

# Saltwater

BEACH CAFE

## BREAKFAST

09.00am – 11.30AM

### Vegan breakfast £12.00

2 Vegan sausages, 2 hash browns, avocado scrambled tofu, baked beans, mushrooms & spinach grilled tomato, sourdough toast

Allergens: soya, wheat, gluten, sulphate, rye, soya

### Vegan half breakfast £8.50

1 vegan sausage, 2 hash browns, baked beans avocado, sourdough toast

Allergens: gluten, wheat, soya, cereals, sulphate

### Brunch bagel £7.50

Crispy bacon, avocado, tomatoes

Dijon mustard mayo in a New York bagel

Allergens: gluten, wheat, mustard, sulphur dioxide  
Soya

### Avocado on sourdough £7.95 VG

Lightly toasted sourdough toast served with avocado, red chilli, lemon oil dressing

Allergens: gluten, wheat, rye, mustard, soya

### optional additions £2.00

bacon	Allergens: None
sausage	Allergens: gluten, wheat, sulphur dio
vegan sausage	Allergens: gluten, wheat, soya, sulphate
poached/fried egg	Allergens: egg
smoked salmon £2.50	Allergens: fish

### Yoghurt Pot £6.00 VG

Crunchy granola, yoghurt with fruit compote  
Or honey

Allergens: gluten, yoghurt contains soya

### 'Carrot Cake' Bircher £6.00 VG/GF

Organic oats, almond milk, madjool dates shredded carrot, cinnamon, maple syrup, walnut, flaxseeds, almonds

### Full English breakfast £12.00

2 cumberland sausages, 1 slice crispy bacon, 2 hash browns, baked beans, mushrooms & spinach, grilled tomato, egg, sourdough toast

Allergens: gluten, wheat, rye, sulphur dioxide, egg, soya

### Half English breakfast £8.50

1 cumberland sausage, 1 bacon 2 hash browns, baked beans, sourdough toast

Allergens: gluten, sulphur dioxide, soya, cereals

### Vegan Brunch bagel £7.50

Vegan sausage, avocado, tomatoes,

Dijon mustard mayo in a New York bagel

Allergens: gluten, wheat, soya, mustard, sulphates,  
Sulphur dioxide

### American style pancakes £8.95 VG

5 fluffy American style pancakes served with berry compote, maple syrup & Greek style yoghurt

Allergen: Soya, gluten

### Toast

1 or 2 slices granary thick sliced toast with butter or vegan butter £1.50/£2.00  
optional: Tiptree strawberry jam or marmalade 70p, marmite 50p, peanut butter 50p  
Allergen: soya, gluten, cereals

### Porridge bowl £5.50 VG options

Organic gluten free porridge with a choice of milk

Dairy	no extra charge	
Oat	add 30p	Allergen gluten
Coconut	add 30p	Allergen soya
Soya	add 30p	Allergen soya
Almond	add 30p	Allergen nuts
Crushed nuts & seeds	add £1.50	Allergen nuts

Sesame Peanuts Soya Mustard Nuts Molluscs Celery Eggs  
Crustaceans Fish Lupin Milk Sulphur Dioxide Sulphates Cereals

We are unable to make substitutions but additions can be made

**If you have ANY food intolerances, please speak to a member of staff before ordering.**

## LUNCH

11.30am – 15.00pm

### Saltwater classic beef burger with fries £11

Housemade beef patty with crispy onions  
Dijon mustard mayo, gherkins in a brioche bun  
Additions: salt beef £2.50, bacon £2, cheese £1.50

Allergens: gluten, wheat, mustard, sulphur/dio

### Vegan 'Chickn' Miami burger with fries £11

Vegan 'chickn' burger coated with breadcrumbs,  
vegan cheese, housemade slaw, pickles  
siracha mayo in a burger bun

Allergens: gluten, wheat, soya, mustard, sulphates,  
Sulphur/dio

### Prawn POKE bowl £11

Breaded spicy prawns, steamed rice,  
avocado, edamame beans, grated carrot,  
black sesame seeds, spring onion, cucumber  
optional peanut soya sauce or siracha

Allergens: Soya, shellfish, sesame, nuts

### Vegan poke bowl £10.50

Marinated tofu, steamed rice,  
avocado, edamame beans, grated carrot  
black sesame seeds, spring onion, cucumber  
optional peanut soya sauce or siracha

Allergens: Soya, sesame, nuts

### Fish finger sandwich with fries £10.95

Cod fish fingers, housemade tartar sauce  
served in homemade bakery granary bread  
wedge of lemon & skin on fries

Allergens: gluten, wheat, fish, mustard, soya

### Salt beef bagel £7.50

slow cooked salt beef, with gherkins  
Dijon mustard mayo in a New York bagel  
add: skin on fries £3.50, slaw & salad leaves £2.50

