

NIBBLES

Picante Gordal Olives **VV** 5.95

Balsamic Onions **VV** 4.95

STARTERS

Suppli alla Romana **V**

breaded tomato & basil risotto, stuffed with mozzarella cheese 8.95

Burrata

soft burrata cheese, marinated sweet red peppers, capers, balsamic, EVOO 11.95

Gamberetti Cocktail

bloody mary prawns & crayfish, crisp leaves 12.5

Bruschetta

grilled gluten free ciabatta, lemon & herb ricotta cheese, salami milano, chilli hot honey 8.95

Crispy Corn Ribs **VV**

crispy corn, kombu seasoning, homemade sriracha 8.95

Soups of the Day **V**

gluten free bread roll, sea salt butter 6.95

Gambas Pil Pil

king prawns, hot chilli & garlic oil, toasted gluten free ciabatta 11.95

Chicken Liver Parfait

caramelised red onion chutney, crisp leaf salad, toasted gluten free ciabatta 8.95

Crispy Tempura (Starter/Main)

garlic & lemon aioli, sweet chilli dipping sauce

Chicken 8.95 / 18.95

Vegetable 7.95 / 16.95 **V**

Prawn 10.95 / 21.95

Mixed 9.95 / 19.95

Fritti Sharing Board

calamari, king prawns & haddock in a crispy coating, served with garlic & lemon aioli, sweet chilli dipping sauce, fresh lemon, sea salt 19.95

Antipasti Sharing Board

prosciutto di parma, salami milano, sardinian pecorino cheese, picante gordal olives, grilled courgette, sun-dried tomatoes, rocket salad, warm gluten free bread 21.95

STEAMED SCOTTISH MUSSELS

All served with toasted gluten free ciabatta (available as Starter / Main)

Marinière 8.95 / 17.95

‘Nduja & Tomato 9.5 / 18.95

Chorizo & Chilli 9.5 / 18.95

add a bowl of skinny fries 3.95

SALADS

Panzanella con Burrata (Can be made vegetarian **V**)

marinated tomatoes, black olive & red onion salad, fresh burrata cheese, gluten free croutons, EVOO & red wine vinegar dressing 15.95

Classic Caesar Salad

crisp leaves, caesar dressing, gluten free croutons, marinated anchovies, parmigiano reggiano 12.95

add chicken & bacon 5.95 add king prawns 7.95

GLUTEN FREE MENU AT SEA-SALT

SANDWICHES

(Available from 12 - 5pm)

All sandwiches are served on gluten free bread with a side of coleslaw & seasonal salad leaves

The Tonno

tuna mayonnaise, cucumber, red onion, crisp leaves 10.95

The Pollo Caesar

grilled chicken breast, bacon, crisp leaves, caesar dressing, parmigiano reggiano 10.95

The Gamberetti

bloody mary prawns & crayfish, crisp leaves, tomato 11.95

The B.L.T

grilled bacon, avocado slices, lettuce, tomato, mayo 10.95

The Chimichurri

gluten free ciabatta, chargrilled steak, rocket, caramelised onions, chimichurri sauce 13.95

The Bourdain

pan fried mortadella, provolone cheese, dijon mustard, mayonnaise 11.95

The Caprese (Can be made vegan **VV**)

buffalo mozzarella, tomato, rocket, fresh basil, pesto, EVOO 9.95

The Ventrice

spicy ventricina salami, buffalo mozzarella, rocket 10.95

add a bowl of homemade soup 4.95

add a bowl of skinny fries 3.95

BURGERS

All burgers are served on a gluten free bun with fries, homemade coleslaw and a battered onion ring

Classic Burger

beef patty, crisp lettuce, tomato, burger sauce 16.95

add cheese | bacon 2.5

Chicken Milanese Burger

crispy chicken breast, crisp lettuce, tomato, tomato sugo, mozzarella 18.95

Plant Based Burger **VV**

vegan & gluten free bun, plant-based patty, crisp lettuce, tomato, vegan mayo 17.95

The Italian Burger

beef patty, crisp lettuce, tomato, pepperoni, sugo, provolone cheese 18.95

Chicken Caesar Burger

crispy chicken breast, crisp lettuce, grilled bacon, caesar dressing, parmigiano reggiano 19.95

