

ALL DAY

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

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 & OPEN CIABATTAS

SERVED MONDAY - FRIDAY 12PM - 5PM ALL 16.95
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your choice of wrap or open ciabatta. served with chips, curly fries or sweet potato fries, salad and homemade coleslaw

fish goujon

premium fish goujons, lettuce and homemade tartare sauce

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

bang bang chicken

panko breadcrumb chicken goujons with mixed leaves and a bang bang mayo

estuary club

grilled cajun chicken, crispy bacon, tomato, lettuce and mayo

duck wrap

chinese spiced duck, spring onions, cucumber and hoi sin sauce - served as a wrap only

ham and cheese

mature british cheddar, wiltshire dry cured ham and chilli jam

oven-baked goats cheese (v)

breaded goats cheese with beetroot, lettuce and carmalised onion chutney

falafel and tzatziki (v)

spiced chickpea patty with lettuce and tzatziki

southern fried vegan chicken (ve)

with lettuce, tomatoes and bbq sauce

BREAKFAST SERVED MONDAY - SUNDAY 9AM - 12PM

large full english breakfast	15.45	shakshuka (v)	13.95
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		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	

small full english breakfast	13.45	fresh fillet of smoked haddock	16.95
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		poached and served with two poached eggs and fresh crusty granary bread	

vegetarian breakfast (v)	15.45	scrambled eggs with scottish smoked salmon	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		on two fresh granary toast	
		crab benedict	15.95
		poached eggs and devon crab on tomato, avocado and a lightly toasted muffin with a creamy hollandaise sauce	

vegan breakfast (ve)	15.45	eggs benedict	14.95
two vegetarian sausages, two hash browns, avocado, grilled tomatoes, heinz beans, mushrooms and granary or white toast (dairy free butter)		poached eggs and hand cut ham, on a lightly toasted muffin with a creamy hollandaise sauce	
		eggs royale	15.95
		poached eggs and scottish smoked salmon, on a lightly toasted muffin with a creamy hollandaise sauce	

luxury steak breakfast	22.95	bubble benedict	14.95
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		poached eggs and hand cut ham, on bubble and squeak with creamy hollandaise sauce	
		pancakes (v)	12.95
		american style pancakes. served with a topping of your choice:	

crushed avocado on sourdough toast (v)	14.95		
crushed avocado on toast with poached eggs and grilled tomatoes			

halloumi, egg and sourdough toast (v)	14.95		
grilled halloumi cheese, sour dough toast topped with avocado and feta, two poached eggs and grilled tomatoes			

ham, egg and bubble and squeak (gf)	14.95	- strawberries, smoked dutch bacon and maple syrup	
fresh hand cut ham with bubble and squeak and two poached eggs		- nutella and strawberries	

BREAKFAST COCKTAILS - SERVED UNTIL 12PM bucks fizz - bloody mary - kir royale ALL 6.95

WEEKDAY LIGHT LUNCH ALL 16.95

SERVED 12PM - 5PM MONDAY - FRIDAY
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skewer & chips (gf)		beer-battered skate	
your choice of one chicken, steak, prawn or halloumi skewer with chips and salad		beer-battered half wing of skate. served with chips, garden peas and homemade tartare sauce	

chicken wings		ham, egg and chips (gf)	
chicken wings in your choice off bbq, spicy louisiana or blue cheese sauce. served with chips and salad		thick cut ham with two fried eggs and chips	
		cheese burger	
		estuary recipe beef patty topped with cheddar cheese in a pretzel bun. served with chips	

salt and pepper squid		bang bang chicken curry	
salt and pepper battered squid. served with a sweet chilli dip, chips and salad		panko breadcrumb chicken in a sweet and spicy asian bang bang sauce on a bed of vegetable rice and a sesame seed and spring onion garnish	

whole tail scampi		falafel (ve)	
breaded and served with chips, peas and homemade tartare sauce		spiced chickpea balls with chips, salad and a houmous dip	

babyback ribs (gf)			
half a rack of chargrilled pork ribs. served with chips and salad			

