



**SALTGRASS**  
— A KITCHENS STORY —

*Lunch*

## - STARTERS -

<p><b>SQUASH SOUP (V)</b> 6.5 Baked squash with potato, carrot, onion, leeks, double cream, grilled sourdough.</p>	6.5	<p><b>BEEF TARTARE</b> 9 Beef tenderloin with truffle mayonnaise, lime, pea shoots, pimenton, parmigiano reggiano.</p>	9
<p><b>GRILLED ASPARAGUS</b> 8 Blanched and grilled asparagus, cods roe tarama, salt cured egg yolk, micro greens.</p>	8	<p><b>SQUID</b> 8.5 Fried crispy squid and courgettes, smoked mayonnaise and chimichurri dip with chilli, coriander and garlic.</p>	8.5
<p><b>CRAB SALAD</b> 12.5 Soft shell crab with truffle and orange mayonnaise, samphire salad, almond crumbs, goji berry oil.</p>	12.5	<p><b>CHICKEN</b> 8 Buttermilk fried chicken with citrus butter, fresh red chilli and micro coriander.</p>	8

## - SALADS -

<p><b>CAESAR SALAD</b> 7 / 9 / 12 Romaine lettuce, home-made caesar salad dressing with anchovies, cherry tomatoes, capers, parmigiano and crouton.</p>	7 / 9 / 12	<p><b>BURRATA SALAD</b> 9.5 Fresh Burratino, baked beetroot, rocket, pine nut, balsamic and orange zest dressing.</p>	9.5
<p><b>GREEK SALAD (V)</b> 5.5 Heritage tomatoes, cucumber, red onion, feta cheese, bell pepper, olives, early harvest olive oil, lemon dressing.</p>	5.5	<p><b>GREEN SALAD (V)</b> 5.5 Mix of garden greens, with lemon dressing.</p>	5.5
<p><b>WALDORF SALAD</b> 11 Romaine lettuce, home-made waldorf dressing, endive, celery, baked grape, candied walnut, stilton cheese, red apple.</p>	11	<p><b>WALDORF SALAD</b> 11 Romaine lettuce, home-made waldorf dressing, endive, celery, baked grape, candied walnut, stilton cheese, red apple.</p>	11

## - PASTA -

<p><b>TOMATO PASTA (V)</b> 12 Spaghetti with tomato sauce made with fresh tomatoes, Worcester, garlic, fresh herbs and served with heritage tomatoes, parmegiano, rocket</p>	12	<p><b>SPINACH &amp; RICOTTA PASTA (V)</b> 12 Tagliatelle with sauted spinach, cream, ricotta cheese, lemon zest, parmegiano, roasted pine-nuts</p>	12
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## - FROM THE SEA -

All mains are served with green salad and a choice of side dish

<p><b>TUNA STEAK</b> Grilled or pan seared with ponzu sauce, grilled spring onion, sesame seeds, avocado and cherry tomatoes</p>	18
<p><b>SALMON</b> Pan seared with grilled spring onion, samphire mayonnaise with lime zest and juice</p>	18
<p><b>CATCH OF THE DAY</b> (Please ask your waiter for today's special)</p>	20

## - FROM THE BUTCHER -

All cuts are cooked on charcoal grill and served with choice of 2 sides, peppercorn or bernaïse sauce. Please kindly ask for aging of prime cuts to our front of house.

<p><b>LAMB CHOPS (Suffolk)</b> 20</p>	20	<p><b>PRIME RIB (Australian)</b> 600gr / 900gr / 1200gr 46 / 68 / 88</p>	46 / 68 / 88
<p><b>BEEF TENDERLOIN (Scottish)</b> 225gr 26</p>	26	<p><b>PORTERHOUSE (Scottish)</b> 600gr / 900gr / 1200gr 48 / 72 / 94</p>	48 / 72 / 94
<p><b>BEEF SIRLOIN (South West England)</b> 275gr / 450gr 24 / 38</p>	24 / 38		

## - SKEWERS -

All skewers, served with tzatziki, bulghur and parsley salad

<p><b>ADANA KEBAP</b> 15 Minced lamb kebab, with chilli option</p>	15	<p><b>CHICKEN WING SKEWER</b> 13.5 Chicken wings marinated with pepper paste</p>	13.5
<p><b>GRILLED KOFTE</b> 15 Minced beef and lamb meatballs</p>	15	<p><b>VEGETABLE SKEWER (V)</b> 13 Season vegetables</p>	13
<p><b>CHICKEN SKEWER</b> 13.5 Chicken thigh marinated with buttermilk</p>	13.5		

## - BRAV BURGERS -

All burgers are served with triple cooked chips Please kindly ask for aging of prime cuts to our front of house.

<p><b>COCKFOSTERS</b> 8.45 Buttermilk fried chicken coated with batter, coleslaw salad with red cabbage, apple, carrot, mayo and yogurt, green chilli, cucumber, chilli mayonnaise</p>	8.45	<p><b>WOODS</b> 10.45 Beef patty, white truffle mayonnaise, creamy mushroom with double cream, parmegiano, parsley, cheddar cheese, rocket</p>	10.45
<p><b>OXFORD</b> 9.45 Beef patty, blue cheese cream with cream, lemon, parsley, caramelized onions, mustard, apple, bacon, lettuce, cucumber</p>	9.45	<p><b>ESSEX (V)</b> 7.95 Beetroot patty with chickpea, carrot, coriander, spring onion, avocado cream with lime and coriander, mayonnaise, salted red cabbage</p>	7.95
<p><b>BIG BEN</b> 12.45 Double beef patty, cheddar cheese, caramelized onion, lettuce, pickled cucumbers, crispy bacon</p>	12.45	<p><b>SOHO</b> 9.45 Beef patty, chilli Chinese coleslaw with Chinese lettuce, ponzu, sesame, red chilli, honey, sriracha and ponzu mayonnaise</p>	9.45

## - SIDES -

<p><b>POTATO CHIPS (V)</b> 4 Triple cooked chips with spice salt</p>	4	<p><b>GRILLED VEGETABLES (V)</b> 7.5 Seasonal grilled vegetables.</p>	7.5
<p><b>ROASTED BABY POTATOES (V)</b> 4 With rosemary and butter</p>	4	<p><b>WILD MUSHROOM (V)</b> 6 Confit wild mushrooms with sauted rocket and parmegiano</p>	6
<p><b>MASH POTATO (V)</b> 4.5 Mashed potato, butter, milk with chives</p>	4.5	<p><b>CREAMY SPINACH (V)</b> 5 Sautéed spinach, cream and parmegiano</p>	5

Please note that, all dishes and ingredients are subject to change, since our kitchen is based on fresh and seasonal ingredients.  
The foods described within this menu may contain nuts or derivatives of nuts. If you suffer from any allergy or food intolerance, please advise a member of staff who will be pleased to assist you.  
A discretionary 10 % service charge will be added to the final bill