

## STARTERS

<b>crispy duck and pancakes</b> four pancakes served with cucumber, spring onion and hoi sin sauce	<b>8.95</b>
<b>chargrilled chicken wings x 6</b> with a choice of blue cheese, bbq or louisiana dip	<b>6.95</b>
<b>oven baked goats cheese</b> served with beetroot, caramelised onion and pine nuts	<b>7.95</b>
<b>buffalo mozzarella, parma ham and tomato</b> authentic italian buffalo mozzarella served with parma ham and beef tomatoes	<b>7.95</b>
<b>salt &amp; pepper squid</b> with a choice of homemade tartare or sweet chilli sauce	<b>7.95</b>

<b>tiger prawns pan fried in sweet chilli and garlic sauce</b> served with a crusty baguette	<b>9.95</b>
<b>smoked salmon and prawns</b> scottish smoked salmon and large fresh prawns with marie-rose sauce	<b>9.95</b>
<b>mussels starter ½kg</b> served with fresh crusty bread, with a choice of the following freshly made sauces: - <b>mariniere sauce with cream, white wine and onions</b> - <b>provençal sauce with tomatoes, chilli and garlic</b>	<b>9.95</b>
<b>smoked haddock and salmon fishcake</b> with mature cheddar centre and served with homemade tartare sauce	<b>6.95</b>

## STARTERS TO SHARE

<b>cheese nachos</b> served with guacamole, sour cream and salsa	<b>9.95</b>
<b>with chicken</b>	<b>10.95</b>
<b>with bacon</b>	<b>10.95</b>
<b>greek platter</b> houmous, tzatziki, taramasalata, marinated olives and pitta bread	<b>10.95</b>
<b>whole baked rustique camembert</b> served with homemade chutney and crusty baguette	<b>10.95</b>

for chargrills and skewers please choose any two sides

## CHARGRILLS & BURGERS

<b>8oz fillet steak scottish 21 day aged</b> served with pan fried mushrooms and tomatoes and your choice of one of our homemade sauces	<b>26.95</b>
<b>10oz rib-eye steak scottish 21 day aged</b> served with pan fried mushrooms and tomatoes and your choice of one of our homemade sauces	<b>23.95</b>
<b>bbq ribs</b> large rack, chargrilled served with jack daniels sauce	<b>17.50</b>
<b>bbq chicken</b> chicken breast, topped with cheese, bacon and bbq sauce, chargrilled then cooked in the oven	<b>17.50</b>
<b>bbq ribs and chicken breast</b> half rack of ribs and chargrilled chicken breast served with jack daniels sauce	<b>19.95</b>
<b>homemade burger</b> homemade 10oz beef burger made using prime mince with chilli, coriander and onion in a toasted pretzel bun	<b>14.95</b>
<b>the estuary burger</b> our homemade burger, grilled chorizo, monterey jack cheese, onion ring, mayo, rocket, gherkins and chilli jam in a toasted pretzel bun	<b>16.95</b>
<b>bbq burger</b> our homemade burger, cheddar cheese, crispy bacon and jd bbq sauce in a toasted pretzel bun	<b>15.50</b>
<b>naked burger</b> homemade 10oz beef burger topped with avocado, pan fried peppers and onions minus the bun	<b>14.50</b>
<b>southern fried chicken burger</b> served in a pretzel bun, with mixed leaves, beef tomato and harissa mayo	<b>14.95</b>
<b>halloumi burger</b> grilled halloumi, roasted pepper, grilled aubergine with harissa mayo, served in a pretzel bun	<b>13.95</b>

## SKEWERS

due to popular demand you can now mix and match any of our freshly chargrilled skewers

<b>choose any two of the following:</b>	<b>18.95</b>
- <b>steak:</b> plain and simple in olive oil	- <b>lamb:</b> in olive oil, rosemary and garlic
- <b>prawn:</b> in sweet chilli and garlic	- <b>halloumi:</b> traditional cypriot cheese
- <b>chicken:</b> in cajun spices	- <b>vegetable:</b> mixed vegetables
- <b>thai chicken:</b> in sweet chilli and garlic	
- <b>extra skewers available</b> (for the really hungry)	<b>4.00</b>

## STIR-FRYS

oriental stir-fried vegetables, with egg noodles, dressed with a soy sauce, sesame seeds and fresh coriander, served with oriental prawn crackers

