

THE ESTUARY RESTAURANT
ALTERNATIVE MENUS



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

office@estuaryrestaurants.com

SHARING PLATTERS

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| SEAFOOD PLATTER | 24.95 |
| fresh squid in salt and pepper batter, luxury breaded whole tail scampi and pan-fried garlic sweet chilli prawns. served with sweet chilli and tartar sauces and crusty baguette | |
| CHINESE STYLE CRISPY DUCK | 21.95 |
| half a roast duck served with cucumber, spring onion, hoisin sauce and 12 pancakes | |
| CHARGRILLED CHICKEN WINGS PLATTER | 16.95 |
| 12 cajun spiced chicken wings served with bbq, louisiana and blue cheese sauces | |
| 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 | 1.00 |
| french fries, chips, curly fries | 4.95 |
| sweet potato fries | 5.95 |

KIDS MENU

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

5.95

KIDS MENU

LUNCH/DINNER

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

SCAMPI, CHIPS & PEAS OR BEANS

LASAGNE & SALAD

VEG LASAGNE & SALAD

CHICKEN AND TOMATO TAGLIATELLE

all 8.95

all 9.95



(v) vegetarian (ve) vegan

VEGETARIAN & VEGAN MENU

FLATBREADS, WRAPS & BURRITOS

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

HALLOUMI, TZATZIKI & HOT HONEY (v) 14.95

grilled cypriot halloumi with creamy tzatziki, spicy hot honey and pomegranate seeds. served either in a flatbread or as a wrap

FALAFEL AND HUMMUS WRAP (v) (ve) 10.95

falafel, hummus and rocket. served either in a flatbread or as a wrap

ROASTED VEGETABLE BURRITO (v) (ve) 12.95

roasted vegetables in a toasted tortilla wrap with spicy rice, cheese, peppers and onions. vegan option without cheese available

(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

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)

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| 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) | 16.95 |
| two chargrilled vegetable skewers served with spicy rice and side salad | |
| SIZZLING VEGETABLE FAJITAS (v) (ve) | 16.95 |
| 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 | |

(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 - unless stated otherwise

OVEN-BAKED BREADED GOATS CHEESE (v) 19.95

oven-baked breaded goats cheese served with beetroot, caramelised onion and pine nuts

HALLOUMI AND OLIVE (v) 19.95

chargrilled cypriot halloumi and mixed olives

FALAFEL, HUMMUS AND TZATZIKI (ve) 19.95

middle eastern spiced chickpea falafel

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) 12.95

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

GLUTEN FREE MENU OPTIONS

LIGHT LUNCH

served 12.00 onwards (12.30 Sundays)

BARNESLEY LAMB CHOP

8oz chargrilled rosemary and garlic barnsley lamb chop, served with chunky chips, mint sauce and a fresh house side salad

BBQ CHICKEN

chargrilled chicken breast, topped with cheese, bacon and bbq sauce, served with french fries and fresh house salad

LUNCHTIME SKEWER

chargrilled cajun chicken, lamb kofte 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

CAJUN CHICKEN, PANCETTA AND FETA SALAD

fresh chargrilled cajun chicken with pancetta and feta (no herby diced potatoes)

HALLOUMI AND OLIVE SALAD (v)

chargrilled cypriot halloumi and mixed olives (no herby diced potatoes)

all 16.95

(french fries 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



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| PAN FRIED GARLIC TIGER PRAWNS (not served with bread) with or without sweet chilli sauce | 12.95 |
| LUXURY PRAWN COCKTAIL (not served with bread) fresh royal greenland prawns with homemade marie rose sauce and mixed leaves | 10.95 |
| CHARGRILLED CHICKEN WINGS with a choice of blue cheese or bbq dip, served on the side | 8.95 |
| CHARGRILLED VEGETABLE SKEWER (v) (ve) served with tzatziki and a rocket garnish | 7.95 |
| CHEESE NACHOS - single serve (v) cheddar nachos, served with guacamole, salsa, sour cream and jalapenos | 7.95 |

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 31.95
served with garlic butter

CHARGRILLED GAMMON, PINEAPPLE, EGG AND CHIPS 20.95
chargilled gammon, roasted pineapple, two fried eggs and chunky chips

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

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

BBQ CHICKEN 20.95
chargilled chicken breast, topped with cheese, bacon and bbq sauce

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 16.95

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

PAN FRIED SEA BASS

with crushed roast potatoes steamed mixed vegetables and your choice of:

- garlic butter and chilli sauce 22.95
- tomato, chilli and prawn sauce 23.95

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 instead, please inform your server)

SMOKED SALMON, PRAWNS AND AVOCADO 23.95

PAN FRIED GARLIC TIGER PRAWNS 23.95

CAJUN CHICKEN, PANCETTA AND FETA 21.95

HALLOUMI AND OLIVE (v) 19.95

SIDES -

- spicy rice | chicken wings x4 | spicy rice | side salad | portobello mushrooms | steamed mixed vegetables | creamy mash | tenderstem broccoli | new potatoes | french fries | chips | sweet potato fries |

fried in the same oil as other products containing gluten

DESSERT MENU

CHOCOLATE BROWNIE

PROFITEROLES

CHURROS WITH CHOCOLATE/ TOFFEE SAUCE

STICKY TOFFEE PUDDING

BREAD AND BUTTER PUDDING

BLACKBERRY AND APPLE CRUMBLE

all served with either cream or ice cream

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

• BROADWAY •

all 6.95

ICE CREAM

rossi's vanilla ice cream, pistachio ice cream or vegan coconut ice cream

1.50 per scoop if not with dessert

DESSERT COCKTAILS

TOASTED MARSHMALLOW MARTINI

AFTER EIGHT MARTINI

CHOCOLATE ORANGE MARTINI

WHITE CHOCOLATE MARTINI

TIRAMISU MARTINI

all 10.95