THE ESTUARY RESTAURANT
ALTERNATIVE MENUS

45 THE BROADWAY,
LEIGH - ON - SEA,
ESSEX, SS94NL
01702 470099

office@estuaryrestaurants.com

SHARING PLATTERS

SEAFOOD PLATTER 24.95
fresh squid in salt and pepper batter, luxury breaded wholetail scampi and pan-fried garlic sweet chilli prawns. served with sweet chilli and tartar sauces and crusty baguette

WINTER PLATTER 18.95
roast potatoes, cauliflower cheese, pigs in blankets, yorkshire puddings and a jug of gravy

CHARGRILLED CHICKEN WINGS PLATTER 16.95
12 cajun spiced chicken wings served with bbq, louisiana and blue cheese sauces

SHARING CHINESE STYLE CRISPY DUCK 22.95
half a roast duck served with cucumber, spring onion, hoisin sauce and 12 pancakes

FALAFEL PLATTER 14.95
falafel, flat bread, hummus and tzatziki with cucumber and carrot sticks

CHEESE NACHOS 13.95
cheddar nachos served with jalapenos, guacamole, salsa and sour cream
add chicken or bacon 2.00

french fries, chips, curly fries 4.95

KIDS MENU (for children 10 and under)

BREAKFAST

served until 12.00 (12.30 Sundays)

KIDS FULL ENGLISH

one sausage, one bacon, one fried egg, beans & choice of toast

KIDS PANCAKES

pancakes served with fruit and maple syrup

8.95

LIGHT SNACK

carrot sticks, cucumber sticks, flat bread & hummus

6.95

THE ESTUARY · BROADWAY · LEIGH-ON-SEA

KIDS MENU

LUNCH/DINNER (for children 10 and under)

served 12.00 onwards (12.30 Sundays)

CHICKEN NUGGETS, CHIPS & PEAS OR BEANS

SAUSAGE, CHIPS & PEAS OR BEANS

VEGETARIAN SAUSAGE, CHIPS & PEAS OR BEANS

HAM, EGG AND CHIPS

all 9.95

SCAMPI, CHIPS & PEAS OR BEANS

LASAGNE & SALAD

VEG LASAGNE & SALAD

CHICKEN AND TOMATO TAGLIATELLE

all 10.95

KIDS ROAST DINNER 12.95

roast chicken served with roast potatoes, steamed mixed vegetables and a yorkshire pudding

THE ESTUARY · BROADWAY · LEIGH-ON-SEA

(v) vegetarian (ve) vegan

VEGETARIAN & VEGAN MENU

TOASTIES, BAGUETTES OR WRAPS

served 12.00 - 17.00 monday - saturday (12.30 - 17.00 sunday)

all served with a small portion of french fries and a small side salad garnish

HALLOUMI, TZATZIKI & HOT HONEY (v) 14.95
grilled cypriot halloumi with creamy tzatziki, spicy hot honey and pomegranate seeds

GOATS CHEESE AND ONION CHUTNEY (v) 13.95
thinly cut goats cheese with onion chutney

SPINACH, BRIE AND CRANBERRY (v) 12.95
wilted spinach with creamy brie and cranberry sauce

FALAFEL AND HUMMUS (v) (ve) 12.95
falafel, hummus and rocket

(v) vegetarian (ve) vegan

VEGETARIAN & VEGAN MENU

STARTERS

served 12.00 onwards (12.30 Sundays)

CHARGRILLED VEGETABLE SKEWER (v) (ve) 7.95
served with hummus or tzatziki and a rocket garnish

FALAFEL (ve) 7.95
chickpea and onion falafel served with mango chutney

HALLOUMI FRIES (v) 8.95
breaded halloumi fries served with mango chutney

CHEESE NACHOS (single serve) (v) 7.95
red leicester and cheese nachos served with guacamole, sour cream and salsa

STUFFED PORTOBELLO MUSHROOM (v) 9.95
portobello mushroom stuffed with goats cheese and topped with caramelised onion and balsamic glaze

(v) vegetarian (ve) vegan

VEGETARIAN & VEGAN MENU

MAIN COURSES

served 12.00 onwards (12.30 Sundays)

NO BEEF BURGER (v) (ve) 19.95
succulent b12 burger patty with mushroom, pea, beetroot and coconut oil topped with red onion, tomato, pickle and your choice of heinz tomato ketchup or vegan mayonnaise. served in a vegan brioche bun with french fries and side salad

HALLOUMI AND MUSHROOM BURGER (v) 19.95
chargrilled halloumi and portobello mushroom with red onion, tomato and lettuce in a pretzel bun. served with french fries and side salad

HOMEMADE VEGETABLE LASAGNE (v) 19.95
homemade vegetable lasagne served with french fries and side salad

ROASTED VEGETABLE PENNE (v) (ve) 17.95
roasted vegetables in a tomato sauce served on a bed of vegan penne and spinach

