



# SALTFISH

..... SEAFOOD & WINE BAR .....

at HOUNDGATE

## BREAKFAST MENU

Monday to Friday: 7:00am - 10:30am

Saturday & Sunday: 8:00am - 10:30am

Full English – Cured Bacon, Hog Roast Sausage, “W. Peat’s” Black Pudding, Roast Flat Cap Mushroom, Grilled Tomato, Hash Brown, Baked Beans, Egg.	£13.95
Full Vegetarian – Falafel, Spinach, Roast Flat Cap Mushroom, Grilled Tomato, Hash Brown, Baked Beans, Egg.	£13.95
Eggs – Fried, Poached or Scrambled on Sourdough, Wholemeal or White Bread.	£5.50
Baked Eggs, Rustic Tomato & Harissa Sauce, Coriander & Feta, Sourdough Soldiers.	£9.50
Eggs Florentine – Spinach, Poached Eggs, Hollandaise, Muffin.	£9.00
Eggs Benedict – Bacon, Poached Eggs, Hollandaise, Muffin.	£9.95
Eggs Royale – Smoked Salmon, Poached Eggs, Hollandaise, Muffin.	£10.50
Smoked Salmon & Scrambled Eggs, Sourdough Toast.	£9.95
Smoked Haddock Kedgeree, Poached Egg.	£9.50
Crushed Avocado, Poached Eggs, Tomato Chilli Jam on Sourdough Toast.	£9.50
3 Egg Omelette – Cheese & Mushroom / Bacon & Mushroom.	£8.50
Boston Beans on Sourdough, Bacon & Poached Eggs.	£10.50
Porridge Oats – Banana & Honey / Summer Fruits, Compote & Honey.	£6.50
Granola, Greek Natural Yoghurt, Berry Compote, Honey.	£6.95
Toast, Butter, Preserves or Marmalade.	£3.95

### TOASTED SANDWICHES

On Sourdough, Wholemeal or White Bread	£5.95
Hog Roast Sausage.	£5.50
Cured Bacon.	£4.95
Fried Egg.	£3.95
Toast, Butter, Preserves or Marmalade.	£2.50 each
Extras – Sausage / Bacon / Avocado. Egg / Mushroom / Tomato / Hash Brown / Black Pudding.	£1.50 each

### TAKEAWAY

Sandwiches on sourdough / wholemeal / white bread.	
Hog Roast Sausage.	£5.50
Cured Bacon.	£5.50
Fried Egg.	£4.50
Granola Pot, Berries, Yoghurt, Honey.	£4.50
Extras – Sausage / Bacon Egg / Mushroom / Tomato	£2.50 each £1.50 each

### STORM LOOSE LEAF TEAS

Organic Tea Range: Breakfast / Earl Grey / Ceylon Green / Hibiscus / Peppermint / Camomile Blossoms	Pot £3.70
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### ROUNTON COFFEE



Espresso	£2.60
Double Espresso	£2.90
Macchiato	£2.90
Double Macchiato	£3.30
Americano	£3.50
Latte	£3.60
Cappuccino	£3.60
Mocha	£3.80
Flat White	£3.60
Koka Collection Hot Chocolate	£3.80
Smooth Vanezuella 58%	

### JUICES

£2.95  
Each

The restaurant opening times are Monday to Saturday 8am-10:30am, 12pm-2:30pm & 5pm-10pm (last food order 8:45).

On Sundays, we open for breakfast at 8am-10:30pm and our lunch time service is 12pm-5pm. Our bar is open from 8am until close serving teas & coffees and bar snacks from 12pm.





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**Full Vegetarian** – Falafel, Spinach, Roast Flat Cap Mushroom, Grilled Tomato, Hash Brown, Baked Beans, Egg.

**Eggs** – Fried, Poached or Scrambled on Sourdough, Wholemeal or White Bread.

**Baked Eggs, Rustic Tomato & Harissa Sauce, Coriander & Feta, Sourdough Soldiers.**

**Eggs Florentine** – Spinach, Poached Eggs, Hollandaise, Muffin.

**Eggs Benedict** – Bacon, Poached Eggs, Hollandaise, Muffin.

**Eggs Royale** – Smoked Salmon, Poached Eggs, Hollandaise, Muffin.

**Smoked Salmon & Scrambled Eggs, Sourdough Toast.**

**Smoked Haddock Kedgeree, Poached Egg.**

**Crushed Avocado, Poached Eggs, Tomato Chilli Jam on Sourdough Toast.**

**3 Egg Omelette** – Cheese & Mushroom / Bacon & Mushroom.

**Boston Beans on Sourdough, Bacon & Poached Eggs.**

**Porridge Oats** – Banana & Honey / Summer Fruits, Compote & Honey.

**Granola, Greek Natural Yoghurt, Berry Compote, Honey.**

**Toast, Butter, Preserves or Marmalade.**

### TOASTED SANDWICHES

On Sourdough, Wholemeal or White Bread

Hog Roast Sausage.

Cured Bacon.

Fried Egg.

Toast, Butter, Preserves or Marmalade.

Extras – Sausage / Bacon / Avocado.

Egg / Mushroom / Tomato / Hash Brown / Black Pudding.

### TAKEAWAY

Sandwiches on sourdough / wholemeal / white bread.

Hog Roast Sausage.

Cured Bacon.

Fried Egg.

Granola Pot, Berries, Yoghurt, Honey.

Extras – Sausage / Bacon

Egg / Mushroom / Tomato

### STORM LOOSE LEAF TEAS

Organic Tea Range: Breakfast / Earl Grey /

Ceylon Green / Hibiscus / Peppermint /

Camomile Blossoms

### ROUNTON COFFEE

ROUNTON  
COFFEE  
ROASTERS

Espresso

Double Espresso

Macchiato

Double Macchiato

Americano

Latte

Cappuccino

Mocha

Flat White

Koka Collection Hot Chocolate

Smooth Venezuela 58%

### JUICES

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