

Salt

BAR PIZZA GRILL

OUR WINE

WHITE

Light & Versatile

Bianco, Borgo Sanleo, Veneto, Italy
A pleasant, dry, light & fruity wine.

Pinot Grigio DOC Superiore, Ca'Vescovo, Friuli, Italy
Delicately dry wine, with elegant fruity and floral notes followed by a fresh fruity finish.

Chardonnay DOC, Zonin, Friuli
Vibrant and fresh, with elderflower and Golden Delicious apple flavours lifted by zesty acidity.

Picpoul de Pinet, Domaine de La Madone, Languedoc-Roussline
A crispy & light wine with remarkable freshness of lemon & grapefruit notes.

Aromatic & Zesty

Sauvignon Blanc, Tor del Colle, Trevenzie
A well-balanced wine that presents aromas of passion fruit & lime zest with undertones of gooseberry.

Albarino, Alba Vega, Spain
A beautifully well-balanced wine, with apple & pear orchard flavours combined with notes of soft tropical fruit.

Sancerre, La Gemiere, Loire Valley, France
Apple and white flower aroma with undertones of citrus fruits, lemon & grapefruit. This wine is soft and full with notes of fresh peach.

Complex and Full

Verdicchio Castelli dei Jesi DOC, CasalFarnerto, Marche, Italy
A very drinkable, pleasant wine that is balanced, full bodied, harmonious and fresh, with a lingering almond aftertaste.

Vermentino Calasole DOC, Rocca di Montemassi, Tuscany, Italy
This wine displays peach, lime and pink grapefruit. Fresh, light bodied and well balanced on the palate.

Gavi di Gavi DOCG, Cossetti, Piedmont, Italy
Fresh, persistent aroma with hints of floral and fresh fruit. Pleasantly dry, crisp and harmonious.

BUBBLES

Prosecco Cuvee, I821 Brut Zonin DOC
Attractively intense, aromatic & fruity. Very well-balanced, with pleasant notes of apple.

Prosecco Rosé, I821 Zonin DOC
A light rose colour. Elegant & intense bouquet. Dry soft and well-balanced on the palate.

Baron de Beaupre Brut Champagne
Award winning, well-structured & balanced fruity wine with fine mousse of tiny bubbles.

Bollinger Special Cuvée Brut Champagne
The hallmark of the finest fizz, displays a wealth of richness & the pin-prick rich bubbles.

Laurent Perrier Cuvée Rosé Champagne
An elegant & extraordinary fresh wine with a wide range of red fruits, raspberry, redcurrant & black cherry.

Dom Perignon Champagne
Prestigious wine made with the very best of grapes that have an incredible freshness & lively minerality.

175ML BOTTLE

£7.50 £24.50

£8.50 £28.50

£31.50

£32.50

£9.50 £31.50

£36.50

£48.50

£34.50

£38.50

£44.50

125ML BOTTLE

£8.70 £35.20

£9.80 £37.40

£10.50 £49.50

£132.00

£143.00

Please ask waiting staff for the price

RED

Light & Soft

Rosso, Borgo SanLeo, Veneto, Italy
Fresh fruity flavours of berry spiciness.

Pinot Noir Gran Reserva, Dos Almas, Colchagua Valley, Chile
Delicate body with good acidity and smooth tannins, adding freshness and a silky texture.

Medium Bodied & Rounded

Merlot DOC Superiore, Ca'Vescovo, Friuli, Italy
Intense ruby-red colour. Dry, intense aromas of red fruits, sour cherry and blueberry and spicy notes on the palate.

Malbec Origins Maipu, Proemio, Mendoza, Argentina ORGANIC
An elegant, smooth, well-balanced wine with floral & fruity aromas.

Full Bodied & Bold

Cabernet Sauvignon, Du Toitskloof, Western Cape, South Africa
This full-bodied red wine displays aromas of blackcurrant, cassis and spices. Smooth and rich on the palate with dry tannins, and a long finish.

Rioja Crianza, Ugalde
An intense ruby red colour, a balanced expression of fruit & oak flavour.

