



Salt Light Cafe Bakery Menu

<https://menulist.menu>

159 Main St, 01450, Groton, US, United States

+19784489634 - <http://saltandlight.cafe/eat-together>



A comprehensive [menu](#) of Salt Light Cafe Bakery from Groton covering all 67 meals and drinks can be found here on the food list. For [changing offers](#), please get in touch via phone or use the contact details provided on the website. What [User](#) likes about Salt Light Cafe Bakery:

I love it here. eating is always fresh and spot on. Cold brewed coffee is very good. baked goods are delicious. always my first choice for a weekend breakfast. Never disappointed. [read more](#). The restaurant is accessible and can therefore also be used with a wheelchair or physical disabilities. What [User](#) doesn't like about Salt Light Cafe Bakery:

Went here for breakfast with my non-veg husband. He loved it, but for vegans, options are limited. My only option was a bagel with jam (they don't even have hummus, my usual go-to They served it burnt with not enough jam to cover both halves. I also ordered a soy chai latte which was mediocre...not sure I will return. [read more](#). With the comprehensive selection of coffee and tea specialties, a visit to Salt Light Cafe Bakery becomes even more attractive, Here, the **barbecued food** is freshly grilled on an open flame. One also cooks South American here with fresh fish, meat, as well as corn and rice, Furthermore, you can get sweet treats, cake, simple snacks and chilled refreshments and hot beverages here.

Salt Light Cafe Bakery Menu



Salads

SALAD

Non alcoholic drinks

LEMON

Appetizers

FOCACCIA

Süße Desserts

CREPES

Eggs & Pancakes

OMELETTE

Sandwiches & Hot Paninis

BURRITO

Vegetarian

CAULIFLOWER

Extras

SWEET POTATO

Toast

TOAST

Sandwiches

EGG CHEESE

Sauces

BBQ SAUCE

Breakfast

BREAKFAST SANDWICH

For the small hunger

BAGEL

Soft drinks

JUICE

Homemade Sauces

CHIMICHURRI

Main

PULLED PORK

Pop Tarts

BLUEBERRY

Breakfast Menu

TWO EGGS

Breakfast Combos

BREAKFAST BURRITO

Individual Items

BISCUIT

Drinks

DRINKS

Speciality Beverages

COLD BREW

Salt Light Cafe Bakery Menu



Condiments and Sauces

SAUCE

Vegetable Or Hand Roll

ASPARAGUS

Hash Browns and Sides

OATMEAL

Super Foods

AVOCADO TOAST

Bulk Meat By The Pound

BRISKET

Uncategorized

BLACK BEANS

Starters & Salads

POTATOE CHIPS

SHRIMP

Dessert

MATCHA

DONUT

Mexican dishes

TACO

BURRITOS

Coffee

MATCHA LATTE

COFFEE

Restaurant Category

VEGAN

BBQ

AMERICAN

These types of dishes are being served

TOSTADAS

WRAP

SALAD

BREAD

SANDWICH

PANINI

Ingredients Used



VEGETABLE

TOMATOES

POTATOES

BACON

COCONUT

EGG

WATERMELON

SWEET POTATOES

BEEF

PORK MEAT

AVOCADO

ONIONS

CHEESE

EGGS

BEEF BRISKET

Salt Light Cafe Bakery Menu



MILK

SAUSAGE

VEGETABLES

POTATOES

TOMATE

BEANS

PESTO

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Salt Light Cafe Bakery

159 Main St, 01450, Groton, US,
United States

Opening Hours:
Tuesday 06:00 -14:00
Wednesday 06:00 -14:00
Thursday 06:00 -14:00
Friday 06:00 -14:00
Saturday 06:00 -14:00

Made with menulist.menu

