



BREAKFAST

9.00 am- 12.00 pm

ESTUARY BREAKFAST £12.00

2 pieces of smoked streaky bacon, 1 pork & leek sausage, 1 fried egg, mini hash browns, roasted cherry tomatoes, mushrooms, black pudding, baked beans & sourdough toast (GFO)

LARGE ESTUARY BREAKFAST £15.50

4 pieces of smoked streaky bacon, 2 pork & leek sausages, 2 fried eggs, mini hash browns, roasted cherry tomatoes, mushrooms, black pudding, baked beans & sourdough toast (GFO)

VEGGIE ESTUARY BREAKFAST £12.00

Glamorgan sausage, 2 fried eggs, roasted cherry tomatoes, baked beans, mini hash browns, mushrooms & sourdough toast (VGO)(VE)(GFO)

THE ESTUARY VEGAN BRUNCH £12.00

Mixed bean chilli with hummus on sourdough toast served with chipotle chilli chutney (VG)(GFO)

BACON OR SAUSAGE ROLL £7.50

A choice of smoked streaky bacon or pork & leek sausages in a brioche bun (GFO)

THE ESTUARY STACK £12.00

Toasted sourdough with smashed avocado, smoked streaky bacon, goats cheese & two free range poached eggs served with chipotle chilli chutney (GFO)(VEO)

POACHED EGGS ON TOAST £7.50

Two poached eggs served on sourdough toast (GFO)(VE)

EXTRAS

Poached egg or mini hash browns or baked beans (VE) £2.50

Sourdough toast (2 pieces) (GFO) £3.00

Black pudding or smashed avocado (VG) or halloumi (VE) (GFO) or smoked streaky bacon (GFO) or 2 pork & leek sausages £4.00

LUNCH

12:30 PM - 4:30 PM

SOUP OF THE DAY £8.50

Homemade seasonal soup served with toasted sourdough bread and Welsh butter. (GFO)

VEGAN CHILLI & RICE £14.50

Homemade vegan chilli & rice with mini poppadoms

STEAK & FRIES £16.50

6oz rump steak served with pepper sauce, a fresh side salad, & rosemary salted fries. (GFO)

SCAMPI & FRIES £16.00

Breaded Whitby scampi paired with rosemary salted fries, garden peas, and tartare sauce.

COD GOUJONS & FRIES £16.50

Hand battered cod goujons with rosemary salted fries, garden peas, and homemade tartare sauce.

LINGUINE BOLOGNESE £16.50

Homemade beef bolognese in a rich tomato sauce with linguine pasta and grated Gran Padano cheese

PRAWN & LEMON LINGUINE £16.50

Linguine pasta tossed with king prawns in a lemon cream sauce, with laverbread, finished with grated Gran Padano cheese and extra virgin olive oil.

CHICKEN, BACON & BRIE WRAP £15.50

Breaded chicken pieces, smoked streaky bacon and brie cheese with a tomato chutney wrap and served with rosemary salted fries

CHICKEN & CHORIZO SKEWERS £15.00

Chicken & chorizo skewers with a tomato, red onion and cucumber mixed salad and served with rosemary salted fries

SWEET CHILLI CHICKEN TACOS £15.00

Breaded salt and pepper chicken tacos with a sweet chilli sauce, mint cabbage citrus slaw served with rosemary fries

HALLOUMI (VE) or SWEET POTATO FALAFEL SALAD (VG) £13.00

Fried Halloumi or Falafel served with fresh cherry tomatoes, cucumber and red onions with a mixed salad leaf and a mustard vinaigrette

OVEN BAKED JACKET POTATO

All served with a side salad and Welsh butter oven-baked jacket potato with your choice of filling:

- Grated Cheese (GF) £8.50
- Baked Beans (GF) £8.50
- Beans & Cheese (GF) £10.50
- Coleslaw & Cheese (GF) £10.50
- Tuna Mayo £10.50
- Chicken Curry £11.50
- Vegan Bean Chilli £11.50

SIDES

ROSEMARY SALTED FRIES(GFO) (VG) £4.00

GARLIC BREAD (VE) £3.00

GARLIC BREAD WITH CHEESE (VE) £4.50

SMALL PLATES

MON - THURS: 5:30 PM - 8:30 PM
FRI - SAT - 5:30PM - 9:00PM

FROM THE LAND

- PATATAS BRAVAS (GFO)(VG)..... £7.00
with sriracha mayo
- HALLOUMI FRIES (GFO)(VE) £7.00
with chilli chutney
- SPICED POACHED PEAR & POMEGRANATE SALAD £8.00
with watercress & brazil nuts
- ROAST SQUASH WEDGES £8.00
with goats cheese & sage
- BREADED MOZZARELLA BITES (VE) £8.00
with garlic aioli
- SWEET POTATO FALAFEL (GFO)(VG) £8.00
with hummus and roasted red peppers
- SELECTION OF BREADS (GFO)(VG) £8.00
served with oils and vinegar

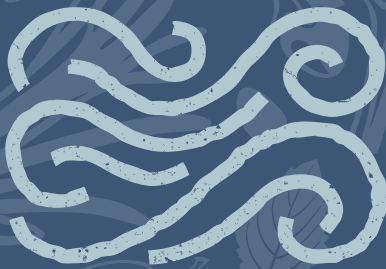
FROM THE FIELD

- 6oz RUMP STEAK £9.50
with peppercorn sauce
- LAMB & MINT BON BONS..... £9.50
with minted gel
- TAMARIND GLAZED CHICKEN WINGS..... £8.00
- OX CHEEK & BUTTERNUT SQUASH..... £9.50
red wine braised ox cheek with butternut squash puree & maple
- GOWER ALE BRAISED CHORIZO £7.50
- ROAST PORK BELLY (GFO) £9.50
with apple & celeriac remoulade

FROM THE SEA

- KING PRAWNS £9.00
in a bisque sauce with samphire
- CRISPY MUSSELS..... £7.50
- CRISPY FRIED CALAMARI £10.00
in a garlic, chilli & lime sauce
- SMOKED MACKERAL PATE..... £8.00
served on a toasted brioche
- BUTTERFLIED SARDINES £8.00
with a caper vinegarette & dill crumb

Mon - Thurs
3 small plates for
£26.00



THE ESTUARY
BAR & ROOMS

Please be advised that we handle all allergens within our kitchen, and while we endeavour to cater to dietary requirements on request, we cannot guarantee that dishes are completely allergen-free. Please inform a member of our staff about any food allergies or dietary requirements.

GFO- Gluten free Option
VG - Vegan
VGO - Vegan Option
VE- Vegetarian
VEO- Vegetarian Option