Nero d'Avola Amira DOC, Principi di Butera, Sicily, Italy
Bright ruby red in colour, dry and delicate, with a fine structure and persistence. The pleasant floral and balsamic notes, followed by a slight hint of almond on the finish.

Primitivo 'Sasse' IGT Salento, Masseria Altemura, Puglia, Italy
A prestigious full-bodied wine intense with a long finish, notes of rose violet & leather.

Borolo Cinquantacinque DOCG, Cossetti, Piedmont, Italy
Intense aromas of red and violet fruit with a fully ample and velvety flavour and a spicy, light vanilla finish.

Amarone della Valpolicella DOCG, Zonin, Veneto, Italy
Dry, fresh and full flavoured. Herbs and red fruit on the nose with a long finish of ripe black cherry and plum on the palate.

175ML BOTTLE

£7.50 £24.50

£38.50

£7.50 £28.50

£9.50 £32.50

£31.50

£31.90

£35.20

£54.50

£82.50

£82.50

175ML BOTTLE

£8.75 £28.60

£38.50

£51.70

Una cena senza vino e come un giorno senza sole
A dinner without wine is like a day without sunshine



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OUR FOOD

APPETISERS

Marinated Italian Olives V £4.30

Pizza Garlic Bread/ Cheese V/VG £5.50/ £7.50

Homemade Selection of Bread w Oils V £5.90

Polenta Chips w Maldon Sea Salt V £6.50

STARTERS

Bruschetta VG £8.80
Sicilian cherry tomatoes & basil pesto.

Baked Portobello Mushroom VG £8.90
Baked with spinach, dolcelatte cheese & avocado.

Lasagnetta Vegetariana VG £10.90
Crispy lasagna with a tomato sauce, vegetable ratatouille & mozzarella.

Mussels Marinara £12.00
Mussels in a creamy, white wine sauce, with tomatoes, garlic & chilli.

Polipo Grigliato £16.50
Grilled octopus with new potatoes, in a lemon and parsley sauce.

Calamari & Zucchini Fritti £14.10
Served with a sweet chilli dipping sauce.

King Prawns £14.20
Pan fried in a garlic, chilli & white wine sauce.

Burrata £14.90
Burrata cheese with parma ham & fried gnocco fritto.

Antipasto Italiano £15.30
Cured Italian mixed salami, sundried tomatoes, olives & fried gnocco fritto.

PIZZA

Le Pizza Classiche

Margherita VG £10.90
Fior di latte mozzarella, tomato sauce, extra virgin olive oil & basil.

Americana £13.20
Fior di latte mozzarella, tomato sauce & Italian pepperoni.

Pollo Grigliato £16.50
Fior di latte mozzarella, grilled chicken breast, roasted mixed pepper & BBQ sauce.

Diavola £16.50
Fior di latte mozzarella, tomato sauce, Italian pepperoni, nduja sausage & jalapeno peppers

Capricciosa £16.50
Fior di latte mozzarella, tomato sauce, mushroom, cooked ham, olives & artichoke

Le Pizza Speciali

Essex Pizza £18.20
Fior di latte mozzarella, goats cheese. Crispy duck, caramelised onions & roquito peppers.

4 Cheese & Apricot VG £18.30
Fior di latte mozzarella, dolcelatte, parmigiano & smoked scamorza and apricot jam.

Salmon Pizza £20.30
Fior di latte mozzarella, rocket, cherry tomato sauce, smoked salmon & mascarpone cheese.

Napoletana £14.20
Fior di latte mozzarella, tomato sauce, garlic oil, capers, anchovies, black olives & oregano.

Salt Pizza £16.50
Fior di latte mozzarella, parmigiano, gorgonzola, Italian pepperoni, roasted peppers, splashed of tomato sauce & caramelised onion.

Prosciutto e Funghi £16.50
Fior di latte mozzarella, tomato sauce, ham & mushroom.

Contadina VG £16.50
Fior di latte mozzarella, tomato sauce, grilled aubergine, roasted peppers & zucchini.

Tonnara £16.50
Fior di latte mozzarella, tomato sauce, tuna, red onion, red chilli & oregano.