MAINS

Lasagne

slow-cooked beef ragu, bechamel & parmesan cream, gluten free ciabatta 15.95

Coconut Chilli Chicken

rice pilaf, bok choy, coconut, lime & chilli sauce, prawn crackers 17.95

Chicken Souvlaki

marinated chicken skewers, greek yoghurt & garlic sauce, pomegranate, red onion, served with a side of fries 18.95

Slow Cooked Chianti Ox Cheek

creamed potatoes, braised kale & cavolo nero, chianti red wine jus 19.95

Peri Peri Chicken

spiced succulent spit-roasted chicken, rice pilaf, herb & tomato salad, charred corn, peri peri sauce 18.95

SEA-SALT MILANESE

Chicken breast, coated in crispy, golden, gluten free breadcrumbs, served with a choice of; gluten free penne marinara or chunky chips

Classic Milanese

caramelised lemon, garlic & herb butter 18.95

Parmigiana Milanese

tomato sugo, fior di latte mozzarella, parmigiana reggiano 19.95

Serrano Ham Milanese

serrano ham, buffalo mozzarella 19.95

Milanese Verde

datterini tomatoes, salsa verde 18.95

FROM THE CHAR-GRILL

All of our steaks are dry aged and matured by our trusted butcher. Served with a whole roasted tomato, portobello mushroom, battered onion ring and a side of chunky chips or skinny fries

Prime Sirloin 8oz or Prime Ribeye 8oz 33.95

Steak Sauces

garlic butter | chimichurri | pepper & brandy | blue cheese | peri peri 2.95

Steak Toppers

haggis 3.95 | garlic king prawns 7.95

PASTA

All pastas are served with gluten free penne

Pomodoro (can be made vegetarian **V**)

pan-fried datterini tomatoes, burrata cheese, fresh basil 11.95

Italian Meatballs

beef & pork meatballs, tomato sugo, parmigiano reggiano, fresh basil 13.95

Carbonara

pan-fried guanciale (dry aged pork cheek), egg yolk, black pepper cream, pecorino cheese 11.95

Bello de Nonna

nonna’s 12 hour slow-cooked beef ragu, parmigiano reggiano, fresh basil 15.95

Fiumicino

pan-fried king prawns, roasted ‘nduja sausage, chilli oil, lemon, pangrattato 13.95

Aglio e Olio **VV**

EVOO, garlic, chilli, fresh basil, soft herb pangrattato 10.95

Mac & Cheese **V**

creamy aged cheddar sauce, soft herb pangrattato 12.95

Tuscan Sausage Ragù

slow cooked italian sausage ragu, fennel, spicy tomato sugo 15.95

SEAFOOD

Grilled Fillet of Sea Bream

pea purée, seasonal vegetables, lemon 17.95

Classic Fish & Chips

battered haddock, minted mushy peas, lemon wedge, chunky chips or fries 18.95

Cacciucco Seafood Stew

served with a fennel salad, warm gluten free ciabatta 23.95

Penne alle Vongole

fresh clams, garlic, datterini tomatoes, fresh parsley, white wine, EVOO 14.95

Roasted Fillet of Salmon

creamed potatoes, garlic & lemon aioli, green beans, datterini tomatoes, gordal picante olives, EVOO 18.95

Smoked Haddock Florentine Gratin

mustard cream sauce, braised spinach & leeks, creamed potatoes, cheddar glaze, soft herb pangrattato 19.95

SIDES

Fries or Chunky Chips 4.95

Cajun Fries 5.95

Chilli & Parmesan Fries 5.95

Truffle & Parmesan Fries 5.95

Rocket, Sun Blushed Tomato & Parmesan Salad 4.95

Patatas Bravas 5.25

Dirty Fries 6.95 - bacon, green peppers, red onion, garlic sauce

Spaghetti Marinara 5.95

DIPS

chilli hot honey | sweet chilli 1

garlic aioli | spicy sriracha mayo | peri peri 1.5

Food Allergies & Intolerances : Although your meal is prepared with care, due to handling of allergens in our kitchen, we cannot guarantee it will be allergen free, even after ingredients have been removed on request. Meat & fish dishes may contain small bones.

**V** = Vegetarian **VV** = Vegan