

# ALL DAY

SERVED MONDAY - SUNDAY 12PM - 5PM ALL 15.95

## 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 15.95

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

## cod goujon

cod goujons, lettuce and homemade tartare sauce

## chicken and mozzarella

chicken, creamy mozzarella, tomato, pesto and mayonnaise

## mozzarella and tomato (v)

creamy mozzarella, tomato, pesto and mayonnaise

## 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)

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 vegan garlic mayonnaise, 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

## shakshuka (v) 15.45

roasted tomatoes, onions and peppers mixed with paprika cumin and chilli. topped with poached eggs and feta. served with crusty bread  
-add halloumi 2.00  
-add chorizo 2.00

## scallop breakfast 16.95

panfried queen scallops, two poached eggs, pancetta and granary or white toast

## ham, egg and bubble and squeak (gf) 15.45

fresh hand cut 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 16.95

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

## eggs benedict 15.45

poached eggs and hand cut ham, 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 16.95

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

## breakfast omelette 12.95

omelette with your choice of three toppings (additional toppings 1.95)  
topping choices: ham, tomatoes, mushrooms, cheddar, feta, onions, chorizo or peppers

## pancakes (v) 10.95

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

# LARGE BREAKFAST BAGELS

SERVED MONDAY - SUNDAY 9AM - 12PM

## estuary bagel 11.95

avocado, fried egg, bacon and cheddar cheese

## ultimate bagel 12.95

sausage, bacon, fried egg and a hash brown

## veggie bagel (v) 11.95

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 9.95

SERVED 9AM - 12PM

## kids breakfast

one cumberland sausage, one smoked bacon, egg of choice and beans or tomatoes

## kids vegetarian breakfast (v)

one vegetarian sausage, one hash brown, egg of choice beans or tomatoes

## 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

# WEEKDAY LUNCH ALL 15.95

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 ham with two fried eggs and chips

## handmade breaded fishcake

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

## babyback ribs (\*fryer gf)

half a rack of chargrilled pork ribs. 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

## whole tail scampi

breaded and served with chips, peas and homemade tartare sauce

## sausage and mash

two cumberland pork sausages with creamy mash potato, a vegetable medley and a jug of gravy

## fresh panfried seabass (gf) (£2.00 supplement)

one fresh panfried seabass fillet with a herb and lemon butter. served with mash potato and a vegetable medley

## lamb, rosemary and roasted garlic pie

rich and aromatic slow cooked lamb pie flavoured with fresh rosemary and sweet roasted garlic. served with creamy mash potato, a vegetable medley and a jug of gravy

## bang bang chicken

panko breadcrumbed chicken in a sweet and spicy asian bang bang sauce on a bed of spicy rice 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

## 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 beef lasagne

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

## omelette (v)

omelette with your choice of three toppings (additional toppings 1.95)  
topping choices: ham, tomatoes, mushrooms, cheddar, feta, onions, chorizo or peppers. served with chips and salad

## STARTERS

<b>pan fried tiger prawns</b>	<b>13.95</b>
cooked in a sweet chilli and garlic sauce or just garlic. served with crusty bread	
<b>pan fried king scallops</b>	<b>14.95</b>
cooked in a sweet chilli and garlic sauce or just garlic. served with crusty bread	

<b>battered tiger prawns (gf)</b>	<b>13.95</b>
beer battered tiger prawns. served with garlic aioli dip	
<b>salt and pepper squid</b>	<b>9.95</b>
salt and pepper squid. served with sweet chilli dip	
<b>handmade breaded fishcake</b>	<b>9.95</b>
smoked haddock and salmon fishcake with a cheddar and spinach centre fishcake. served with sweet chilli sauce and a salad garnish	

