

ALL DAY

SERVED MONDAY - FRIDAY 12PM - 5PM ALL 16.95

NOT AVAILABLE ON SATURDAY AND SUNDAY OR 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

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 home-made 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

fresh fillet of smoked haddock

17.95

poached and served with two poached eggs, fresh crusty granary bread and two hash browns

burrata and avocado on sourdough toast

15.45

sourdough toast topped with red pesto, crushed avocado and creamy burrata cheese. served with 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 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 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

17.95

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

crab benedict

16.45

poached eggs and devon crab on avocado and a lightly toasted muffin with a creamy hollendaise sauce

bubble benedict

15.45

poached eggs and 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 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

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

whole tail scampi

breaded and served with chips, peas and homemade tartare sauce

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

chicken wings (gf *fryer)

coated in your choice of bbq or spicy louisiana 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

homemade beef lasagne

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

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

ALL 11.95

SERVED FROM 12PM

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

houmous, carrot sticks and cucumber

chicken nuggets, 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, fresh mussels, tiger prawns and squid	24.95
1kg pot of fresh mussels served with a bowl of chips and crusty sourdough 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
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	18.95
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

CHARGRILLED SKEWERS

deliciously marinated and fresh off the chargrill	21.95
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)	
tiger prawns (gf) cooked with sweet chilli and garlic sauce or just garlic	22.95
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 or without anchovies	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