Emiliana £18.10
Smoked scamorza cheese, mascarpone, parma ham, cherry tomatoes, rocket & parmigiano.

Pistaccio Pizza £18.10
Fior di latte mozzarella, pesto di pistachio, heritage cherry tomatoes, parma ham & pistachio.

Mixed Meat £17.40
Fior di latte mozzarella, tomato base, cooked ham, Italian pepperoni, pancetta & grilled chicken.

GLUTEN FREE PIZZA BASE & VEGAN CHEESE OPTION AVAILABLE

PASTA & RISOTTO

Porcini Mushroom Risotto VG £15.40
Italian rice, with porcini mushroom sauce.

King Prawn Risotto £18.40
Italian rice with king prawns, courgette & roasted cherry tomatoes.

Tortelloni Ricotta & Spinach VG £16.40
Fresh pasta filled with ricotta cheese & spinach, in tomato, cream & basil sauce

Penne Primavera V £16.40
Penne pasta tossed in a rich vegetable and basil pesto.

Penne Pollo £17.40
Penne pasta with chicken breast, sun dried & cherry tomatoes, spring onions & cream.

Carbonara al Salmone £18.40
Tagliatelle pasta with salmon, pancetta, free range egg yolk & parmigiano.

Linguine el Cartoccio £17.90
Linguine pasta, with clams, in a chilli and white wine sauce

Linguine or Risotto Fruitti di Mare £20.80
Selection of mixed seafood with cherry tomatoes, garlic oil & fresh chillies.

Rigatoni alla Amatriciana £16.40
Rigatoni pasta with guanciale, tomato sauce, pecorino cheese & black pepper.

Lamb Ragu Tagliatelle £18.40
Tagliatelle pasta with tender lamb ragu & parmigiano.

GLUTEN FREE PASTA OPTION AVAILABLE

Seafood Platter £65.90
Selection of grilled king prawns, seabass fillet, squid, scallops in lemon & garlic dressing, served with hand cut chips.

SHARING PLATTERS

Meat Platter £65.90
Selection of grilled beef fillet, rib-eye, chicken breast, lamb chops & pork loin, served with hand cut chips.

MEAT & FISH

Lamb Cutlets in Pistachio Crust £24.90
Served with mashed potatoes, pea & mint puree in red wine jus.

Grilled Ribeye, 12 Oz £31.90
Served with hand cut chips, roasted tomatoes & peppercorn sauce.

Scotch Fillet of Beef, 10 Oz £35.90
Served with rainbow chard, mew potatoes & red wine jus.

Pollo Milanese £21.90
Chicken breast in bread crumbs, served with linguine pasta in fresh tomato sauce & mixed salad.

Lamb Shank £26.50
Served with mashed potatoes, seasonal veg & red wine jus.

Grilled Seabass Fillet £21.90
Served with sauteed spinach, purple potato purée & white wine, lemon sauce.

Scottish Salmon Steak £23.90
With Italian caponata & pink pepper sauce.

Catch of the Day
Please ask waiting staff.

SALADS

Goats Cheese Salad VG £17.40
With beetroot, grilled pear & caramelised walnuts in balsamic reduction.

Salt Chicken Salad £17.40
Sliced chicken breast, mixed salad, sundried tomatoes, free range boiled egg & blue cheese dressing.

Maldon Smoked Salmon Salad £17.90
Mixed salad with cucumber, fresh orange, smoked salmon & yoghurt sauce.

SIDES & SAUCES

Rocket & Parmesan Salad VG

Pomodorini & Red onion V

Mixed Salad V

Seasonal Vegetables V

Grilled Vegetables V

Grilled Butter Sauteed Spinach VG

Fried Courgettes V

Hand Cut Chips V

Peppercorn Sauce, Red Wine Jus V

A discretionary optional service charge of 10% will be added to your bill. Please always inform your server of any allergies or intolerances before placing your order. Not all ingredients are listed on the menu and we cannot guarantee the total absence of allergens. Detailed information on the fourteen legal allergens is available on request, however we are made to provide information on other allergens.

VEGETARIAN- VG VEGAN- V