<b>chicken</b>	<b>16.95</b>
<b>duck</b>	<b>17.95</b>
<b>tiger prawn</b>	<b>18.95</b>
<b>8oz scottish 21 day aged rib-eye steak</b>	<b>19.95</b>

## SIZZLING FAJITAS

served with guacamole, spicy salsa, sour cream and tortilla wraps

- <b>8oz scottish 21 day aged steak</b>	<b>19.95</b>
- <b>chicken</b>	<b>16.95</b>
- <b>tiger prawn</b>	<b>18.95</b>
- <b>vegetable</b>	<b>13.95</b>
- <b>chicken and steak</b>	<b>18.95</b>
- <b>steak and tiger prawn</b>	<b>18.95</b>

## PASTA

<b>homemade beef lasagne</b> homemade aberdeen angus beef lasagne served with chips or curly fries and side salad	<b>14.95</b>
<b>salmon and prawn tagliatelle</b> flakes of salmon and large prawns in a creamy sauce with a hint of lemon and spinach	<b>16.95</b>
<b>roasted vegetable tagliatelle</b> roasted vegetables in a tomato and basil sauce	<b>12.95</b>
<b>add chicken</b>	<b>2.00</b>
<b>steak and mushroom tagliatelle</b> 10oz scottish rib-eye steak, served with spinach in a creamy mushroom sauce	<b>23.95</b>

## PIES

<b>steak and mushroom pie</b> prime english steak in rich gravy with mushrooms, served with chips or new potatoes and fine beans	<b>14.95</b>
<b>chicken, leek and chestnut pie</b> fresh chicken in a creamy sauce with leek and chestnut served or new potatoes and fine beans	<b>14.95</b>
<b>estuary fish pie</b> smoked haddock and cod, topped with creamy mash and tiger prawns	<b>15.95</b>
<b>lamb shank</b> served with creamy mash and seasonal vegetables	<b>16.95</b>

## SEAFOOD

<b>steamed salmon</b> served with new potatoes and fine beans or stir-fried oriental noodles	<b>16.95</b>
<b>pan-fried sea bass fillet</b> cooked in a garlic butter dressing and served with new potatoes and fine beans or stir-fried oriental noodles	<b>16.95</b>
<b>1kg pot of fresh mussels - seasonal</b> served with a bowl of chips or curly fries and fresh crusty bread, with a choice of the following freshly made sauces: - <b>mariniere sauce with cream, white wine and onions</b> - <b>provençal sauce with tomatoes, chilli and garlic</b>	<b>14.95</b>
<b>cod and chips</b> beer-battered fresh cod served with chips, mushy peas and homemade tartare sauce	<b>14.95</b>
<b>wholetail scampi and chips</b> served with chips, mushy peas and homemade tartare sauce	<b>14.95</b>
<b>salt &amp; pepper squid</b> served with chips or curly fries, salad and sweet chilli dip	<b>14.95</b>
<b>smoked haddock and salmon fishcakes</b> with mature cheddar centre and served with homemade tartare sauce	<b>14.95</b>
<b>THAI CURRY</b> authentic thai curry served with basmati rice and prawn crackers	
- <b>vegetable</b>	<b>12.95</b>
- <b>chicken</b>	<b>14.95</b>
- <b>tiger prawn</b>	<b>16.95</b>

## LUXURY SALADS

<b>large mixed leaf salad with cherry tomatoes and red onion</b> served with a pot of creamy coleslaw	
<b>sweet chilli and garlic tiger prawns</b>	<b>17.95</b>
<b>smoked salmon and prawns</b> scottish smoked salmon and large fresh prawns with marie-rose sauce and avocado	<b>16.95</b>
<b>oven-baked goats cheese</b> with beetroot, caramelised onion and pine nuts	<b>14.95</b>
<b>cajun chicken, pancetta and feta salad</b> fresh cajun spiced breast of chicken, chargrilled with pancetta and feta cheese	<b>15.95</b>
<b>crispy duck salad</b> oriental style crispy duck served warm on a large house salad	<b>16.95</b>
<b>buffalo mozzarella, avocado and tomato</b> authentic italian buffalo mozzarella served with beef tomato and parma ham	<b>15.95</b>
<b>super food salad</b> mixed leaf salad, roasted veg, green beans, kale, tenderstem broccoli and couscous	<b>12.95</b>
<b>choose any skewer to compliment your super food salad</b>	<b>4.00</b>

