potatoes served with crispy onions and served side salad - rocket, tomato, cucumber, roquito, pepper.

Plain £4.95

Cheese £5.95

Cheese & Beans (V) £6.95

BBQ Pulled Pork £8.95

Tuna Crunch £8.95

Chicken Curry £8.95

Prawn Marie Rose £8.95

Cheese Burger £8.95

Add coleslaw for £1 / Extra cheese £1

SALADS

(Served from 11:30am)

Caesar Salad £10.95

Crispy cos lettuce bounded with our rich Caesar dressing finished with crispy croutons anchovies Parmesan cheese and grilled chicken.

Broccoli Salad £9.95

Warm chargrilled tenderstem broccoli and nectarine salad served with our house dressing and finished with crumbled feta cheese

HOT SANDWICHES

(Served from 11:30am)

Served with tortilla crisps or upgrade to the bistro chunky wedges for £2.95

Hot Beef Deli Ciabatta £9.50
Slices of warm pastrami, rocket, pickles, emmental cheese and our house mustard mayo served in a freshly baked ciabatta.

Chicken Parmo Sandwich £9.50
Butterflied chicken breast covered with panko breadcrumbs and parmesan cheese, shallow fried and topped with a tomato sauce and buffalo mozzarella baked and served with rocket on freshly baked bread.

Bistro BLT £8.95
Crispy maple glazed back bacon, beef tomato, baby gem lettuce served in toasted sourdough bread.

Philly Cheesesteak £12.95
Thin-sliced beef with sautéed onions and peppers, melted cheese, and Philadelphia cream cheese in a toasted ciabatta roll.

Halloumi and Hot Chilli Honey Ciabatta (V) £7.95

Seared halloumi drizzled with honey, watercress and roasted cashews, sage mayo.

Mushroom Melt (V) £7.95

Garlic sautéed mushrooms, caramelised onions, and melted cheddar on sourdough.

Roasted Chicken Yorkshire Burrito and Gravy Dipping Pot £8.95

Shredded roast chicken in a giant Yorkshire pudding served with sage stuffing, roast potatoes and all wrapped, served with a gravy dipping pot.

Bistro Bacon burger £12.95

One freshly made beef pattie with our house salad, and bacon, pickles, cheese, and mustard mayo in a toasted potato bun



SALT & SAGE

BISTRO

SOFT DRINKS

Pepsi	£3.00
Pepsi Max	£2.80
R White's Lemonade	£2.80
Tango Orange	£2.80
J2O - Orange & Passionfruit	£2.60
J2O - Apple & Mango	£2.60
J2O - Apple and Raspberry	£2.60
Fruit Shoot - Orange	£2.20
Fruit Shoot - Apple & Blackcurrant	£2.20
Cordial	£1.00
London Essence (200ml Serve)	£2.00
Still Water	£1.50
Sparkling Water	£1.50

SPIRITS

	25ml	50ml
Grey Goose (Vodka)	£4.50	£8.50
Malibu	£4.25	£7.50
Glenfiddich	£5.50	£8.50
Baileys	-	£8.00
Kraken Rum	£4.50	£8.00
Jack Daniel's	£4.00	£7.00
Monkey Shoulder	£5.50	£8.00
Mermaid Gin	£4.50	£8.00
Havana Club 3 Años	£4.00	£7.25
Rémy Martin VSOP	£6.25	£11.00
Disaronno	£4.00	£7.00

DIETARY & ALLERGEN INFORMATION

We want everyone to feel welcome and safe when dining with us. If you have any dietary requirements or allergies, please speak to a member of our team before placing your order, we're always happy to help. Our dishes are freshly prepared in a kitchen where allergens, including nuts and gluten, are present. While we take care to reduce the risk of cross-contamination, we can't guarantee that any dish is completely allergen-free.

- Vegetarian options available
- Vegan options available
- Some dishes may contain nuts
- Fish and poultry may contain bones

Full allergen information is available on request. Please just ask! We do not operate a dedicated vegetarian, vegan, or allergen-free kitchen.

HOT DRINKS

	Regular	Grande
Americano	£3.00	£3.20
Cappuccino	£3.60	£3.95
Latte	£3.60	£3.95
Flat White	£3.60	-
Espresso	£2.30	£2.50
Mocha	£3.80	£4.10
English Breakfast Tea	£2.70	
Green Tea	£2.70	
Earl Grey Tea	£2.70	
Peppermint Tea	£2.70	
Sage Tea - Special	£2.95	
Hot Chocolate	£4.10	
Luxury Hot Chocolate	£4.95	
EXTRAS		
Extra Shot	£0.50	
Syrup	£0.50	
Marshmallows	£0.50	
Cream	£0.50	

BOTTLED DRINKS

Corona	£5.25
Doom Bar	£5.20
Butcombe Bitter	£5.00
Old Mout Cider - Berries & Cherries	£5.00
Old Mout Cider - Kiwi & Lime	£5.00
Old Mout Cider - Raspberry & Pineapple	£5.00
Desperado	£5.25

DRAUGHT DRINKS

	HALF	PINT
Guinness	£3.00	£5.80
Birra Moretti	£3.00	£5.80
Beavertown Neck Oil	£3.00	£5.80
Inch's Premium Cider	£2.80	£5.60

ALCOHOL-FREE

Heineken Zero	£4.00
Old Mout Berries & Cherries	£4.80
Guinness 0.0	£3.80