(v) vegetarian (ve) vegan

VEGETARIAN & VEGAN MENU

MAIN COURSES

served 12.00 onwards (12.30 Sundays)

SPINACH AND PESTO TAGLIATELLE (v) 17.95
sauteed spinach and onions cooked in pesto with tagliatelle, pine nuts and parmesan cheese

PENNE ARRABBIATA (v) (ve) 16.95
fresh chilli, onion, tomato, olives and garlic sauteed in extra virgin olive oil and served on a bed of vegan penne pasta

CHARGRILLED VEGETABLE SKEWERS (v) (ve) 17.95
two chargrilled vegetable skewers served with spicy rice and side salad

SIZZLING VEGETABLE FAJITAS (v) (ve) 17.95
mexican style sizzling vegetables served with cheese, guacamole or sliced avocado, salsa, sour cream and tortilla wraps. vegan version available without guacamole, sour cream and cheese

AUBERGINE KATSU CURRY (ve) 18.95
panko breaded aubergine served with aromatic japanese - style curry sauce, white rice and pickled ginger

ESTUARY · BROADWAY · LEIGH-ON-SEA

(v) vegetarian (ve) vegan

VEGETARIAN & VEGAN MENU

SALADS

served 12.00 onwards (12.30 Sundays)

a large mixed leaf salad, with herby diced potatoes, cherry tomatoes, red onion, peppers, house dressing and coleslaw

OVEN-BAKED BREADED GOATS CHEESE (v) 20.95
oven-baked breaded goats cheese served with beetroot, caramelised onion and pine nuts

HALLOUMI AND OLIVE (v) 20.95
chargrilled cypriot halloumi and mixed olives

FALAFEL, HUMMUS AND TZATZIKI (v) 19.95
middle eastern spiced chickpea falafel
can be made vegan if requested without tzatziki

GLUTEN FREE MENU OPTIONS

BREAKFAST

served until 12.00 (12.30 Sundays)

unfortunately we do not stock gluten free bread. bread may be substituted for other breakfast extras. please ask you server for more information

OMELETTES 14.95
a three egg omelette with your choice of any three of the following filling:

dutch bacon | ham | pancetta | chorizo | cheddar | feta | goats cheese | tomato | portobello mushroom | spinach | pepper | onion | new potato | avocado | rocket

(additional fillings are available 1.50 each)

SHAKSHUKA (v) (no bread) 13.95
roasted tomatoes, onions, and peppers mixed with paprika and topped with a baked egg and feta
add halloumi 2.00

GLUTEN FREE BREAKFAST OPTIONS

dutch bacon | egg | grilled tomato | heinz beans | avocado | portobello mushrooms

THE ESTUARY BROADWAY LEIGH-ON-SEA

GLUTEN FREE MENU OPTIONS

POKE BOWLS

served 12 - 5 monday - friday

a base of jasmine white rice, topped with lettuce, grated carrot, pickled red onion, sliced avocado and topped with sesame seeds

please make your server aware that you are gluten free and that you cannot have the asian cucumber salad due to the gluten in soy sauce, if you require sliced cucumber instead this is available upon request

then choose from:

- CHARGRILLED CAJUN CHICKEN	15.95
- CHARGRILLED CYPRIOT HALLOUMI	15.95
- ROASTED VEGETABLES	14.95

served with sweet chilli sauce

if you require a different sauce please ask your server and we can check whether it is gluten free

JACKET POTATOES

served 12 - 5 monday - friday

a jacket potato served with your choice of filling and a fresh house salad

-BEANS AND CHEESE	12.95
-TUNA, SWEETCORN AND MOYANAISE	13.95
-CHICKEN, BACON AND MAYONAISE	14.95
-CHICKEN, BRIE AND CRANBERRY	14.95
-GREENLAND PRAWNS AND MARIE ROSE SAUCE	14.95
-SMOKED SALMON AND CREAM CHEESE	14.95

GLUTEN FREE MENU OPTIONS

LIGHT LUNCH 16.95
served 12 - 5 monday - friday

LUNCHTIME SKEWER
chargrilled cajun chicken or vegetable skewer, served with french fries and a fresh house side salad

HAM, EGG AND CHIPS
thick cut ham with two fried eggs and chips

WEEKEND LIGHT LUNCH 18.95
served 12 - 5 saturday (12.30 sunday)

LUNCH BBQ CHICKEN
chargrilled chicken breast, topped with cheese, bacn and bbq sauce, served with french fries and side salad

LUNCH 1/2 RACK OF BBQ BABY BACK RIBS
1/2 rck of ribs chargrilled and served with bbq sauce, french fries and side salad

LUNCH 8OZ BARNSLEY LAMB CHOP
one 8oz chargrilled rosemary and garlic barnsley lamb chop served with french fries, fresh house salad and mint sauce

