

# SALTY DOG

- KITCHEN -

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## WINTER HOME DELIVERY SERVICE

7 DAYS A WEEK

*For the best possible quality*

*PRE-ORDERS RECOMMENDED AS AVAILABILITY LIMITED*

*Western Parishes Only*

5:30pm - 8:30pm

October - March

[WWW.FOOD.JE/SALTYDOG](http://WWW.FOOD.JE/SALTYDOG)

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**CUSTOMERS ARE REQUESTED TO ADVISE US OF ANY ALLERGIES TO  
SPECIFIC FOOD SUBSTANCES**

Please note that allergens such as nuts, gluten, dairy and shellfish are present in our kitchen and we cannot guarantee that they are not present in any of the food we cook.

Our packaging is biodegradable and compostable.  
The containers can be used in the microwave,  
but not in a conventional oven.

CONTAINS NUTS = (N)

DISHES WITH NO GLUTEN CONTAINING INGREDIENTS = (GF)

DISH IS GLUTEN FREE EXCLUDING GLUTEN BREAD COMPONENT = (XG)

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## STARTERS

- Vera Cruz Mexican Prawns**  
*Smoked Home Made Chipotle Chilli Sauce, Mango, Coriander & Lime Salsa (gf)* £10
- Marsala Spiced Indian Aloo Tiki Crab Cake**  
*Date and Tamarind Chutney* £9
- Fresh Local Moules**  
*Thai Spicy Lime & Coconut Broth - OR - Marinière Garlic, Wine & Cream (gf)* £9
- Spicy Asian Beef Salad**  
*Char-Grilled Beef Fillet, Nam Jhim Dressing, Basil, Mint, Coriander, Bean Sprouts (gf)* £11
- Crispy Aromatic Duck Salad**  
*Beansprouts, Sugar Snaps, Pineapple, Peanuts & Sesame Seeds, Teriyaki Dressing (gf-n)* £9
- Thai Crispy Salad**  
*Beansprouts, Sugar Snaps, Pineapple, Basil, Mint, Coriander, Toasted Peanuts & Sesame Seeds, Nam Jhim Dressing (gf-n-v)* £8
- Grilled Haloumi Kebab**  
*Leaves, Char-Grilled Asparagus & Zucchini, Sunblush Tomato, Fig, Quince & Apricot Chutney, Focacia Croutons (xg-v)* £9

## MAIN COURSES

- Pan Roasted Line Caught Bass Fillet**  
*Chilli, Lime, Coriander, Butter Sauce, Scallops, Sauté Greens Jasmine Rice* £20
- Whole Black Bream - Two Ways**  
*Wrapped in Banana Leaf Crushed Sea Salt, Roasted, Northern Thai Hot & Sour Sauce, Lime, Coriander, Bean Sprouts, Green Beans, Toasted Crushed Peanuts & Jasmine Rice (gf-n)* £18  
- OR -  
*Lemon & Chive Herb Butter*  
*Crushed Sea Salt, Roasted Greens and New Potatoes (gf)* £18
- Char Grilled Mini Beef Fillet & Seared King Prawns**  
*Ginger & Spring Onion, Cracked Black Pepper Sauce Snow Peas, Shitake & Oyster Mushrooms & Jasmine Rice (gf)* £20
- Half Local Lobster & King Prawns - Two Ways**  
*Chilli, Garlic & Coriander - OR - Ginger & Spring Onion*  
*Jasmine Rice - OR - New Potatoes (gf)* £25
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## FROM THE SPICE KITCHEN

### Sri Lankan Curry

*Chicken, King Prawn, OR Both or Cod  
Basmati Rice & Naan Bread (xg)*

£16

### Malaysian Penang Curry

*Chicken, King Prawn OR Both  
Peanut, Coconut, Lemon Grass, Chilli  
& Jasmine Rice (gf-n)*

£16

### South Indian Kerala Curry

*Cod, Spinach, Tomato, Basmati Rice &  
Naan Bread (xg)*

£16

*ALL OUR PASTES AND SAUCES ARE AUTHENTIC AND FRESHLY MADE IN OUR KITCHEN*

## VEGETARIAN SELECTION

### Grilled Haloumi Kebab

*Leaves, Char-Grilled Asparagus & Zucchini,  
Sunblush Tomato, Fig, Quince & Apricot Chutney,  
Focacia Croutons (xg)*

£13

### South Indian Vegetable Kerala Curry

*Edamame Beans, Pak Choi, Peppers, Mushrooms,  
Potato & Snow Peas, Tomato, Curry Leaves,  
Coriander, Cumin, Jasmine Rice (gf-n)*

£13

### Malaysian Penang Curry

*Potato, Mushrooms, Peppers, Pak Choi,  
Green Beans & Snow Peas Peanut, Coconut,  
Lemon Grass, Chilli, Jasmine Rice (gf-n)*

£13

### Sri Lankan Curry

*Chick Pea, Potato & Cauliflower & Spinach  
Basmati Rice & Naan Bread (xg)*

## SALTY PUPPY SELECTION

£6

*Pasta & Creamy Tomato Sauce  
Battered Fish Goujons with Chunky Chips  
Home Made Chicken Popcorn & Chunky Chips  
Mild Coconut Chicken Curry & Rice (gf)*

## SIDE ORDERS

<i>New Potatoes</i>	£3	<i>Sauté Asian Greens</i>	£4
<i>Side Salad Bowl</i>	£3	<i>Seasonal Vegetables</i>	£3
<i>Rice</i>	£3	<i>Chunky Chips</i>	£3

## DESSERTS

### Chocolate & Peanut Butter Cheesecake (n)

*Salted Caramel*

£7

### Goey Jersey Black Butter & Banana Pudding

*Clotted Cream*

£7

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## THIS MONTH'S SPECIALS

### Jersey Lobster & Crab Linguine

*Napoli, Chilli, Garlic & Parsley*

£22

### Salty Dog Jersey French Bouillabaisse

*Lobster & Tomato Bisque Moules, Seabass,  
Sole, Prawns, Parmesan Crouton & Rouille*

£19

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## GOURMETFEST "TASTER" 2018

£25

### STARTERS

#### Crispy Aromatic Duck Salad

*Beansprouts, Sugar Snaps, Pineapple,  
Toasted Peanuts & Sesame Seeds,  
Teriyaki Dressing*

*(gf-n) Vegetarian option available*

### MAIN COURSE

#### Malaysian Penang Curry - Vegetable or Chicken

*Peanut, Coconut, Lemon Grass, Chilli  
& Jasmine Rice (gf-n)*

### DESSERT

#### Goosey Jersey Black Butter & Banana Pudding

*& Clotted Cream*

This little taster menu features just 3 of our best selling dishes for 2018 with a seasonal twist. For the full selection you will need to visit our bistro. The Gourmetfest menu is available every service October to 21st November 2019.

Gourmetfest Menu 2018 - No substitutions or alternations, any additional side dishes will be charged for separately.

## PARTY PLAN

Planning a party? Surprise your guests and let us prepare a special meal for you, whether a big bash or an intimate gathering, book us in advance for that special occasion and we will deliver right to your door. Large numbers can be accommodated, for further details.

Contact Natalie Duffy

Enquiries : [kitchen@saltydogbistro.com](mailto:kitchen@saltydogbistro.com) or Tel: 747175

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