

ALL DAY

SERVED MONDAY - SUNDAY 12PM - 5PM

ALL 16.95

- 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 & CIABATTAS

SERVED MONDAY - FRIDAY 12PM - 5PM

ALL 16.95

NOT AVAILABLE ON SATURDAY AND SUNDAY OR BANK HOLIDAYS

- your choice of wrap or ciabatta. served with chips or curly fries, salad and homemade coleslaw
- fish goujon

premium fish goujons, lettuce and homemade tartare sauce
- roast beef and gherkin

cold slices of roast beef topped with gherkins and leaf salad with dijon mustard
- 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 breast 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)

cyriot halloumi with creamy tzatziki, spicy honey and pomegranate seeds
- oven-baked goats cheese (v)

breaded goats cheese with beetroot, lettuce and carmalised onion chutney
- spiced falafel (ve)

with houmous, lettuce and tomatoes

BREAKFAST

SERVED MONDAY - SUNDAY 9AM - 12PM

- large full english breakfast

15.95

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
- Small full english breakfast

13.95

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
- vegetarian breakfast (v)

15.95

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
- vegan breakfast (ve)

15.95

two vegetarian sausages, two hash browns, avocado, grilled tomatoes, heinz beans, mushrooms and granary or white toast (dairy free butter)
- luxury steak breakfast

26.95

8oz rib-eye steak, fried or poached egg, two hash browns or homemade bubble and squeak, mushrooms, grilled tomatoes, heinz beans and granary or white toast
- crushed avocado on sourdough toast (v)

15.45

crushed avocado on toast with poached eggs and grilled tomatoes
- halloumi, egg and sourdough toast (v)

15.45

grilled halloumi cheese, sour dough toast topped with avocado and feta, two poached eggs and grilled tomatoes
- scallop breakfast

17.95

panfried queen scallops, two poached eggs, pancetta and granary or white toast
- ham, egg and bubble and squeak (gf)

15.45

fresh hand cut gammon ham with bubble and squeak and two poached eggs
- scrambled eggs with scottish smoked salmon

16.45

on two fresh granary toast
- Scallops and avocado on sourdough

17.95

crushed avocado on sourdough toast with panfried queen scallops and topped with crispy bacon
- eggs benedict

15.45

poached eggs and crispy pancetta, on a lightly toasted muffin with a creamy hollandaise sauce
- eggs royale

16.45

poached eggs and scottish smoked salmon, on a lightly toasted muffin with a creamy hollandaise sauce
- scallop benedict

17.95

poached eggs and panfried queen scallops topped with crispy pancetta and a lightly toasted muffin with a creamy hollandaise sauce
- bubble benedict

15.45

poached eggs and hand cut ham, on bubble and squeak with creamy hollandaise sauce
- pancakes (v)

11.95

american style pancakes. served with toppings of your choice:

- banana or strawberries, smoked dutch bacon and maple syrup
- nutella and banana or strawberries
- biscoff and banana or strawberries

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
- ham, egg and chips (*fryer gf)

thick cut gammon with two fried eggs and 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
- pan fried king scallops (gf) (£2.00 supplement)

cooked in a sweet chilli and garlic sauce. served with chips and salad
- homemade beef lasagne

homemade aberdeen angus beef lasagne. served with salad and garlic bread
- liver and bacon

calves liver chargrilled and served with creamy mash potato and a vegetable medley topped with onion gravy
- chicken, leek and ham pie

tender pieces of chicken and sweet leek smothered in a creamy white wine and thyme infused sauce. served with creamy mash potato, mixed vegetables and gravy
- 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
- cheese burger

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

estuary recipe buttermilk chicken, salad and mayonnaise in a pretzel bun. served with chips
- chargrilled chicken, pancetta & feta salad (gf)

fresh cajun spiced breast of chicken. chargrilled with pancetta and feta cheese. with mixed leaf lettuce, peppers, red onions, cucumber and cherry tomatoes
- homemade shepards pie

lamb minced meat in a rich red wine and mushroom gravy topped with creamy mash potato. served with a vegetable medley
- oven-baked goats cheese (v)

breaded goats cheese with beetroot, lettuce and carmalised onion chutney, salad and chips

LARGE BREAKFAST BAGELS

SERVED MONDAY - SUNDAY 9AM - 12PM

- estuary bagel

12.95

avocado, fried egg, bacon and cheddar cheese
- ultimate bagel

13.95

sausage, bacon, fried egg and a hash brown
- veggie bagel (v)

12.95

halloumi, fried egg, avocado and tomato topped with chilli jam
- bacon bagel

9.95

two rashers of dutch bacon
- sausage bagel

9.95

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

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
- grilled chicken breast, roast potatoes, yorkshire pudding, one pig in blanket and vegetable medley

