



**SALTGRASS**  
— A KITCHENS STORY —

# *Main Menu*

## - STARTERS -

|  |      |
|--|------|
| <b>SQUASH SOUP (V)</b>   | 6.5  |
| Baked squash with potato, carrot, onion, leeks, double cream, grilled sourdough.                     |      |
| <b>GRILLED ASPARAGUS</b>   | 8    |
| Blanched and grilled asparagus, cods roe tarama, salt cured egg yolk, micro greens.                  |      |
| <b>HUMMUS (V)</b>  | 6    |
| Chickpea hummus with tahini, lemon and garlic, pistachio, cherries sautéed with pimenton and butter. |      |
| <b>TZATZIKI (V)</b>  | 5    |
| Strained greek yogurt, diced cucumber, garlic, lemon zest and parsley oil.                           |      |
| <b>AUBERGINE SALAD (V)</b>   | 5.5  |
| Smoked aubergine, tahini, lemon, olive and parsley oil, with chopped parsley.                        |      |
| <b>CRAB SALAD</b>  | 12.5 |
| Soft shell crab with truffle and orange mayonnaise, samphire salad, almond crumbs, goji berry oil.   |      |
| <b>BEEF TARTARE</b>  | 9    |
| Beef tenderloin with truffle mayonnaise, lime, pea shoots, pimenton, parmigiano reggiano.            |      |

## - STARTERS TO SHARE -

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|---|-----|
| <b>SQUID</b>  | 8.5 |
| Fried crispy squid and courgettes, smoked mayonnaise and chimichurri dip with chilli, coriander and garlic. |     |
| <b>SCALLOPS</b>   | 9.5 |
| Seared scallops, milk based cauliflower puree and samphire salad with green apple.                          |     |
| <b>OCTOPUS</b>  | 17  |
| Grilled octopus, romesco sauce with grilled bell pepper, garlic, almond and baked baby potatoes.            |     |
| <b>PRAWNS</b>   | 9.5 |
| Prawns flamed with cognac, lemon, parsley, garlic and butter sauce.   |     |
| <b>CHICKEN</b>  | 8   |
| Buttermilk fried chicken with citrus butter, fresh red chilli and micro coriander.                          |     |

## - SALADS -

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

## - PASTA & RICE -

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|--|----|
| <b>TOMATO PASTA (V)</b>  | 12 |
| Spaghetti with tomato sauce, heritage tomatoes, parmigiano and rocket.                                 |    |
| <b>SPINACH &amp; RICOTTA PASTA (V)</b>   | 12 |
| Tagliatelle with sautéed spinach, cream, ricotta cheese, lemon zest, parmigiano, roasted pine-nut.     |    |
| <b>ORZO RICE</b>   | 16 |
| Orzo rice cooked risotto style served with green asparagus, parmigiano, or wild mushrooms, parmigiano. |    |

## - FROM THE SEA -

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

|   |    |
|---|----|
| <b>SEABASS</b>  | 22 |
| Grilled or pan seared with grilled spring onion, samphire mayonnaise with lime zest and juice         |    |
| <b>TUNA STEAK</b>   | 18 |
| Grilled or pan seared, grilled spring onion, avocado, ponzu infused cherry tomatoes and sesame seeds. |    |
| <b>SALMON</b>   | 18 |
| Pan seared with grilled spring onion, samphire mayonnaise with lime zest & juice                      |    |

## - FROM THE BUTCHER -

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

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

## - SKEWERS -

All skewers, served with tzatziki, bulghur and parsley salad

|   |      |
|---|------|
| <b>ADANA KEBAP</b>                          | 15   |
| Minced lamb kebab with chilli option        |      |
| <b>SASHLIQ</b>                              | 14.5 |
| Soy sauce and shallot marinated beef fillet |      |
| <b>LAMB SKEWER</b>                          | 18   |
| Marinated lamb chunks                       |      |
| <b>GRILLED KOFTE</b>                        | 15   |
| Minced beef and lamb meatballs              |      |
| <b>CHICKEN SKEWER</b>                       | 13.5 |
| Chicken thigh marinated with buttermilk     |      |
| <b>CHICKEN WING SKEWER</b>                  | 13.5 |
| Chicken wings marinated with pepper paste   |      |
| <b>VEGETABLE SKEWER (V)</b>                 | 13   |
| Season vegetables                           |      |

## - BURGERS -

All burgers are served with triple cooked chips

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

## - SIDES -

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

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