BREAKFAST EXTRAS

extras can only be added to our pre-existing selection of breakfasts. they are not able to be substituted

toast, fried slice or bread and butter	0.95
fried or poached egg (gf)	2.00
scrambled eggs (gf)	4.00
cumberland pork or vegetarian sausages	2.00
dutch bacon (gf)	2.00
grilled tomatoes (gf)	2.00
halloumi (gf)	4.00
heinz baked beans (gf)	2.00
bubble and squeak (gf)	2.50
two hash browns (gf)	2.50
pan fried mushrooms (gf)	2.50
two slices of black pudding	2.50
avocado (gf)	2.50

KIDS MENU ALL 8.95

10 YEARS OLD AND UNDER

KIDS BREAKFAST

SERVED 9AM - 12PM

kids breakfast

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

kids vegetarian breakfast

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 a topping of your choice:

- nutella and strawberries
- strawberries, smoked bacon and maple syrup

KIDS MAINS

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



STARTERS

pan fried scallops (gf) cooked in a sweet chilli and garlic sauce or just garlic. served with crusty bread	12.95
pan fried tiger prawns (gf) cooked in a sweet chilli and garlic sauce or just garlic. served with crusty bread	12.95
breaded fishcakes haddock and cheddar fishcakes. served with sweet chilli sauce and a salad garnish	8.95

salt and pepper squid salt and pepper battered squid. served with sweet chilli dip	8.95
chicken wings with a choice of bbq, spicy louisiana or blue cheese sauce and a salad garnish	8.95
devon crab, prawn & avocado (gf) served with marie rose sauce and a salad garnish	12.95
scottish smoked salmon, prawn & avocado (gf) served with marie rose sauce and a salad garnish	12.95

southern fried chicken goujons estuary recipe buttermilk chicken. served with your choice of bbq or bang bang sauce	8.95
chinese style duck crispy duck, served with cucumber, spring onion, hoisin sauce and chinese style wraps	12.95
oven baked breaded goats cheese (v) served with beetroot and caramalised onion chutney	9.95

vegan chicken goujons (ve) served with bbq sauce	8.95
large cheese nachos to share (v) (gf) cheddar cheese nachos, served with guacamole, salsa, sour cream and jalapenos	13.95
mezze sharing platter falafel, olives and flatbread with tzatziki, houmous and taramasalata dips	14.95
marinated gordal olives (v) with feta, crusty bread, balsamic and oil	8.95

SEAFOOD

fresh chargrilled swordfish (gf) grilled swordfish fillet with your choice of sauce. served with new potatoes or vegetable rice and mixed green vegetables	22.95
fresh grilled lemonsole (gf) grilled fillet of lemonsole with your choice of sauce. served with new potatoes or vegetable rice and mixed green vegetables	22.95
panfried seabass (gf) grilled seabass fillets with your choice of sauce. served with new potatoes or vegetable rice and mixed green vegetables	21.95
panfried skate (gf) grilled wing of skate with your choice of sauce. served with new potatoes or vegetable rice and mixed green vegetables	22.95
grilled cod (gf) grilled cod with your choice of sauce. served with new potatoes or vegetable rice and mixed green vegetables <small>may contain small bones</small>	19.95
beer-battered cod beer-battered or grilled cod. served with chips, mushy peas or garden peas and homemade tartare sauce <small>may contain small bones</small>	18.95
beer-battered skate beer-battered wing of skate. served with chips, mushy peas or garden peas and homemade tartare sauce	21.95
salt and pepper squid salt and pepper battered squid. served with your choice of two sides and a sweet chilli dip	20.95
pan fried scallops (gf) cooked in sweet chilli and garlic sauce or just garlic served with your choice of two sides	21.95
pan fried tiger prawns (gf) cooked in sweet chilli and garlic sauce or just garlic served with your choice of two sides	21.95
seafood paella (gf) classic rice dish with chicken, chorizo, fresh mussels, tiger prawns and squid	21.95
1kg pot of fresh mussels served with a bowl of chips, curly fries or sweet potato and crusty bread with a choice of the following freshly made sauces: - mariniere sauce with cream, white wine and onions - provencal sauce with tomatoes, chilli and garlic	20.95
whole tail scampi breaded and served with chips, curly fries or sweet potato and mushy peas or garden peas and homemade tartare sauce	18.95

