

ALL DAY BREAKFAST

SERVED MONDAY - FRIDAY 12PM - 5PM ALL 16.95
NOT AVAILABLE ON BANK HOLIDAYS

- all day full english breakfast**
two smithfield market cumberland sausages, two smoked dutch bacon, fried egg, grilled tomatoes, heinz beans, two hash browns or homemade bubble and squeak and granary or white toast
- all day vegetarian breakfast (v)**
two vegetarian sausages, fried egg , two hash browns or homemade bubble and squeak, grilled tomatoes, heinz beans, mushrooms and granary or white toast
- all day vegan breakfast (ve)**
two vegetarian sausages, two hash browns, avocado, grilled tomatoes, heinz beans, mushrooms and granary or white toast (dairy free butter)

WEEKDAY WRAPS & FLATBREADS

SERVED MONDAY - FRIDAY 12PM - 5PM ALL 16.95
NOT AVAILABLE ON SATURDAY AND SUNDAY OR BANK HOLIDAYS

- your choice of wrap or flatbread. served with chips or curly fries, salad and homemade coleslaw
- fish goujon**
fish goujons, lettuce and homemade tartare sauce
- chicken caesar**
chargrilled chicken breast with romaine lettuce, parmesan cheese, boiled egg and caesar sauce. served with or without anchovies
- smoked salmon, prawns and avocado**
scottish smoked salmon with fresh greenland prawns, avocado lettuce and marie rose sauce
- devon crab, prawns and avocado**
devon crab with fresh greenland prawns, avocado, lettuce and marie rose sauce
- steak and onion**
chargrilled rib-eye steak cooked to your liking with fried onions
- duck wrap**
chinese spiced duck, spring onions, cucumber and hoisin sauce
- served as a wrap only
- bang bang chicken**
panko breadcrumbed chicken goujons with mixed leaves and a bang bang mayo
- chicken, tzatziki and hot honey**
chargrilled chicken with creamy tzatziki, spicy honey and pomegranate seeds
- halloumi, tzatziki and hot honey (v)**
cypriot halloumi with creamy tzatziki, spicy honey and pomegranate seeds
- falafel (ve)**
with houmous, lettuce and tomatoes

BREAKFAST

SERVED MONDAY - SUNDAY 9AM - 12PM

large full english breakfast two smithfield market cumberland sausages, two smoked dutch bacon, fried or poached egg, grilled tomatoes, heinz beans, two hash browns or homemade bubble and squeak and granary or white toast	15.95	scallop breakfast panfried queen scallops, two poached eggs, pancetta and granary or white toast	17.95
small full english breakfast one smithfield market cumberland sausage, one rasher of smoked dutch bacon, one hash brown, fried egg or poached egg, heinz beans or grilled tomatoes and granary or white toast	13.95	ham, egg and bubble and squeak (gf) fresh hand cut ham with bubble and squeak and two poached eggs	15.45
vegetarian breakfast (v) two vegetarian sausages, fried egg or poached egg, two hash browns or homemade bubble and squeak, grilled tomatoes, heinz beans, mushrooms and granary or white toast	15.95	scrambled eggs with scottish smoked salmon on two fresh granary toast	16.45
vegan breakfast (ve) two vegetarian sausages, two hash browns, avocado, grilled tomatoes, heinz beans, mushrooms and granary or white toast (dairy free butter)	15.95	scallops and avocado on sourdough crushed avocado on sourdough toast with panfried queen scallops and topped with crispy bacon	17.95
luxury steak breakfast 8oz rib-eye steak, fried or poached egg, two hash browns or home-made bubble and squeak, mushrooms, grilled tomatoes, heinz beans and granary or white toast	26.95	eggs benedict poached eggs and hand cut ham, on a lightly toasted muffin with a creamy hollandaise sauce	15.45
crushed avocado on sourdough toast (v) crushed avocado on toast with poached eggs and grilled tomatoes	15.45	eggs royale poached eggs and scottish smoked salmon, on a lightly toasted muffin with a creamy hollandaise sauce	16.45
halloumi, egg and sourdough toast (v) grilled halloumi cheese, sour dough toast topped with avocado and feta, two poached eggs and grilled tomatoes	15.45	scallop benedict poached eggs and panfried queen scallops topped with crispy pancetta and a lightly toasted muffin with a creamy hollandaise sauce	17.95
fresh fillet of smoked haddock poached and served with two poached eggs, fresh crusty granary bread and two hash browns	17.95	crab benedict poached eggs and devon crab on avocado and a lightly toasted muffin with a creamy hollandaise sauce	16.45
burrata and avocado on sourdough toast sourdough toast topped with red pesto, crushed avocado and creamy burrata cheese. served with grilled tomatoes	15.45	bubble benedict poached eggs and and hand cut ham, on bubble and squeak with creamy hollandaise sauce	15.45
		pancakes (v) american style pancakes. served with toppings of your choice: - banana or strawberries, smoked dutch bacon and maple syrup - nutella and banana or strawberries	11.95

