

## BREAKFAST & BRUNCH

MON-SAT 10:00AM-3:30PM

### ESTUARY BREAKFAST: £11.00

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

### LARGE ESTUARY BREAKFAST: £14.50

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

### VEGGIE ESTUARY BREAKFAST: £11.00

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

### BRUNCH BURGER: £9.80

Sausage patty, smoked streaky bacon, black pudding, fried egg & sriracha mayo in a pretzel style bun

### BACON OR SAUSAGE ROLL: £6.50

A choice of smoked bacon or pork & leek sausages in a pretzel style bun

### THE ESTUARY STACK: £11.00

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

### THE MEAT STACK: £12.00

Toasted sourdough with gran tesoro red wine braised chorizo, smoked streaky bacon, tomato sauce & two free range poached eggs (GFO)

### THE WELSH BRUNCH: £12.00

Toasted sourdough, laverbread bon bons, pork & leek sausage, smoked streaky bacon, seasoned cockles & a free range poached egg

### THE ESTUARY VEGAN BRUNCH: £10.00

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

### BREAKFAST BAGUETTE: £9.50

Smoked streaky bacon, pork & leek sausage, cheddar cheese & mini hash browns served in a toasted baguette

### POACHED EGGS ON TOAST: £6.50

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

### EXTRAS (priced each)

Poached egg, mini hash browns, baked beans (V)	£2.00
Sourdough toast (2 pieces) (GFO)	£2.50
Black pudding, smashed avocado (VG), halloumi (V) (GFO), smoked streaky bacon, 2 pork & leek sausages (GFO)	£3.00

## LUNCH

MON-SAT 12:00PM-3:30PM

### SOURDOUGH TOASTIES

All served with salted crisps. Upgrade to fries instead of crisps for £2.00

### THE STAPLE ONE: £10.00

Smoked streaky bacon, brie & chipotle chilli chutney (GFO)

### THE VEGGIE ONE: £9.00

Avocado, halloumi & sweet chilli sauce (GFO) (V)

### CROQUE MONSIEUR: £10.00

Ham & house made melted cheese sauce

### THE STEAK CLUB: £13.50

6oz rump steak, cheddar cheese, chipotle chilli chutney & smoked streaky bacon (GFO)

### BEEF PASTRAMI & CHEESE: £12.00

Slices of beef pastrami, roast red peppers & onions with melted cheese

## SALADS

### CHICKEN CAESAR SALAD: £10.50

Chicken breast served with romaine lettuce, grana padano cheese, croutons & a caesar dressing

### VEGGIE BOWL: £10.00

Smashed avocado, falafel, crispy chickpeas, feta, carrot, cherry tomatoes & pea shoots (VGO) (GFO) (V)

## BURGERS AND LOADED FRIES

All burgers served in a pretzel bun with rosemary salted fries & house made vegan slaw

### BACON CHEESEBURGER: £15.00

Two smashed beef patties, smoked streaky bacon, burger cheese, tomato & lettuce

### CHICKEN BURGER: £15.00

Southern fried chicken goujons, smoked streaky bacon, cheese, black pepper mayo, tomato & lettuce

### LAMB & MINT BURGER: £17.00

Two lamb & mint burger patties, pickled green peppers, lemon coriander yoghurt, tomato & Lettuce

### BBQ PULLED PORK LOADED FRIES: £10.50

Slow cooked BBQ pulled pork shoulder served on top of skin on rosemary salted fries

### BACON AND CHEESE LOADED FRIES: £9.50

Smoked streaky bacon pieces with a homemade cheese sauce on top of skin on rosemary fries

### MIXED BEAN LOADED FRIES: £8.50

Mixed bean chilli on top of skin on rosemary fries (VG)

## EXTRA BURGER TOPPINGS

BBQ PULLED PORK £3 / EXTRA CHEESE £1 / SMOKED STREAKY BACON £3

## SIDES

ROSEMARY SALTED FRIES (GFO) (VG) : £3.50

GARLIC BREAD (V) : £3.00

GARLIC BREAD WITH CHEESE (V) : £4.00

## SMALL PLATES

MON-SAT 4:30PM-9:00PM

SUN 5:00PM-9:00PM

### FROM THE LAND

Patatas Bravas with a Sriracha Mayo (VG) (GFO)	£6.00
Halloumi Fries with Chilli Chutney (V) (GFO)	£6.00
A Selection of Breads Served with Olives, Oils & Vinegar (VG)	£6.00
Pan Fried Tenderstem Broccoli, Chilli Oil & Grana Padano Cheese (V) (GFO)	£7.00
Chickpea, Heirloom Tomato, Cucumber, Lemon & Dill Salad (VG) (GF)	£5.50
Tomato & Red Onion Bruschetta with Goats Cheese (VG)	£6.00
Sweet Potato Falafel, Hummus & Pickled Green Peppers (VG) (GFO)	£6.00
Welsh Cheese Croquettes with Smoked Paprika Aioli (V)	£6.50

