



SEA-SALT

MEDITERRANEAN KITCHEN & COFFEE BAR

LUNCH MENU



www.cawleyhotels.com

NIBBLES

Picante Gordal Olives 5.95

Balsamic Onions 4.95

Stone Baked Focaccia Bread 6.95
aged balsamic, EVOO

Garlic Pizza Bread 6.95
fresh basil, EVOO

add Fior di Latte Mozzarella 1.5

add San Marzano Tomato Sugo 1

STARTERS

Homemade Soups of the Day

focaccia, sea salt butter 6.95

Tomato & Basil Risotto Balls
crispy breaded arancini filled with mozzarella cheese 9.95

Prawn Cocktail
bloody mary prawns & crayfish, crisp leaves, sourdough wafer 11.95

Bruschetta
grilled sourdough, lemon & herb ricotta cheese, salami milano, chilli hot honey 8.95

Crispy Corn Ribs
crispy corn, kombu seasoning, homemade sriracha 8.95

Gambas Pil Pil
king prawns, hot chilli & garlic oil, toasted ciabatta 12.95

Chicken Liver Parfait
caramelised red onion chutney, crisp leaf salad, toasted sourdough 9.95

Baked Camembert
breaded wedges of camembert served with redcurrant jelly and mixed leaf salad 9.95

Mushroom Fritte
sliced breaded mushrooms with a garlic aioli dip 8.95

Crispy Tempura (Starter/Main)
garlic & lemon aioli, sweet chilli dipping sauce

Chicken 9.95 / 18.95

Vegetable 8.95 / 16.95

Prawn 10.95 / 19.95

Mixed 9.95 / 18.95

Steamed Scottish Mussels (Starter/Main)
all served with toasted ciabatta

Marinière 9.95 / 18.95

Chorizo & Spicy Tomato 10.95 / 19.95

add a bowl of skinny fries 3.95

SHARING BOARDS

Seafood Sharing Board
mini prawn cocktail, mini gambas pil pil, prawn tempura, battered haddock bites with dips 25.95

Rustic Sharing Board
bruschetta, chicken liver parfait, mushroom fritte, camembert wedges with red onion chutney and dips 24.95

SEA-SALT MILANESE

Chicken breast, coated in crispy, golden breadcrumbs, served with a choice of; spaghetti 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

SANDWICHES (Available from 12 - 5pm)

All sandwiches are served with coleslaw & seasonal salad leaves

The Tuna Mayo
bloomer bread, tuna mayonnaise, cucumber, red onion, crisp leaves 11.95

The Pollo Caesar
bloomer bread, grilled chicken breast, bacon, crisp leaves, caesar dressing, parmigiano reggiano 11.95

The Prawn Marie Rose
bloomer bread, bloody mary prawns & crayfish, crisp leaves, tomato 12.95

The B.L.T Ciabatta
grilled bacon, avocado slices, lettuce, tomato, mayo 12.95

The Steak Ciabatta
mustard mayo, caramelised red onion chutney, rocket leaves 15.95

The Gyros
warm pitta, greek style chicken gyros, tomatoes, red onion, tzatziki, fries 11.95

The Coronation Chicken
bloomer bread, mildy curried coronation chicken 10.95

The Croque Monsieur
baked ham & cheese sandwich, béchamel sauce 12.95

The Croque Madame
baked ham & cheese sandwich, béchamel sauce topped with a fried egg 13.95

add a bowl of: homemade soup 4.95 skinny fries 3.95

BAKED POTATOES (Available from 12 - 5pm)

Sea salt baked, rubbed with olive oil and served with coleslaw, seasonal dressed salad leaves with a choice of filling

Coronation Chicken 11.95

Tuna Mayonnaise 12.95

Prawn Marie Rose 13.95

Coleslaw & Cheese 11.95

Chilli Con Carne & Sour Cream 13.95

PASTA

Rigatoni Arrabbiata
rigatoni pasta with a spicy tomato sauce 12.95

Spaghetti Carbonara
spaghetti with a classic carbonara sauce enhanced with cream, garlic and bacon lardons 12.95

Mac & Cheese
macaroni, creamy aged cheddar sauce, soft herb pangrattato 13.95
add king prawns 5.95 add bacon & spring onion 3.95

Spaghetti Gamberetti
a classic italian pasta with prawns, garlic, lemon, chilli, white wine 15.95

Bucatini with Homemade Meatballs
bucatini pasta served with our own homemade beef & pork meatballs in a rich tomato sauce 14.95

Seafood Linguini
salmon, king prawns & mussels served in a garlic & soft herbs cream, toasted garlic bread 17.95