WEEKDAY LUNCH ALL 16.95
SERVED MONDAY - FRIDAY 12PM - 5PM (NOT AVAILABLE ON SATURDAY AND SUNDAY OR BANK HOLIDAYS)

skewer & chips (*fryer gf)
your choice of one steak, chicken thighs, prawn or halloumi skewer with chips and salad

whole tail scampi
breaded and served with chips, peas and homemade tartare sauce

ham, egg and chips (*fryer gf)
thick cut ham with two fried eggs and chips

bang bang chicken
panko breadcrumbed chicken in a sweet and spicy asian bang bang sauce on a bed of vegetablerice and a sesame seed and spring onion garnish

handmade breaded fishcake
smoked haddock and salmon fishcake with a cheddar and spinach centre fishcake. served with chips, salad and sweet chilli sauce

cheese burger
estuary recipe beef patty topped with cheddar cheese in a pretzel bun. served with chips

fresh panfried seabass (gf) (£2.00 supplement)
one fresh panfried seabass fillet with a herb and lemon butter. served with new potatoes and a vegetable medley

chicken wings (gf *fryer)
coated in your choice of bbq or spicy louisiana sauce. served with chips and salad

pan fried king scallops (gf) (£2.00 supplement)
cooked in a sweet chilli and garlic sauce. served with chips and salad

chicken caesar salad
chargrilled chicken breast, romaine lettuce, boiled egg, parmesan and caesar dressing. served with or without anchovies

LARGE BREAKFAST BAGELS

SERVED MONDAY - SUNDAY 9AM - 12PM

- estuary bagel**
avocado, fried egg, bacon and cheddar cheese
- ultimate bagel**
sausage, bacon, fried egg and a hash brown
- veggie bagel (v)**
halloumi, fried egg, avocado and tomato topped with chilli jam
- bacon bagel**
two rashers of dutch bacon
- sausage bagel**
two cumberland sausages

KIDS BREAKFAST

10 YEARS OLD AND UNDER ALL 11.95
SERVED 9AM - 12PM

- kids breakfast**
one cumberland sausage, one smoked bacon, egg of choice and beans or tomatoes and toast
- kids vegetarian breakfast (v)**
one vegetarian sausage, one hash brown, egg of choice beans or tomatoes and toast
- ham, egg and chips**
- scrambled eggs and smoked salmon**
- american style pancakes**
served with toppings of your choice:
- biscoff and banana or strawberries
- nutella and banana or strawberries
- smoked bacon and maple syrup and banana or strawberries

