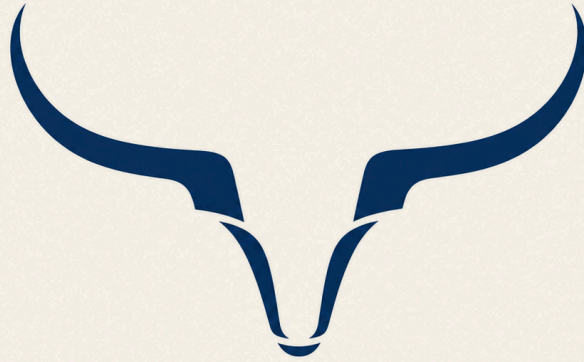


WOODBIDGE · SUFFOLK



BLUE SALT

— WOOD FIRED —

Woodfired Grill & Smoked Oven

M E N U

*“One cannot think well, love well,
sleep well, if one has not dined well.”*

— VIRGINIA WOOLF

Prime British steaks and Japanese A5 Wagyu, transformed by the dance of wood
fire and finished with a touch of Persian blue salt.

ADDRESS

1 Cumberland Street
Woodbridge, Suffolk
IP12 4AH

OPENING HOURS

Mon – Thu · 5pm – 10pm
Fri · 5pm – 11pm
Sat · 12pm – 11pm · Sun closed

BOOKINGS

01394 383883
bluesaltwoodfired.com
Bluesaltwoodbridge@gmail.com

TO BEGIN
STARTERS

CRISPY CHICKEN BITES £8.00

Deep-fried tender chicken breast in a golden butter coating, served with sweet chilli.

PORTOBELLO MUSHROOMS ☐V ☐D ☐GF £7.25

Oven-baked, topped with melted cheddar, fresh chives & herbs.

PERI-PERI CHICKEN WINGS ☐GF £7.25

Marinated in our homemade spicy peri-peri sauce.

DEEP-FRIED CRISPY CHICKEN WINGS £8.00

Golden fried wings, served with smoky barbecue sauce.

CHARGRILLED OCTOPUS ☐F £14.95

Seasoned with herbs & spices, finished with a balsamic vinegar dressing and crispy onions.

AVOCADO & PRAWN SALAD ☐F ☐GF ☐D £9.95

King prawns, smashed avocado, coriander, cucumber, lime & chilli dressing.

BUTTERMILK CALAMARI ☐D ☐F £8.50

Deep-fried crispy calamari rings, with a choice of tartar or sweet chilli sauce.

HUMMUS & GARLIC HERB PITTA ☐V ☐D £7.25

Creamy homemade hummus with warm pitta brushed in garlic butter & mixed herbs.

STUFFED VINE LEAVES ☐GF ☐V ☐VE £7.25

Herb rice wrapped in tender vine leaves, served with fresh salad & lemon dressing.

NIBBLES

FETA CHEESE ☐D ☐GF

Organic, from Greece

£4.00

NOCELLARA OLIVES

☐V ☐VE ☐GF

Premium Italian green olives

£4.00

DEEP-FRIED HALLOUMI

☐D

Homemade Greek cheese

£4.95



CHEF'S SIGNATURES

PRIME STEAKS

All British prime steaks are matured for at least 30 days and cooked in our woodfired Harrison smoked oven. Served on sizzling cast iron with herbed smoked onions & chives.

1 · STEAK BUTTER

SPICY GARLIC HERB

2 · HOMEMADE SAUCE

Stilton Blue Cheese
Black Peppercorn · Chimichurri
Creamy Mushroom

3 · ONE SIDE

Seasoned Fries · Chef Salad
Sweet Potato Fries (+50p)

DRY AGED

British, matured 30+ days

SIRLOIN 10oz GF £32.95

Rich in flavour, hand-sliced by the chef. Recommended medium rare.

RIBEYE 8oz GF £31.50

Tender and full of flavour, hand-sliced by the chef. Recommended medium.

FILLET 8oz GF £37.50

The most tender cut after Wagyu, hand-sliced by the chef. Recommended rare.

COWBOY 18oz GF £42.00

Bone-in ribeye, richly marbled with a buttery texture. Recommended medium / medium rare.

PRIME WAGYU

All prime cuts aged 30–50 days

BRITISH WAGYU 10oz GF £37.50
SIRLOIN

Slow-grown, grass-fed, highly marbled beef from Trenchmore Farm. Recommended medium rare.

BRITISH WAGYU FILLET 8oz GF £49.50

Exquisite tenderness and marbling from Trenchmore Farm. Recommended rare.

FULL BLOOD 8–10oz GF £65.00
WAGYU RIBEYE

50 days grain-fed, deeply marbled — Jack's Creek Australian Wagyu. Recommended medium rare.