LUNCH GRILLED SEABASS
one fillet of grilled seabass, served with roast potatoes, steamed mixed vegetables and garlic butter and chilli sauce

LUNCH SMOKED SALMON, PRAWNS AND AVOCADO SALAD
a smaller portion of scottish smoked salmon, fresh greenland prawns and avocado, served with homemade marie rose sauce (no herby potatoes, may choose roast potatoes, please inform your server)

(french fries and chips are cooked in the same oil as products containing gluten)

GLUTEN FREE MENU OPTIONS

STARTERS

served 12.00 onwards (12.30 Sundays)

please be aware everything is prepared in a kitchen that contains gluten products

PAN FRIED GARLIC TIGER PRAWNS (not served with bread) 12.95
with or without sweet chilli sauce

LUXURY PRAWN COCKTAIL 10.95
fresh royal greenland prawns, avocado and mixed leaves served with homemade marie rose sauce

CHARGRILLED CHICKEN WINGS 9.95
with a choice of blue cheese or bbq dip, served on the side

CHARGRILLED VEGETABLE SKEWER (v) (ve) 7.95
served with tzatziki and a rocket garnish

CHEESE NACHOS - single serve (v) 7.95
cheddar nachos, served with guacamole, salsa, sour cream and jalapenos

GLUTEN FREE MENU OPTIONS

MAIN COURSES

served 12.00 onwards (12.30 Sundays)

-please be aware everything is prepared in a kitchen that contains gluten products-

for burgers & chargrills or skewers choose any two sides

8 OZ RIB-EY STEAK SCOTTISH 21 DAY AGED 32.95
served with garlic butter

16 OZ BARNSLEY LAMB CHOPS 25.95
two 8oz chargrilled rosemary amd garlic barnsley lamb chops served with mint sauce

BBQ RIBS AND CAJUN CHICKEN BREAST 22.95
half rack of ribs and chargrilled cajun chicken breast, served with bbq sauce

BBQ BABY BACK RIBS 23.95
full rack, chargrilled and served with bbq sauce

BBQ CHICKEN 21.95
chargrilled chicken breast, topped with cheese, bacon and bbq sauce

(french fries are cooked in the same oil as products containing gluten)

GLUTEN FREE MENU OPTIONS

MAIN COURSES

served 12.00 onwards (12.30 Sundays)

please be aware everything is prepared in a kitchen that contains gluten products

SKEWERS 21.95

mix and match any of our freshly grilled skewers, all served with homemade coleslaw.
choose two from the following:

STEAK | CHICKEN | SWEET CHILLI PRAWN | HALLOUMI | VEGETABLE

JUST VEGETABLE SKEWERS 17.95

GRILLED SEA BASS

with roast potatoes steamed mixed vegetables and your choice of:

- garlic butter and chilli sauce 23.95
- tomato, chilli and prawn sauce 24.95

1 KG POT OF FRESH MUSSELS (seasonal) 20.95

served in marinere, provencal or thai style sauce and french fries (fried in the same oil as other products containing gluten, not served with bread)

LUXURY SALADS

a large mixed leaf salad with cherry tomatoes, red onion, peppers and coleslaw (no herby potatoes - may choose new potatoes, please inform your server)

SMOKED SALMON, PRAWNS AND AVOCADO	23.95
PAN FRIED GARLIC TIGER PRAWNS	23.95
CAJUN CHICKEN, PANCETTA AND FETA	22.95
HALLOUMI AND OLIVE (v)	19.95

SIDES -

french fries | chips | roast potatoes | mash | spicy rice | side salad

portobello mushrooms | steamed mixed vegetables | cauliflower cheese | chicken wings x3

fried in the same oil as other products containing gluten

DESSERT MENU

CHOCOLATE BROWNIE
PROFITEROLES
LEMON MERINGUE PIE
STICKY TOFFEE PUDDING
CHURROS WITH CHOCOLATE/ TOFFEE SAUCE
WAFFLE WITH CHOCOLATE/ TOFFE SAUCE

all served with either cream, ice cream or custard

CARAMELIZED PINEAPPLE SERVED WITH COCONUT ICE CREAM, DESICCATED COCONUT AND FRESH FRUIT (v) (ve)
for vegan please ask your server to have the pineapple caramelised in brown sugar rather than honey

all 6.95

OCCASSIONALLY WE HAVE OTHER DESSERT SPECIALS AVAILABLE. PLEASE ASK YOUR SERVER FOR MORE INFORMATION

ICE CREAM
rossi's vanilla ice cream or vegan coconut ice cream

1.95 per scoop if not with dessert

DESSERT COCKTAILS

TOASTED MARSHMALLOW MARTINI
AFTER EIGHT MARTINI
CHOCOLATE ORANGE MARTINI
WHITE CHOCOLATE MARTINI
TIRAMISU MARTINI

all 12.95