KIDS MAINS

10 YEARS OLD AND UNDER ALL 11.95
SERVED FROM 12PM

six chicken nuggets, chips and peas or beans

fish goujons, chips and peas or beans

two sausages, chips and peas or beans

scampi, chips and peas or beans

YOUNG KIDS

5 YEARS OLD AND UNDER ALL 5.95

three chicken nuggets, small chips and beans

one sausage, small chips and beans

STARTERS

pan fried tiger prawns cooked in a sweet chilli and garlic sauce or just garlic. served with crusty sourdough bread	13.95
pan fried king scallops cooked in a sweet chilli and garlic sauce or just garlic. served with crusty sourdough bread	14.95
crab, prawn & avocado (gf) white crab meat, served with marie rose sauce and a salad garnish	14.95

scottish smoked salmon, prawn & avocado (gf) served with marie rose sauce and a salad garnish	12.95
squid medley salt and pepper squid and panko coated squid rings. served with sweet chilli dip	9.95
handmade breaded fishcake smoked haddock and salmon fishcake with a cheddar and spinach centre fishcake. served with sweet chilli sauce and a salad garnish	9.95

chicken wings (gf*fryer) with a choice of bbq or spicy louisiana sauce. served with a salad garnish	8.95
southern fried chicken goujons estuary recipe buttermilk chicken. served with a bbq sauce dip	8.95
chinese style duck crispy duck, served with cucumber, spring onion, hoisin sauce and chinese style wraps	13.95
burrata creamy burrata cheese with red pesto, olives, and flatbread	12.95

falafel (ve) served with houmous	8.95
cheese nachos for one (v) (gf) / to share cheddar cheese nachos, served with guacamole, salsa, sour cream and jalapenos	7.95/13.95
mezze sharing platter falafel, olives and flatbread with tzatziki and houmous dips	13.95
marinated olives (v) with feta, balsamic and olive oil and flatbread	8.95

SEAFOOD

fresh panfried seabass (gf) two fresh panfried seabass fillets with lemon and herb butter or chimichurri. served with new potatoes or vegetable rice and a vegetable medley	24.95
fresh panfried salmon fillet (gf) fresh panfried salmon fillet with your choice of lemon and herb butter or chimichurri sauce. served with new potatoes or vegetable rice and a vegetable medley	22.95
grilled skate grilled skate wing with your choice of lemon and herb butter or chimichurri. served with new potatoes or vegetable rice and a vegetable medley may contain small bones	23.95
beer-battered skate beer-battered skate wing. served with chips, mushy peas or garden peas and homemade tartare sauce	23.95
grilled cod grilled cod with your choice of lemon and herb butter or chimichurri sauce. served with new potatoes or vegetable rice and a vegetable medley may contain small bones	20.95
beer-battered cod beer-battered cod. served with chips, mushy peas or garden peas and homemade tartare sauce may contain small bones	20.95
pan fried tiger prawns (gf) cooked in sweet chilli and garlic sauce or just garlic. served with your choice of two sides	23.95
seafood paella (gf) classic rice dish with chicken, pork chorizo, mussels,tiger prawns and squid	24.95
pan fried king scallops (gf) cooked in a sweet chilli and garlic sauce or just garlic. served with your choice of two sides	24.95
whole tail scampi breaded and served with chips and mushy peas or garden peas and homemade tartare sauce	19.95
handmade breaded fishcakes smoked haddock and salmon fishcakes with a cheddar and spinach centre fishcakes. served with sweet chilli sauce and your choice of two sides	20.95
squid medley salt and pepper squid and panko coated squid rings. served with your choice of two sides and sweet chilli dip	19.95

ESTUARY FAVOURITES

8oz rib-eye steak a tender and flavourful steak cooked to your liking with a choice of peppercorn sauce, chimichurri or garlic butter. served with your choice of two sides - add a tiger prawn skewer 5.95	31.95
bbq chicken (gf) chargrilled chicken breast in a smoky bbq sauce topped with bacon and cheddar. served with your choice of two sides	21.95
babyback ribs (gf) full rack of chargrilled pork ribs in a classic bbq sauce. served with your choice of two sides	23.95
babyback ribs and chicken (gf) half rack of pork ribs in a classic bbq sauce and a chargrilled cajun breast or four chicken wings in a bbq or spicy louisiana sauce. served with your choice of two sides	22.95
bang bang chicken panko breadcrumbed chicken in a sweet and spicy asian bang bang sauce with sesame seeds and spring onion garnish. served with your choice of two sides	21.95
chicken wings (gf*fryer) with a choice of bbq or spicy louisiana sauce. served with your choice of two sides	19.95
homemade beef lasagne homemade aberdeen angus beef lasagne. served with your choice of two sides	20.95