<b>southern fried chicken goujons</b>	<b>8.95</b>
estuary recipe buttermilk chicken. served with a bbq sauce dip	
<b>chinese style duck</b>	<b>13.95</b>
crispy duck, served with cucumber, spring onion, hoisin sauce and chinese style wraps	
<b>chicken and vegetable gyoza's</b>	<b>8.95</b>
served with a spicy soy sauce dip	

<b>oven baked breaded goats cheese (v)</b>	<b>9.95</b>
served with beetroot and caramalised onion chutney	
<b>spiced falafel (ve)</b>	<b>8.95</b>
served with vegan garlic mayonnaise	
<b>cheese nachos for one (v) (gf) / to share</b>	<b>7.95/13.95</b>
cheddar cheese nachos, served with guacamole, salsa, sour cream and jalapenos	
<b>bowl of olives (ve)</b>	<b>5.95</b>

## SEAFOOD

<b>fresh panfried seabass (gf)</b>	<b>23.95</b>
two fresh panfried seabass fillets with lemon and herb butter. served with mash potato or spicy rice and a vegetable medley	

<b>grilled cod</b>	<b>20.95</b>
grilled cod with lemon and herb. served with mash potato or spicy rice and a vegetable medley	
<small>may contain small bones</small>	

<b>beer-battered cod</b>	<b>19.95</b>
beer-battered cod. served with chips, mushy peas or garden peas and homemade tartare sauce	
<small>may contain small bones</small>	

<b>pan fried tiger prawns (gf)</b>	<b>22.95</b>
cooked in sweet chilli and garlic sauce or just garlic. served with your choice of two sides	

<b>seafood paella (gf)</b>	<b>23.95</b>
classic rice dish with chicken, pork chorizo, fresh mussels, tiger prawns and squid	

<b>1kg pot of fresh mussels</b>	<b>21.95</b>
served with a bowl of chips and crusty bread with a choice of the following freshly made sauces:	
- marinere sauce with cream, white wine and onions	
- provencal sauce with tomatoes, chilli and garlic	

<b>pan fried king scallops (gf)</b>	<b>23.95</b>
cooked in a sweet chilli and garlic sauce or just garlic. served with your choice of two sides	

<b>whole tail scampi</b>	<b>19.95</b>
breaded and served with chips and mushy peas or garden peas and homemade tartare sauce	

<b>handmade breaded fishcakes</b>	<b>20.95</b>
smoked haddock and salmon fishcakes with a cheddar and spinach centre fishcakes. served with sweet chilli sauce and your choice of two sides	

<b>salt and pepper squid</b>	<b>19.95</b>
salt and pepper battered squid. served with your choice of two sides and sweet chilli dip	

## PASTA

<b>seafood linguine</b>	<b>23.95</b>
mussels, king scallops and tiger prawns tossed in a spiced cream, tomato and garlic sauce with peas and fresh chillies	

<b>chicken and pancetta linguine</b>	<b>20.95</b>
chargrilled chicken, crispy pancetta and cherry tomatoes in a pesto, tomato, cream and garlic sauce	

<b>homemade beef lasagne</b>	<b>19.95</b>
homemade aberdeen angus beef lasagne. served with your choice of two sides	

## ESTUARY FAVOURITES

<b>8oz rib-eye steak</b>	<b>31.95</b>
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	

<b>sausage and mash</b>	<b>18.95</b>
three smithfield market cumberland sausages, with creamy mash potato and a rich onion gravy. served with a vegetable medley	

<b>bbq chicken (gf)</b>	<b>20.95</b>
chargrilled chicken breast in a smoky bbq sauce topped with bacon and cheddar. served with your choice of two sides	

<b>babyback ribs (gf)</b>	<b>21.95</b>
full rack of chargrilled pork ribs in a classic bbq sauce. served with your choice of two sides	

<b>babyback ribs and chicken (gf)</b>	<b>21.95</b>
half rack of pork ribs in a classic bbq sauce and a chargrilled cajun breast. served with your choice of two sides	