*all of our chargrill and skewer meals can be served as a luxury salad*

## SIDES all 4.50

chips / curly fries / sweet potato fries / jacket potato / onion rings / spicy rice / fine beans / side salad / chicken wings x 4 / stir-fried oriental noodles (counts as two sides) / pan fried garlic mushrooms

## SAUCES all 1.95

blue cheese / jd sauce / louisiana / peppercorn / mushroom / garlic butter

food allergies and intolerances - before ordering please speak to our staff about your requirements. 10% discretionary service charge will be added to tables of 8 and over, and bank holidays.

# BREAKFAST

<b>full english</b> two smithfield market cumberland sausages, smoked dutch bacon, fried egg, grilled tomatoes, heinz beans and your choice of toast	<b>9.95</b>
<b>large full english</b> two smithfield market cumberland sausages, smoked dutch bacon, two fried eggs, two hash browns or bubble and squeak, grilled tomatoes, heinz beans, pan-fried mushrooms and your choice of toast	<b>10.95</b>
<b>veggie breakfast</b> two vegetarian sausages, fried egg, sautéed kale, pan-fried mushrooms, grilled tomatoes, heinz beans and your choice of toast	<b>9.95</b>
<b>steak breakfast</b> 7oz scottish rump steak, two poached eggs, avocado, grilled tomatoes, sautéed kale and your choice of toast	<b>10.95</b>
<b>smoked kippers</b> traditional smoked kippers served with two poached eggs, kale and your choice of toast	<b>10.95</b>
<b>smoked haddock</b> fillet of smoked haddock served with two poached eggs and your choice of toast	<b>10.95</b>
<b>eggs benedict</b> poached eggs on a lightly toasted muffin with hollandaise sauce	
- with ham	<b>8.95</b>
- florentine, with wilted spinach and avocado	<b>8.95</b>
- royale, with scottish smoked salmon	<b>9.95</b>
<b>los huevos rancheros</b> two fried eggs with chorizo, homemade salsa, sour cream and avocado chorizo, served on a chargrilled tortilla wrap	<b>9.95</b>
<b>scrambled eggs</b> served on sourdough toast with sautéed kale	<b>7.95</b>
- with two rashers of crispy dutch bacon	<b>8.95</b>
- with scottish smoked salmon	<b>8.95</b>

<b>poached eggs</b> served on sourdough toast with smashed avocado	<b>7.95</b>
- with two rashers of crispy dutch bacon	<b>8.95</b>
- with scottish smoked salmon	<b>8.95</b>
<b>garlic mushrooms</b> with goats cheese, basil pesto and sautéed kale served on sourdough	<b>6.95</b>
<b>breakfast omelettes</b>	
- sausage, bacon and cherry tomatoes	<b>8.95</b>
- goats cheese, pesto and spinach omelette	<b>8.95</b>
<b>buttermilk pancakes</b> served with	
- american style with crispy bacon and scrambled eggs	<b>8.95</b>
- with fresh seasonal fruit and cream cheese	<b>7.95</b>
<b>croque madame</b> ham and cheese toasted sandwich, made with cheese béchamel, mustard and topped with an egg	<b>8.95</b>
<b>breakfast wrap</b> smithfield market sausages, dutch bacon, egg and hash browns in a toasted tortilla wrap with your choice of sauce	<b>7.95</b>
<b>bacon ciabatta</b> smoked bacon in a traditional italian bread roll, served with two hash browns	<b>6.95</b>
<b>sausage and fried onion bap</b> smithfield market sausages and fried red onions in a pretzel bun, served with two hash browns (vegetarian sausage option available)	<b>6.95</b>
<b>good for you homemade granola</b> granola with nuts, berries and coconut flakes served with greek yoghurt	<b>5.95</b>

## GRAPES WHEN YOU WAKE

enjoy a prosecco breakfast 5.00 extra  
add a 20cl bottle of prosecco to your breakfast

