

salt

served from 11h00 to 16h30

lunch

grilled honeyed chicken salad 84
with stewed apricots, toasted nuts, cherry tomatoes, crispy croutons, feta, cucumber & finely sliced onion, dressed in a minted honey vinaigrette

salmon salad 92
with mixed leaves, orange carpaccio, capers, fresh avo, cucumber, a poached egg yolk & a creamy dill dressing

broccoli salad 72
steamed broccoli florets, chickpeas, feta & a poached egg, topped with deep-fried capers & toasted sesame seeds

crunchy mexican bowl with nachos 88
a fresh medley of corn, chickpeas, tomato & onion salsa, red & yellow peppers, spring onions, finely sliced red onion & coriander, dressed with lemon juice, topped with fresh avo & served with crunchy corn nachos

gypsy wrap 72
gypsy ham rolled with a herb pesto, roasted cherry tomatoes, rocket, preserved fig, peppered cream cheese & mozzarella, served with skinny fries or a side salad

cajun chicken wrap 68
rolled with fresh avo, red onion & rocket, served with skinny fries or a side salad

veggie wrap 66
julienne veg stir-fried in a chili, ginger, honey & soy dressing, rolled with a zesty, peppered cream cheese, served with skinny fries or a side salad

rare roast beef open sandwich 95
with grain-mustard butter, homemade onion marmalade, rocket & manchego cheese, served on toasted homemade artisanal bread with skinny fries or a side salad

grilled chicken mayo sandwich 64
with honey-mustard mayo, pan-fried apple, toasted seeds & greens on homemade artisanal bread, served with skinny fries or a side salad

creamy cajun chicken tagliatelle 72
rustic tagliatelle pasta with zucchini, red peppers, mushrooms & fresh cream, topped with zesty parmesan & bacon bits

oriental chicken stir-fry 75
with egg noodles & a chili, ginger, honey & soy dressing, served with a homemade chilli paste

pepper grilled beef sirloin 105
with fresh salsa verde & rocket drizzled balsamic, served with skinny fries or a side salad

to share

chunky guacamole & gluten-free corn chips 68
ask for chilli paste for an extra bite

cheese board 85
3 locally sourced cheeses, pita bread, olives, herb pesto, apple & onion chutney, preserved green fig & mixed exotic nuts

charcuterie board 125
3 locally sourced cured meats, pita bread, olives, olive tapenade, roasted cherry tomatoes, apple & onion chutney, wholegrain mustard

wine & beer

stubborn man wines

chenin blanc 25 / 75

chardonnay 25 / 75

sauvignon blanc 25 / 80

rose 25 / 100

red blend 30 / 105

merlot 30 / 100

pearl mountain wines

wagon trail shiraz 150

bergriver brewery craft beer

lager 34

pale ale 30

blonde ale 36

dessert

decadent chocolate brownie 38
with berry coulis, a scoop of nutella & ice-cream

salted caramel ice-cream sundae 35
with homemade salted caramel, topped with caramel popcorn

baked lemon cheesecake 45
served with salted caramel & a scoop of ice-cream or whipped cream

vanilla ice-cream & chocolate drizzle 28

cold drinks

decadent shakes	34
- american coffee shake	
- oreo	
- peanut butter	
- nutella	
classic milkshakes	30
- chocolate	
- strawberry	
- banana	
- vanilla	
bos ice tea	22
a variety available	
fresh orange juice	18
fresh juice of the day	sq
see our blackboard	
sodas	17
tizers	23
mineral water	12
250ml still / sparkling	

hot drinks

milo	28
hot chocolate	30

coffee

coffees are served at an average coffee temperature, please specify if you like your coffee extra hot. add R5 for a mug resize

americano	22
- mild	
- strong	
refill	18
flat white	24
cappuccino	24
espresso	16 / 18
single / double	
café latte	26
chocochino	30
iced coffee	30
almond milk	+5
to replace milk in any of the above	

tea

pot of tea	20
- ceylon	
- rooibos	
rooibos cappuccino	26
rooibos latte	26
chai tea	25
earl grey	22
green tea	22
kombucha	35
various	

smoothies

very berry	47
mixed berries, banana, whey protein, almond milk, full cream yoghurt	
peanut butter	45
banana, peanut butter, low fat milk, whey protein, full cream yoghurt	
protein smoothie	42
banana, whey protein, low fat milk, full cream yoghurt	
funky monkey	37
banana, milo, low fat milk, whey protein, full cream yoghurt	
skinny smoothie	35
honey, cinnamon, whey protein, low fat milk, ice	
go green	38
banana, spinach, dates, green apple, honey, juice, ice	
cheeky kiwi	48
kiwi, banana, strawberries, spinach, water, ice	
the beetroot	48
beetroot, ginger, pineapple, spinach, water, ice	

welcome

At Salt we are passionate about good food set in a cosy, scenic environment. Specialising in breakfast & lunch, we prepare & serve food with an edge, ensuring that all ingredients are fresh & sourced locally.

We pride ourselves on having some of the best coffee in town.

We cater for any event from parties to get-togethers. Let us design a menu shaped to your dreams, taste & pocket.

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