



SALTY TONGUE

»— GROCERY —«

• CAFÉ • CORNED BEEFERY • DELI •

• BREAKFAST MENU •

SMOKED SALMON \$9

Irish wheaten bread, dill cream cheese smear, scrambled cage free egg, caper berries, shaved red onion, lemon wedge.

AVOCADO TOAST \$9

Toasted Irish wheaten bread, smashed avo, soft poached egg, za'atar yoghurt, pea shoots, sesame.

RASHER & BLACK PUDDING SANDWICH \$9

Thick cut bacon rashers, crumbled black pudding, ballymaloe house style relish, mayo, baby kale, soft fried cage free egg, toasted buttered potato bread.

MUSHROOM TOAST (V) \$9

Mixed mushrooms, rarebit sauce, toasted Irish wheaten bread, pea shoot, soft poached cage free egg.

MORNING SUNSHINE BOWL (V) \$9

Full fat greek yoghurt, toasted coconut, pumpkin seeds, chia seeds, honey, granola, fresh fruit, bee pollen.

ADD EGG \$2, ADD AVOCADO \$2, ADD RASHERS \$4

(V) = vegetarian

• LUNCH MENU •

LUNCH DEAL ★

Add a small soup or small salad to any sandwich or toast for extra \$3

\$9 SMOKED SALMON ★

Irish wheaten bread, dill cream cheese smear, scrambled cage free eggs, caper berries, shaved red onion, lemon wedge.

\$9 AVOCADO TOAST ★

Toasted Irish wheaten bread, smashed avo, soft poached egg, za'atar yoghurt, pea shoots, sesame.

\$9 RASHER & BLACK PUDDING SANDWICH ★

Thick cut bacon rashers, crumbled black pudding, ballymaloe house style relish, mayo, baby kale, soft fried cage free egg, toasted buttered potato bread.

\$9 MUSHROOM TOAST (V) ★

Mixed mushrooms, rarebit sauce, toasted Irish wheaten bread, pea shoot, soft poached cage free egg.

\$6 DAILY SOUP

Ask server for details - with our homemade soda bread

\$14 SALAD (VEG) WITHOUT PARM (VE)

roasted broccoli spears, grated parm, cherry tomatoes, quinoa, hemp hearts, lemon vinaigrette
add chicken \$4 | add bacon \$2 | add steak \$6 | add egg \$2

\$12 KALE CAESAR SALAD (VEG)

kale, housemade caesar dressing, shaved parm, lemon wedge, croutons
add chicken \$4 | add bacon \$2 | add steak \$6 | add egg \$2

\$8 CURRY CHIPS (VE)

Hand cut, skin on, twice fried Russet potatoes, mild curry sauce, fresh parsley
add cheese \$2 | add egg \$2 | add chicken \$4 | add bacon \$2 | add steak \$6

\$18 FISH & CHIPS (GF)

hand cut, skin on, twice fried Russet potatoes, battered cod, mushy peas, house tartar, lemon.

\$20 BOARDS

The most popular charcuterie/cheese from our sibling Salt Wine Bar perfect as entrée for one or shared as an appetizer - Design your own or have us do it for you "dealers choice"

ADD EGG \$2, ADD AVOCADO \$2, ADD RASHERS \$4

(V) = vegetarian