

available weekdays 8.30am-3pm, weekends 8am-4pm. Snacks in between times. dinner menu available **from 5.30pm.**

STARTERS

garlic and parmesan flatbread or cumin and rock salt flatbread	11
breads and spreads	15
fresh breads served with various spreads, brie, olives	
salt style prawn tempura	
tempura prawns wrapped in filo pastry	18

BOWLS

soup of the day	
please ask our staff for today's flavour with toast	12

fresh fruit salad	
fresh fruit with thickened yoghurt	8
ADD homemade granola	12

smoked chicken salad	
marinated feta, roasted peanuts, tomatoes on mixed salad leaves and dressed with a vinaigrette	18
asian spiced grilled salmon salad	
grilled salmon with five spice, vermicelli noodles with salad greens, dressed with our own thai style vinaigrette	18

salt style carbonara	
ham, mushroom, onion, pasta with our own creamy sauce	18

PLATES

french toast	
our own eggy bread with cinnamon and icing sugar	10
fruit salad or banana	add 3.5
bacon	add 4

three egg omelette	
with your choice of three fillings: cheese, mushroom, tomato, onion, bacon, ham	17

eggs benedict on ciabatta	
2 poached eggs on slices of ciabatta topped with hollandaise and your choice of bacon	17
OR smoked salmon OR mushroom & spinach	17
ADD side salad	2

japanese marinated beef skewers	18
beef marinated in soy, garlic, sesame, sake served with steamed rice & garden salad	

tatsutage	
tender pieces of chicken marinated in soy sauce, ginger and sake, rolled in our own special coating and lightly fried, accompanied by a fresh garden salad	18

salt burgers,	
choice of	
teriyaki beef burger with cheese, salad greens & fries	18
OR japanese vege burger with salad greens, beetroot, aioli, teriyaki sauce & fries	17
OR tatsutage chicken with salad greens, mayo & fries	18

salt stack	
traditional bacon, eggs, hashbrowns, tomato and mushrooms stacked on homemade bread	18.5

Simple bacon, eggs & toast	11
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Chris's wedges, seasoned wedges topped with bacon, sour cream & cheese	11
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PIZZA (we have gluten free bases available) ½ \$1 extra , extra topping \$1

aloha pizza	
ham, pineapple and mozzarella	23
vege pizza	
seasonal veges, mushrooms, onion, feta and sweet chilli sauce	25
combo pizza	
salami, ham, olives, mushrooms, onion, optional sweet chilli sauce	25
smoked chicken pizza	
smoked chicken, cranberry sauce, brie, mushroom, and onion	25
meat, meat, meat pizza	
ham, bacon, salami, smoked chicken, mushrooms, optional bbq sauce	26

SIDES: Fries small \$4, large \$8. Wedges small \$5.50, large \$11. Bacon \$4. Mushrooms \$3. Eggs \$4. Toast \$4 Hashbrowns \$4. Tomato \$3.5. Garden salad \$7. Miso soup \$3. Rice \$2.5. Gluten free bread \$4.

GOOD FOOD TAKES A LITTLE TIME