BURGERS

estuary burger estuary recipe beef patty, with cheddar cheese, bacon, onion rings and bbq sauce in a pretzel bun. served with your choice of two sides	21.95
plain and simple burger estuary recipe beef patty in a pretzel bun. served with your choice of two sides	19.95
buttermilk chicken burger estuary recipe buttermilk chicken, salad and mayonnaise in a pretzel bun. served with your choice of two sides	19.95
falafel burger (ve) spiced chickpea burger, salad and houmous in a pretzel bun. served with your choice of two sides	19.95

SIZZLING FAJITAS

served with cheddar cheese, guacamole, spicy salsa, sour cream and tortilla wraps	23.95
mix and match any two of the following:	
- chargrilled cajun chicken	
- duck oriental style	
- chargrilled rib-eye	
- pan-fried tiger prawns	
- chargrilled cypriot halloumi (v)	

- mixed fresh vegetables (v)	16.95
deliciously marinated and fresh off the chargrill	21.95

CHARGRILLED SKEWERS

served with your choice of two sides	
choose any two of the following:	
- chicken - chicken thighs in a cajun marinade	
- steak - chargrilled rib-eye	
- prawn - sweet chilli and garlic	
- salmon - chargrilled fillet of salmon	
- halloumi - traditional cypriot cheese (v)	
- vegetable - mixed vegetables (ve) (gf *fryer)	
- two vegetable skewers (ve) (gf *fryer)	15.95
extra skewer - for the extra hungry	5.95

SAUCES

ALL 1.95	
- peppercorn	- chimichurri
- garlic butter	- herb and lemon butter

SIDES

STANDARD SIDES if not with a two sides meal 4.95		
- chips (ve) (*fryer gf)	- onion rings (v)	- chicken wings in bbq or spicy louisiana sauce
- curly fries (ve)	- vegetable rice (ve) (gf)	- cheesy sour dough garlic bread (v)
- new potatoes (v) (gf)	- side salad & coleslaw (v) (gf)	- vegetable medley (ve) (gf)
- sour dough garlic bread (v)		

LUXURY SALADS

a large mixed leaf salad with cucumber, cherry tomatoes, red onion, peppers, herby diced potatoes and homemade coleslaw (excluding chicken caesar salad and tuna nicoise)	
tiger prawns (gf) cooked with sweet chilli and garlic sauce or just garlic	22.95
pan fried king scallops (gf) cooked with sweet chilli and garlic sauce or just garlic	24.95
salmon fillet (gf) panfried salmon fillet with your choice of herb and lemon butter or chimichurri sauce	22.95
squid medley salt and pepper squid and panko coated squid rings. served with sweet chilli sauce	19.95
breaded fishcakes haddock, salmon and cheddar fishcakes. served with sweet chilli sauce	20.95
chargrilled chicken, pancetta & feta (gf) fresh cajun spiced breast of chicken. chargrilled with pancetta and feta cheese	20.95
chicken caesar chargrilled chicken breast, romaine lettuce, boiled egg, parmesan, croutons and caesar dressing. served with your choice of anchovies or pancetta	20.95
bang bang chicken panko breadcrumbed chicken with in a sweet and spicy asian bang bang sauce. topped with sesame seeds	20.95
chinese duck (gf) oriental-style crispy duck served with hoisin sauce	23.95
burrata and red pesto creamy burrata cheese, avocado and olives. served with red pesto	20.95
crab, prawns and avocado (gf) white crabmeat with fresh royal greenland prawns, avocado and marie rose sauce	23.95
salmon, prawns and avocado (gf) scottish smoked salmon with fresh royal greenland prawns, avocado and marie rose sauce	23.95