<b>bang bang chicken</b>	<b>20.95</b>
panko breadcrumb chicken in a sweet and spicy asian bang bang sauce with sesame seeds and spring onion garnish. served with your choice of two sides	

## SIZZLING FAJITAS

<b>served with cheddar cheese, guacamole, spicy salsa, sour cream and tortilla wraps</b>	<b>22.95</b>
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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)	<b>16.95</b>

## BURGERS

<b>estuary burger</b>	<b>21.95</b>
estuary recipe beef patty, with cheddar cheese, bacon, onion rings and bbq sauce in a pretzel bun. served with your choice of two sides	

<b>plain and simple burger</b>	<b>19.95</b>
estuary recipe beef patty in a pretzel bun. served with your choice of two sides	

<b>buttermilk chicken burger</b>	<b>19.95</b>
estuary recipe buttermilk chicken, salad and mayonnaise in a pretzel bun. served with your choice of two sides	

<b>falafel burger (ve)</b>	<b>19.95</b>
spiced chickpea burger, salad and vegan garlic mayonnaise in a pretzel bun. served with your choice of two sides	

## LUXURY SALADS

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

<b>tiger prawns (gf)</b>	<b>22.95</b>
cooked with sweet chilli and garlic sauce or just garlic	

<b>salt and pepper squid</b>	<b>19.95</b>
salt and pepper battered squid. served with sweet chilli sauce	

<b>breaded fishcakes</b>	<b>19.95</b>
haddock, salmon and cheddar fishcakes. served with sweet chilli sauce	

<b>chargrilled chicken, pancetta &amp; feta (gf)</b>	<b>20.95</b>
fresh cajun spiced breast of chicken. chargrilled with pancetta and feta cheese	

<b>bang bang chicken</b>	<b>20.95</b>
panko breadcrumb chicken with in a sweet and spicy asian bang bang sauce. topped with sesame seeds	

<b>chinese duck (gf)</b>	<b>22.95</b>
oriental-style crispy duck served with hoisin sauce	

<b>oven baked breaded goats cheese (v)</b>	<b>19.95</b>
served with beetroot and caramalised onion chutney	

## CHARGRILLED SKEWERS

<b>deliciously marinated and fresh off the chargrill</b>	<b>20.95</b>
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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
- halloumi - traditional cypriot cheese (v)
- vegetable - mixed vegetables (ve) (gf \*fryer)

<b>- two vegetable skewers (ve) (gf *fryer)</b>	<b>15.95</b>
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<b>extra skewer - for the extra hungry</b>	<b>5.95</b>
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## PIES

<b>lamb, rosemary and roasted garlic pie</b>	<b>20.95</b>
rich and aromatic slow cooked lamb pie flavoured with fresh rosemary and sweet roasted garlic. served with creamy mash potato, vegetable medley and gravy	

<b>fish pie</b>	<b>20.95</b>
smoked haddock, salmon and cod, topped with creamy mash and tiger prawns, served with a vegetable medley	

## KIDS MAINS

<b>10 YEARS OLD AND UNDER</b>	<b>ALL 9.95</b>
SERVED FROM 12PM	

**chicken nuggets, chips and peas or beans**

**cod goujons, chips and peas or beans**

**two sausages, chips and peas or beans**

**scampi, chips and peas or beans**

## WINTER WARMERS

**mulled wine 6.95**

**baileys hot chocolate with cream and marshmallows 6.95**

**mint hot chocolate with cream and marshmallows 4.95**

**rum spiced apple (served hot) 6.95**

## SIDES

STANDARD SIDES  
if not with a two sides meal 4.95

- chips (ve) (\*fryer gf)
- curly fries (ve)
- onion rings (v)
- mash potatoes (v) (gf)
- spicy rice (ve) (gf)
- garlic ciabatta (v)
- cheesy garlic ciabatta (v)
- side salad & coleslaw (v) (gf)
- vegetable medley (ve) (gf)