FISH SAUCES

- herb and lemon butter
- capers, tomatoes and olives
- chimichurri (garlic, parsley, oregano, chilli and red wine vinegar)
- mushroom, white wine, cream and prawns (supp 2.00)

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	20.95
plain and simple burger estuary recipe beef patty in a pretzel bun. served with your choice of two sides	18.95
buttermilk chicken burger estuary recipe buttermilk chicken, salad and mayonnaise in a pretzel bun. served with your choice of two sides	19.95
halloumi burger (v) chargrilled halloumi cheese, topped with avocado and chilli jam in a pretzel bun. served with your choice of two sides	18.95
falafel burger (ve) spiced chickpea burger patty, salad and houmous in a pretzel bun. served with your choice of two sides	18.95

CHARGRILLED SKEWERS

deliciously marinated and fresh off the grill served with your choice of two sides	21.95
choose any two of the following:	
chicken - in a cajun marinade	
steak - chargrilled rib-eye	
prawn - sweet chilli and garlic	
halloumi - traditional cypriot chhese (v)	
vegetable - mixed vegetables (ve)	
two vegetable skewers - mixed vegetables (ve)	15.95

SIDES

- chips (ve) (gf)
- new potatoes
- garlic ciabatta (v)
- onion rings (v)

CHARGRILLS

10oz 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 4.95	28.95
chicken wings with a choice of bbq, spicy louisiana or blue cheese sauce. served with your choice of two sides	18.95
bbq chicken (gf) chargrilled chicken breast in a smoky bbq sauce topped with bacon and cheddar. served with your choice of two sides	19.95
babyback ribs (gf) full rack of chargrilled pork ribs in a classic bbq sauce. served with your choice of two sides	20.95
babyback ribs and chicken (gf) half rack of pork ribs in a classic bbq sauce and your choice of chargrilled cajun breast or wings in bbq or spicy louisiana sacue. seved with your choice of two sides	20.95
bang bang chicken curry panko breadcrumb chicken in a sweet and spicy asian bang bang sauce on a bed of vegetable rice, with prawn crackers and a sesame seed and spring onion garnish	20.95
homemade beef lasagne homemade aberdeen angus beef lasagne. served with your choice of two sides	19.95
sizzling fajitas served with cheddar cheese, guacamole, spicy salsa, sour cream and tortilla wraps.	21.95
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

LUXURY SALADS

a large mixed leaf salad with herby diced potatoes, cucumber, cherry tomatoes, red onion, peppers and coleslaw	
tiger prawns (gf) cooked with sweet chilli and garlic sauce or just garlic	22.95
pan fried queen scallops (gf) cooked in a choice of chilli and garlic or just garlic	22.95
salt and pepper squid salt and pepper battered squid. served with sweet chilli sauce	19.95
breaded fishcakes haddock and cheaddar fishcakes. served with sweet chilli sauce	19.95
chargrilled chicken, bacon & feta (gf) fresh cajun spiced breast of chicken. chargrilled with bacon and feta cheese	20.95
bang bang chicken panko breadcrumb 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 hoi sin sauce	21.95
chargrilled halloumi & avocado (v) (gf) with marinated olives	19.95
devon crab, prawns and avocado devon crab with fresh royal greenland prawns, avocado and marie rose sauce	22.95
salmon, prawns and avocado scottish smoked salmon with fresh royal greenland prawns, avocado and marie rose sauce	22.95
oven baked breaded goats cheese (v) served with beetroot and carmalised onion chutney	19.95
falafel salad (v) spiced chickpea balls with tzatziki	19.95
vegan salad (ve) vegan chicken goujons. served with a bbq sauce	19.95

if not with meal 4.95