JAPANESE A5 WAGYU GF 95p / g

Sirloin or ribeye. The world's finest beef, intensely marbled. Recommended rare — ask our team for cuts.

SHARING CUTS SERVES TWO

With two steak sauces, fries, mac & cheese and oven-baked vegetables

TOMAHAWK 40–45oz £89.75

Dry-aged bone-in ribeye, tender and richly marbled. Fatty.

T-BONE 40–45oz £85.75

Classic dry-aged cut with both tenderloin & strip steak. Not fatty.

BBQ FROM THE

WOOD-FIRED GRILL

LAMB CUTLET GF D £26.50

Three boneless lamb cutlets, chargrilled on skewers with garlic butter, herbed smoked onions, fresh coriander & chives. Served with homemade mint pomegranate sauce and fries.

WHOLE BABY CHICKEN (POUSSIN) GF £23.95

Marinated in house peri-peri, grilled then roasted in the wood oven for a rich, tender flavour. Served with fries.

SMOKEY BBQ PORK RIBS GF £23.95

Slow-cooked for a minimum of 8 hours in the smoked oven, finished with our signature barbecue glaze, coriander & herbs. Served with fries.

“One cannot think well, love well, sleep well, if one has not dined well.”

VIRGINIA WOOLF

Let wood-fired flames embrace the flavours — prime steak cuts and Japanese A5 Wagyu, elevated with a touch of Persian blue salt and timeless technique.

FROM THE SEA, INTO THE

WOOD-FIRED OVEN

COD FILLET F D £23.00

Cooked with garlic butter, served with creamy spinach & caper sauce and mixed vegetables.

SALMON FILLET F D £25.00

Oven-roasted, finished with creamy spinach & caper sauce. Served with mixed vegetables.

SEA BASS FILLET F D £24.00

Delicately roasted, served with creamy mushroom sauce & mixed vegetables.

HOUSE RECIPE

HOMEMADE BURGERS

All burgers are served with fries. Gluten-free bun available on request. Upgrade to seasoned sweet potato fries +50p.

BEEF BURGER ☐ GF £17.00

8oz aged beef patty (only 20% fat), tomato relish, burger sauce, baby gem and fresh tomato.

BLUE SALT BURGER ☐ D £19.50

8oz aged beef patty with gherkins, jalapeño, onion rings, aged cheddar, smoked bacon, burger sauce, tomato relish, baby gem & tomato.

A5 JAPANESE WAGYU BURGER ☐ GF £27.50

8oz Wagyu beef patty, simply seasoned to highlight its rich marbling, with baby gem & Dijonnaise sauce (no relish).

CAJUN CHICKEN BURGER ☐ GF £17.00

Free-range chicken breast marinated in Cajun spices, with Cajun mayo, baby gem & tomato.

CRISPY CHICKEN BURGER ☐ GF £17.00

Golden fried chicken breast, crispy onions, tomato relish, baby gem & tomato.

HALLOUMI BURGER ☐ V ☐ D £18.00

Talagani halloumi with mushroom, coleslaw, roasted red pepper, burger sauce, tomato relish & baby gem.

BURGER EXTRAS

Aged Cheddar ☐ D £1.00

Smoked Bacon £1.50

Smashed Avocado ☐ VE £1.50

Onion Rings £0.50

Crispy Onion ☐ V £0.50

Jalapeño ☐ VE £0.50

Gherkin ☐ VE £0.50

FRESH

SALADS

CHICKEN & AVOCADO SALAD GF £18.75

Mixed leaf salad, seasoned grilled free-range chicken breast, smashed avocado and an extra virgin olive oil dressing, with sweet chilli sauce on the side.

HALLOUMI SALAD V D GF £17.75

Mixed leaf salad, Talagani halloumi, smashed avocado, red onion, tomato, cucumber, extra virgin olive oil, balsamic dressing and pomegranate sauce.

GREEK SALAD V D GF £16.75

Mixed leaf salad, feta cheese, olives, red onion, tomato, cucumber, extra virgin olive oil dressing with pomegranate sauce and organic dry herbs.

SOMETHING ON THE

SIDE

ANY 3 FOR £12

Asparagus VE GF £4.50

Broccoli VE GF £4.50

Coleslaw D V £4.00

Garlic Mushrooms D V £4.50

Corn on the Cob V VE GF £4.50

Chef's Salad VE GF £5.00

Mac & Cheese D N V £5.50

Oven-Baked Mixed Veg V VE GF £5.00

Onion Rings V £4.50

Sweet Potato Fries V VE GF £4.50

Garlic & Herb Pitta V VE £3.00

Fries V VE GF £4.00