12.95

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 bread	13.95	chinese style duck crispy duck, served with cucumber, spring onion, hoisin sauce and chinese style wraps	13.95	oven baked breaded goats cheese (v) served with beetroot and caramalised onion chutney	9.95	cheese nachos for one (v) (gf) / to share cheddar cheese nachos, served with guacamole, salsa, sour cream and jala-penos	7.95/13.95
pan fried king scallops cooked in a sweet chilli and garlic sauce or just garlic. served with crusty bread	14.95	southern fried chicken goujons buttermilk chicken strips. served with a bbq sauce dip	8.95	spiced falafel (ve) served with houmous	8.95	marinated olives (v) with feta, balsamic and olive oil and crusty bread	8.95

SEAFOOD

panfried seabass (gf) two panfried seabass fillets with lemon and herb butter. served with mash potato or vegetable rice and a vegetable medley	23.95
panfried cod panfried cod with lemon and herb. served with mash potato 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, fresh mussels, tiger prawns and squid	24.95
1kg pot of fresh mussels served with a bowl of chips and crusty bread with a choice of the following freshly made sauces: - mariniere sauce with cream, white wine and onions - provençal sauce with tomatoes, chilli and garlic	22.95
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

SIDES

STANDARD SIDES if not with a two sides meal 4.95		
- chips (ve) (*fryer gf)	- curly fries (ve)	- pigs in blankets
- roast potatoes (ve)	- vegetable rice (ve) (gf)	- mash potatoes (v) (gf)
- garlic ciabatta (v)	- cheesy garlic ciabatta (v)	- onion rings (v)
- vegetable medley (ve) (gf)	- side salad & coleslaw (v) (gf)	- honey glazed parsnips (ve) (gf)
	- yorkshire pudding	- cauliflower cheese

ESTUARY ROASTS

not just for sundays - here we serve them everyday!	
1/2 roast chicken half roast chicken, served with homemade roast potatoes, yorkshire pudding, mixed vegetables, honey glazed parsnips, and a jug of gravy	20.95
roast beef tender and flavourful slow roast beef. served with homemade roast potatoes, yorkshire pudding, mixed vegetables, honey glazed parsnips and a jug of gravy	20.95
roast gammon roast joint of gammon. served with homemade roast potatoes, yorkshire pudding, mixed vegetables, honey glazed parsnips and a jug of gravy	20.95
extras cauliflower cheese to share four pigs in blankets	4.95

PIES

chicken, leek and ham pie tender pieces of chicken and sweet leek smothered in a creamy white wine and thyme infused sauce. served with creamy mash potato or roast potatoes, mixed vegetables and gravy	20.95
steak and ale pie prime english steak, mushroom and pickled onions in a rich gravy. served with creamy mash potato or roast potatoes, mixed vegetables and gravy	20.95
fish pie smoked haddock, salmon and cod, topped with creamy mash potato and tiger prawns, served with a vegetable medley	20.95
homemade shepards pie lamb minced meat in a rich red wine and mushroom gravy topped with creamy mash potato. served with a vegetable medley	19.95

CHARGRILLED SKEWERS

deliciously marinated and fresh off the chargrill served with your choice of two sides	21.95
choose any two of the following:	
- chicken - chicken thighs in a cajun marinade	
- steak - chargrilled rib-eye	
- prawn - sweet chilli and garlic	
- 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

SIZZLING FAJITAS

served with cheddar cheese, guacamole, spicy salsa, sour cream and tortilla wraps	22.95
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

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

ESTUARY FAVOURITES

8oz rib-eye steak a tender and flavourful steak cooked to your liking with a choice of peppercorn sauce or garlic butter. served with your choice of two sides - add a tiger prawn skewer 5.95	31.95
roast gammon slices of gammon with your choice of two sides	18.95
1/2 roast chicken (gf) 1/2 roast chicken. served with your choice of two sides	19.95
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. 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
liver and bacon calves liver chargrilled and served with creamy mash potato and a vegetable medley topped with onion gravy	19.95
LUXURY SALADS	
a large mixed leaf salad with cucumber, cherry tomatoes, red onion, peppers, herby diced potatoes and homemade coleslaw	
tiger prawns (gf) cooked with sweet chilli and garlic sauce or just garlic	22.95
chargrilled chicken, pancetta & feta (gf) fresh cajun spiced breast of chicken. chargrilled with pancetta and feta cheese	20.95
bang bang chicken panko breadcrumbed chicken breast 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
oven baked breaded goats cheese (v) served with beetroot and carmalised onion chutney	19.95