### FROM THE FIELD

6oz Rump Steak with a Mint Chimichurri (GF)	£8.00
Beef & Pork Meatballs with Romesco Sauce	£6.50
Char Siu Style Pork Belly Bao Buns	£7.00
Chicken Satay Skewers with a Roasted Peanut & Lime Sauce	£7.00
Green Chilli Sriracha Chicken Wings (GFO)	£6.50
Braised Red Wine Chorizo (GF)	£5.00

### FROM THE SEA

King Prawn with a Cream Garlic Sauce (GF)	£7.50
Crispy Fried Cockles (GFO)	£5.00
Crispy Coated Calamari in a Garlic, Chilli & Lime Sauce (GFO)	£7.50
Laverbread Bon Bons with a Bacon Jam	£5.50
Fishcake Bites with Tartare Sauce	£7.50
Salmon Gravadlax with a Tarragon & Dill Crème Fraiche (GF)	£8.00

### SHARER (PERFECT FOR 2)

Camembert Sharer with Honey and Rosemary, Toasted Bread, Nuts, Crackers & Chutney (V)	£22.00
(Add a selection of cured meats to your sharer for £5)	

**DEAL: 3 TAPAS PLATES AND A LARGE GLASS OF WINE £23.50**

PLEASE INFORM A MEMBER OF STAFF OF ANY ALLERGIES OR DIETRY REQUIREMENTS

GF - Gluten free  
GFO- Gluten free Option  
VG - Vegan  
VGO - Vegan Option  
V- Vegetarian

  
**THE ESTUARY**  
BAR & ROOMS

## EAT-IN OR TAKE AWAY GELATO

PLEASE SEE THE COUNTER FOR TODAY'S  
GELATO AND SORBET SELECTION

## TUB OR PLAIN WAFFLE CONE

THIS WAY TO  
THE GELATO

- 1 SCOOP - £3.20  
2 SCOOP - £4.40  
3 SCOOP - £5.60

### UPGRADE YOUR CONE

Flavour Cones (with 1 Scoop): Sprinkles, £3.70  
Oreo, Unicorn Sugar, Biscoff, M&M's

Cheeky Monkey Kids Cone (1 Scoop) £2.50

Belgian Chocolate Filled Cone £4.20

### EXTRA TOPPINGS (EACH)

Meringue, Chocolate Sprinkles, 45p  
Marshmallows, 100's & 1000's

Flake 55p

Oreo, Bueno, M&M's, Honeycomb, 95p  
Fudge Pieces, Maltesers, Hazelnuts,  
Pistachio, Whipped Cream

### SAUCE (EACH)

Warm Nutella, Warm Chocolate, Salted 65p  
Caramel, Fruit Coulis, Peanut Butter,  
Strawberry, Toffee



## SUNDAES CHOOSE YOUR OWN



BUILD YOUR OWN SUNDAE - £9.50  
TOPPED WITH WHIPPED CREAM & WAFER

### 1. CHOOSE THREE SCOOPS

Of gelato from our counter

### 2. CHOOSE THREE TOPPINGS

Honeycomb, Fudge Pieces, Chocolate Sprinkles,  
Maltesers, Marshmallows, 100's & 1000's,  
Hazelnuts, Pistachio

### 3. CHOOSE YOUR SAUCE

Warm Nutella, Warm Chocolate, Salted Caramel,  
Fruit Coulis, Peanut Butter, Strawberry, Toffee

## SIGNATURE SUNDAES

### THE UTTERLY NUTTER £8.95

Peanut butter gelato, vanilla gelato & bueno gelato.  
Topped with snicker pieces, whipped cream,  
hazelnuts, finished with peanut butter sauce & a  
wafer

### THE HARLEQUIN £8.95

Vanilla gelato, strawberry gelato & chocolate gelato.  
Topped with strawberries, mini maltesers & whipped  
cream, finished with strawberry sauce, chocolate  
sprinkles & a wafer.

