

Starters/Light Lunch

White Bait 6.95/10.95

Served with homemade Tartare sauce

Tempura Squid 6.95/10.95

Fresh squid in a seasoned coating, served with a sweet chilli dip

Scottish Smoked Salmon, Prawns and Avocado 8.95

Served with marie rose sauce and salad garnish

2 Grilled Sardines 6.95/4 Sardines 10.95 (when available)

Fresh sardines marinated in garlic, chilli, lemon & herb. Served with bread and butter

½ Kg Fresh Mussels 9.95

Served with crusty bread

With choice of the following freshly made sauces:

Mariniere sauce with cream, white wine and onions

Provençal sauce with tomatoes, chilli and garlic

Breaded Tiger Prawns 8.95/12.95

Homemade breaded tiger prawns, served with our homemade aioli

5 Tiger Prawns Pan Fried in a choice of Chilli and Garlic sauce or just cooked in Garlic 8.95/7 Prawns 12.95

Served with toasted rustic bread

6 Chargrilled Chicken Wings 6.95/9 Wings 9.95

With a choice of blue cheese, BBQ or Louisiana dip

Southern Fried Chicken Goujons 6.95/10.95

Estuary recipe buttermilk chicken. Served with a BBQ sauce

One Skewer, Chips and Salad 11.95

(Choice of chicken, steak, prawn, vegetable or halloumi)

Goats Cheese and Honeyed Walnuts 6.95 (v)

Oven baked goats cheese with honeyed walnuts on a bed of roasted beetroot

Large Bowl of Cheese Nachos to Share 9.95 (v)

Served with guacamole, sour cream and salsa

Large Falafel Mezze to Share 9.95 (v)

Falafels served with flatbread, houmous, tzatziki, olives and house dressed salad

Crusty Bread, Marinated Olives and Balsamic Oil 5.50 (v)

Why not add a bowl of chips, curly fries or sweet potato fries to your light lunch 2.50

Seafood

Panfried Wing of Skate 16.95

Fresh wing of skate cooked with butter, capers and tomatoes. Served with new potatoes and fine beans

Skate and Chips 16.95

Beer-battered fresh wing of skate served with chips, mushy peas and homemade tartare sauce

Cod and Chips 12.95

Beer-battered fresh cod served with chips, mushy peas or garden peas and homemade tartare sauce

Whole Tail Scampi 13.95

Breaded and served with chips, curly fries or sweet potato fries, salad and homemade tartare sauce

1kg pot of Fresh Mussels 13.95 (when in season)

Served with a bowl of chips, curly fries or sweet potato fries and fresh crusty bread

With choice of the following freshly made sauces:

Mariniere sauce with cream, white wine and onions

Provençal sauce with tomatoes, chilli and garlic

9 Pan Fried Tiger Prawns 16.95

Cooked in a choice of chilli and garlic sauce or just in garlic. Served with chips, curly fries or sweet potato fries and salad

Salmon Curry 15.95

Marinated salmon fillet in a tikka masala sauce on a bed of fragrant jasmine rice

Seafood Paella 15.95

Classic rice dish with chicken, chorizo, fresh mussels, tiger prawns and squid

Seafood Linguine 16.95

Fresh tiger prawns, mussels and squid with a linguine pasta tossed in chilli, garlic and white wine

Crab Linguine 15.95

Crab claw meat in a creamy sauce, tossed with tomatoes, cayenne spice and herbs. Served with garlic ciabatta

Classic Fish Pie 14.95

Smoked haddock, cod and tiger prawns in a creamy sauce with boiled egg, topped with mash potato

Fish Your Way

Served with your choice of sauce: herb and lemon butter, hollandaise or salsa verde

Chips, curly fries, sweet potato fries, new potatoes or fragrant jasmine rice

and

Side salad, fine beans, garden peas or mushy peas

Pan-seared Tuna Steak 14.95

Grilled Cod 13.95

Grilled Sardines 12.95
(when available)

Panfried Salmon Fillet 15.95

Pan seared Seabass Fillet 15.95

Panfried or Grilled Skate 16.95

Luxury Salads

All of our mixed leaf luxury salads come with tomatoes, cucumber, red onion and peppers served with homemade creamy coleslaw and hot herby diced potatoes and house dressing

Tiger Prawn Salad 16.95

Pan-fried in your choice of chilli and garlic sauce or cooked just in garlic

Smoked Salmon & Prawn Avocado Salad 16.95

Scottish smoked salmon and fresh Royal Greenland prawns with marie-rose sauce

Grilled Salmon Fillet Salad 15.95

Simply grilled Salmon Fillet in a house dressed salad

Chicken, Bacon and Feta Salad 14.95

Cajun marinated chargrilled breast of chicken with bacon and feta cheese

Southern Fried Chicken Salad 13.95

Estuary buttermilk chicken with a ranch dressing

Tuna Steak Nicoise Salad 16.95

Chargrilled tuna steak, with anchovies, fine beans, hard-boiled egg and marinated olives

Goats Cheese Salad 14.95 (v)

Oven baked goats cheese with honeyed walnuts on a bed of roasted beetroot

Falafel Salad 13.95 (v)

Falafel served with houmous, tzatziki and pickled red cabbage

Halloumi and Couscous Salad 14.95 (v)

Traditional Cypriot cheese with Mediterranean pearl couscous

Chargrilled Skewers

Deliciously marinated and fresh off the chargrill 16.95

Choose any two of the following:

Chicken: in a cajun marinade

Steak: plain and simple in olive oil

Prawn: in sweet chilli and garlic

Tuna steak: plain and simple in olive oil

Vegetable: mixed vegetables (v)

Halloumi: traditional Cypriot cheese (v)

Extra skewer (for the extra hungry) 4.00

Chargrilled Steaks

With a choice of Peppercorn Sauce or Garlic Butter

10oz Rib-eye Steak Scottish 21 day Aged 19.95

A tender and flavourful steak cooked to your liking

Surf and Turf 22.95

10oz rib-eye steak and chargrilled tiger prawns

Butchers Block Gammon Steak 13.95

Served with two fried eggs, fresh grilled pineapple and chips

BBQ Chicken 14.95

Chargrilled chicken breast topped with bacon, cheddar cheese and BBQ sauce

Chargrilled Burgers

Estuary Gourmet Burger 13.95

Estuary recipe burger patty with smoked cheddar, bacon, burger sauce and salad accompaniments in a pretzel bun

Southern Fried Chicken Burger 13.95

Estuary recipe buttermilk chicken served with BBQ mayo and salad accompaniments in a pretzel bun

Fish Burger 14.95

Tuna steak pan seared with a wasabi mayo, coriander cress, tomato and onion

Veggie Burger 13.95 (v)

Falafel burger served with tzatziki, pickled red cabbage and salad accompaniments in a pretzel bun

All our chargrilled mains are served with a choice of two of the following:

**Chips, curly fries, sweet potato fries, new potatoes or fragrant jasmine rice
and**

Side salad, fine beans, or garden peas