Aglio e Olio
tagliatelle, EVOO, garlic, chilli, fresh basil, soft herb pangrattato 10.95

add garlic focaccia 6.95

FROM THE 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 Steak 8oz 35.95

Prime Fillet Steak 8oz 38.95

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

Steak Toppers
haggis 3.95 | garlic king prawns 7.95

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

Classic Burger
beef patty, crisp lettuce, tomato, burger sauce 17.95

add cheese | bacon 2.95

The Italian Burger
beef patty, crisp lettuce, tomato, pepperoni, sugo, provolone cheese 18.95

Plant Based Burger
vegan brioche style bun, plant-based patty, crisp lettuce, tomato, vegan mayo, crispy onions 17.95

Chicken Milanese Burger
crispy chicken breast, crisp lettuce, tomato, tomato sugo, mozzarella 18.95

Chicken Caesar Burger
crispy chicken breast, crisp lettuce, grilled bacon, caesar dressing, parmigiano reggiano 18.95

STONE BAKED PIZZA

Margherita
tomato sugo, fior di latte mozzarella, fresh basil 12.5

Italian Hot
tomato sugo, fior di latte mozzarella, spicy ventricina salami, nduja sausage 13.95

Pepperoni & Hot Honey
tomato sugo, fior di latte mozzarella, italian pepperoni, chilli hot honey, fresh basil 13.95

Goat’s Cheese & Rocket
tomato sugo, fior di latte mozzarella, goats cheese, red onions, rocket 13.95

Vegana
tomato sugo, sun-dried tomatoes, roasted red onions, rocket leaves, basil pesto 12.95

Homemade Meatballs
tomato sugo, fior di latte mozzarella, beef & port meatballs, fresh basil 13.95

Serrano Ham & Mushroom
tomato sugo, serrano ham, sliced mushrooms 13.95

Chicken & Pepperoni
tomato sugo, fior di latte mozzarella, slow-cooked marinated chicken breast, italian pepperoni, basil pesto 13.95

Upgrade Your Pizza:
add fresh buffalo mozzarella 3 add parmigiano reggiano 1
add fresh chillies 0.5

DIPS

chilli hot honey | sweet chilli 1
garlic aioli | spicy sriracha mayo | peri peri 1.5

SALADS

Superfood Bowl
seasonal leaves, smashed avocado, shredded beetroot, cauliflower couscous, quinoa, pomegranate, tenderstem broccoli, toasted seeds, cottage cheese 14.95

Classic Caesar Salad
crisp gem lettuce, bacon, anchovies, parmesan shavings, sea salt croutons, caesar dressing 12.95

add char-grilled chicken breast 4.95

add king prawns 5.95

add charred halloumi 3.95

FROM THE SEA

Grilled Fillet of Sea Bream
orzo, mascarpone, lemon & soft herb cream, pea purée 18.95

Classic Fish & Chips
battered haddock, minted mushy peas, lemon wedge, chunky chips or fries 18.95

Roasted Fillet of Salmon
creamed potatoes, garlic & lemon aioli, green beans, datterini tomatoes, gordal picante olives, EVOO 19.95

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

Deluxe Scampi Tails
deluxe fried scampi tails, seasonal salad, lemon wedge, real chips or fries 17.95

Cacciucco Seafood Stew
served with a fennel salad, warm focaccia 21.95

CAWLEY CLASSICS

Lasagne Al Forno
slow-cooked beef ragu, bechamel & parmesan cream, grilled sourdough bread 15.95

Coconut Chilli Chicken
rice pilaf, bok choy, coconut, lime & chilli sauce, prawn crackers 18.95

Chianti Braised Steak Pie
tender cuts of prime beef, slow braised in rich chianti wine, topped with puff pastry, served with creamed potatoes, seasonal vegetables 19.95

Chicken Souvlaki
marinated chicken skewers, greek yoghurt & garlic sauce, pomegranate, red onion, served in a pitta bread with a side of fries 18.95

Cajun or Coconut Chilli Chicken Crêpes
pepper and onions in a creamy cajun or coconut chilli sauce, glazed with cheddar cheese, served with a seasonal salad & fries 17.95

Chilli Con Carne & Sour Cream Crêpes
classic chilli con carne, glazed with cheddar cheese, served with sour cream, seasonal salad & fries 17.95

Sizzling Fajitas
soft flour tortillas, salsa, guacamole, sour cream, grated cheese

Vegetable 15.95

Chicken 18.95

Prawn 19.95

Mixed 18.95

SIDES

Fries or Chunky Chips 4.95

Cajun Fries or Chilli & Parmesan Fries or 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

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.



= Vegetarian



= Vegan

WE HAVE A GLUTEN FREE MENU AVAILABLE ON REQUEST