## BREAKFAST EXTRAS

can be added to meals, but not substituted

sautéed kale	2.50
sautéed spinach	2.50
black pudding	2.50
avocado	2.50
halloumi	2.50
bubble and squeak	2.50
pan-fried garlic mushrooms	2.50
chips, curly fries or sweet potato fries	4.50

prices are for adding to set breakfasts

**breakfasts served until 12pm, breakfasts can be added to from our selection of breakfast extras only, but items cannot be substituted**

## ALL DAY

<b>large breakfast</b> two rashers of bacon, two sausages, fried egg, two hash browns or bubble and squeak, grilled tomatoes and beans, bread and butter, toast or fried slice	<b>9.95</b>
<b>vegetarian</b> two vegetarian sausages, fried egg, two hash browns, portobello mushrooms, grilled tomatoes or beans, spinach, toast, fried slice or bread and butter	<b>8.95</b>
<b>ham, egg and chips</b>	<b>11.95</b>

## HOT FOOD weekdays only

due to popular demand, we now do a smaller portion of some of our evening meals

<b>homemade beef lasagne, chips and salad</b>	
<b>homemade steak pie, chips and peas</b>	
<b>7oz steak and chips</b>	
<b>homemade chicken pie, chips and peas</b>	
<b>6oz homemade burger, chips and salad</b>	
<b>thai chicken curry</b>	
<b>lunch skewer meal, chips and salad</b> choose any one skewer	<b>each 11.95</b>

## JACKET POTATOES

all served with a generous side salad and homemade creamy coleslaw

<b>cheddar cheese, brie or stilton</b>	<b>7.95</b>
<b>baked beans or coleslaw</b>	<b>7.95</b>
<b>tuna mayonnaise and sweetcorn</b>	<b>7.95</b>
<b>chicken, brie and spinach</b>	<b>9.95</b>
<b>chicken, bacon and rocket</b>	<b>8.95</b>
<b>chicken, bacon and mayonnaise</b>	<b>8.95</b>
<b>large prawns with marie-rose sauce</b>	<b>9.95</b>
<b>homemade coronation chicken</b>	<b>8.95</b>
<b>scottish smoked salmon and cream cheese</b>	<b>9.95</b>
<b>oven roasted vegetables and houmous</b>	<b>7.95</b>
<b>goats cheese and caramelised onion chutney</b>	<b>8.95</b>

## OMELETTES weekdays only

all served with a generous side salad and homemade creamy coleslaw

<b>plain omelette</b>	<b>8.95</b>
<b>create your own fresh omelette</b> with cheese, ham, bacon, spinach, mushrooms, peppers, peas, potatoes, tomatoes, prawns, onions	<b>0.75 each</b>

## SANDWICHES

choose from crusty white or granary, baguette, ciabatta, sourdough or wrap

<b>chargrilled cajun chicken breast, salsa and lettuce</b>	<b>8.95</b>
<b>home cooked ham, tomato and estuary chutney</b>	<b>8.95</b>
<b>blt (traditional bacon, lettuce and tomato)</b>	<b>7.95</b>
<b>roast chicken, brie and spinach</b>	<b>8.95</b>
<b>hot salt beef, gherkins and mustard</b>	<b>8.95</b>
<b>chicken, avocado and mayonnaise</b>	<b>8.95</b>
<b>chicken, bacon and rocket</b>	<b>8.95</b>
<b>tuna mayonnaise and sweetcorn</b>	<b>7.95</b>
<b>homemade coronation chicken</b>	<b>8.95</b>
<b>large prawns and rocket with marie-rose sauce</b>	<b>9.95</b>
<b>scottish smoked salmon and cream cheese</b>	<b>9.95</b>
<b>goats cheese and caramelised onion chutney</b>	<b>8.95</b>
<b>mozzarella, tomato &amp; basil pesto</b>	<b>8.95</b>
<b>scottish 21 day aged steak and onion</b>	<b>10.95</b>
<b>duck, cucumber, spring onion and hoi sin sauce</b>	<b>9.95</b>
<b>chicken, smoked bacon and mayonnaise</b>	<b>8.95</b>
<b>roast beef, rocket and horseradish</b>	<b>9.95</b>
<i>all served with a generous side salad and homemade creamy coleslaw</i>	
<b>large bowl of chips, sweet potato fries or curly fries</b>	<b>3.95</b>

## LUXURY SALADS

any of our luxury salads can now be served as a smaller lunchtime portion weekdays only **11.95**