Allergens: celery, gluten, wheat, mustard, sulphur/dio, soya

### Sourdough toasties £7.50

Ham, cheddar, Dijon mustard allergen: gluten, milk, mustard, soya  
Mozzarella, pesto, tomato allergen: gluten, milk, nuts, soya  
Served with housemade slaw, mixed salad leaves

### Seasonal Soup of the week £6.00 VG/GF

Baguette ½ Allergens: gluten, wheat  
Gluten Free Roll Allergens: soya, egg

### **Portion of chips (cooked in vegetable oil V, VG) £3.50**

Ketchup sachet 20p – Mayonnaise sachet 20p – HP brown sauce 20p

Sesame Peanuts Soya Mustard Nuts Molluscs Celery Eggs  
Crustaceans Fish Lupin Milk Sulphur Dioxide/sulphates Cereals

**If you have ANY food intolerances, please speak to a member of staff when ordering.**

Our cafe offers various products with all the main allergens contained within them.  
Whilst we take steps to minimize the risk of cross contamination, we cannot guarantee that any of our  
products are safe to consumer for people with severe allergies.

## PASTRIES & SNACKS

Available 8.00am - 15.30pm

Almond croissant	£2.50	Allergens: gluten, wheat, egg, milk, nuts
Chocolate hazelnut croissant	£2.50	Allergens: gluten, wheat, milk, nuts, soya, egg
Raspberry croissant – VEGAN	£2.50	Allergens: gluten, wheat
Speciality toasted tea cake	£2.50	Allergens: egg, milk, gluten
Portuguese custard tart	£1.80	Allergens: gluten, wheat, egg, milk
Cornish pork sausage roll	£2.75	Allergens: gluten, wheat, egg, mustard
Vegan sausage roll	£2.75	Allergens: gluten
Raspberry & almond oaty bake – GF/VG	£2.50	Allergens: nuts
Cherry, chocolate, walnut tiffin – GF/VG	£2.50	Allergens: nuts, soya

Pipers crisps - £1.50 flavours Sweet chilli, sea salt, cheddar & onion, cider vinegar & salt

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# Saltwater

BEACH CAFE

## HOT DRINKS

Our coffees are made with Great Taste Award winning coffee beans. The producers are accredited rainforest alliance suppliers protecting farmers, local communities & the Rainforest.

All coffee styles can be made with decaffeinated coffee for an additional 20p

	DBL	SNG
Cappuccino	£3.10	£2.80
Latte	£3.10	£2.80
Flat white	£3.00	£2.70
Mocha	£3.30	£3.00
Espresso	£2.20	£2.00
Cortado served as a single	£2.50	
Macchiatto	£2.40	£2.20
Americano (black)	£2.60	£2.40
Americano (white)	£2.80	£2.60
Coffee syrups	30p	
Iced coffee	£3.50	
Frappe coffee with ice cream	£4.50	
Chai latte	£3.20	
Matcha latte	£3.20	
Turmeric Latte	£3.20	
Hot chocolate large	£3.00	
Hot chocolate small	£2.60	
Kiddie-chino	£1.80	
Whipped cream 30p, marshmallows 30p		

### **Choice of milk for all hot drinks**

Dairy semi/full fat no extra charge

Oat	add 30p	Allergen gluten
Coconut	add 30p	Allergen soya
Soya	add 30p	Allergen soya
Almond	add 30p	Allergen nuts

## TEAS

English breakfast tea	£2.00
Decaffeinated tea	£2.40
Earl Grey	£2.40
Peppermint tea	£2.40
Berry tea	£2.40
Camomile tea	£2.40
Citrus tea	£2.40
Matcha green tea	£2.40

## COLD DRINKS

Coke bottle 500ml	£2.20
Diet Coke bottle 500ml	£2.20
Sprite can 330ml	£1.80
Rio can 330ml	£1.80
Folkingtons orange juice	£2.40
San Pellegrino blood orange	£2.40
San Pellegrino orange	£2.40
San Pellegrino lemon	£2.40
Still or sparkling water	£1.50
Cawston press apple & pear	£1.60
Cawston press apple & mango	£1.60
Cawston press apple & berries	£1.60
Equinox kombucha	£2.40
Coconut water	£2.70
Purdy's	£2.40
Fruit shoot orange	£1.60
Fruit shoot blackcurrent	£1.60
Fentimans	£2.40

**Smoothies** frozen real fruit £4.50

**See smoothie menu for our flavours and info**

## Milkshakes £4.50 made with real ice cream

vegan options available

Chocolate – add cream & marshmallows
Strawberry – add cream & marshmallows
Banana – add cream & marshmallows

## Alcohol – quarter bottles

Strictly over 18's only – challenge 25

All alcohol must be served with food over value £5

Prosecco	20cl 10% vol	£5.95
Pinot Grigio	18.7cl 12.5% vol	£5.50
Merlot	18.7cl 13% vol	£5.50
Estrella beer	33cl 4.6% vol	£4.00