### THE CHOCOHOLIC £8.95

Bueno gelato & 2 scoops chocolate gelato. Topped  
with a bueno stick, M&M's & whipped cream,  
finished with hot chocolate sauce & a flake

### VERY BERRYLICIOUS £8.95

Cherry & white chocolate gelato & 2 scoops  
strawberry gelato. Topped with mixed berries &  
whipped cream, finished with raspberry &  
blueberry coulis & A Wafer.

### STRAWBERRIES & CREAM £8.95

Strawberry gelato & 2 scoops vanilla gelato. Topped  
with sugar coated strawberries & whipped cream,  
finished with strawberry sauce & a wafer

### BISCOFF SUNDAE £8.95

3 scoops vanilla gelato topped with biscoff sauce,  
biscoff crumbs, biscuits & a wafer.

DOUBLE UP ON YOUR CHOSEN FILLINGS FOR  
£1.00 EACH

## SWEET WAFFLES

ALL SERVED WITH MILK GELATO & WHIPPED CREAM  
UPGRADE TO ANOTHER GELATO FLAVOUR FOR £1,  
DOUBLE UP ON TOPPINGS FOR £1.25 EACH

### THE CLASSIC £7.75

Just lemon & sugar

### NUTELLA £8.45

Warm nutella sauce & hazelnuts

### BANANATELLA £8.95

Sliced banana, warm nutella sauce & hazelnuts

### GALAXY CARAMEL £8.95

Warm chocolate sauce, caramel sauce & galaxy  
caramel chunks

### STRAWBERRY & NUTELLA £8.95

Strawberries & warm nutella sauce

### STRAWBERRY & CHOCOLATE £8.95

Strawberries & warm chocolate sauce

### ALL THE BERRIES £8.95

Blueberries, raspberries, strawberries, sugar  
& fruit coulis

### UTTERLY NUTTERLY £8.95

Snicker pieces, peanut butter sauce & warm  
nutella sauce

### BISCOFF £8.95

Warm biscoff sauce & biscoff crumbs

### THE GOWER PIGLET SERVES 2-3 £16.95

Salted caramel gelato, vanilla gelato, chocolate  
gelato, bueno gelato, ferrero rocher gelato,  
served with 2 waffles. topped with snicker pieces,  
M&M's, maltesers & a bueno stick. Finished with  
whipped cream, warm chocolate sauce & 2 flakes

### THE GOWER PIG SERVES 4-5 £26.95

2 scoops of salted caramel gelato, 2 scoops Of  
chocolate gelato, 2 scoops of bueno gelato, 2  
scoops ferrero rocher gelato, served with 4  
Waffles. Topped with snicker pieces, M&M's,  
maltesers & a bueno stick. Finished with whipped  
cream, warm chocolate sauce & 2 flakes.

MADE WITH  
PASSION

## SWEET CREPES

ALL SERVED WITH MILK GELATO & WHIPPED CREAM  
UPGRADE TO ANOTHER GLEATO FLAVOUR FOR £1,  
DOUBLE UP ON TOPPINGS FOR £1.25 EACH

### THE CLASSIC £7.75

Just lemon & sugar

### NUTELLA £8.25

Warm nutella sauce & hazelnuts

### BANANATELLA £8.25

Sliced banana, warm nutella sauce & hazelnuts

### GALAXY CARAMEL £8.25

Warm chocolate sauce, caramel sauce & galaxy  
caramel chunks

### STRAWBERRY & BELGIAN CHOCOLATE £8.25

Strawberries & warm belgian chocolate sauce

### STRAWBERRY & NUTELLA £8.25

Strawberries & warm nutella sauce

### ALL THE BERRIES £8.25

Blueberries, raspberries, strawberries, sugar & fruit  
coulis

### UTTERLY NUTTERLY £8.25

Snicker pieces, peanut butter sauce & warm nutella  
sauce

### BISCOFF £8.25

Warm biscoff sauce & biscoff crumb

## MILKSHAKES

### PICK A GELATO AND WE WILL DO THE REST

Without whipped cream £4.95

With whipped cream £5.95

### SODA FLOATS

LEMONADE FLOAT £4.95

With a scoop of strawberry gelato

COKE FLOAT £4.95

With a scoop of vanilla gelato

### SOFT DRINKS

Coke, Diet Coke, Sprite Zero, Fanta £3.20

A SELECTION OF TEAS AND COFFEES ARE  
AVAILABLE

