

SAMPLE MENU

**VEGGIE
FRIENDLY**

- Falafel With Hummus & Feta Stuffed Peppers (VGO) (GFO)	4.50
- Potatas Bravas (VG) (GFO)	4.95
- Halloumi Fries With Chilli Chutney (GFO)	4.95
- Olive Selection (VG) (GF)	3.50
- A Selection Of Bread Served With Oil & Vinegar (VG)	4.00
- Garlic & Mushroom Bruschetta With A Parmesan Crumb	5.00
- Roast Beetroot Salad With Mint, Feta Cheese & Salted Pecans (GF)	4.50

**FROM THE
LAND**

- Beef & Pork Meatballs With Bravas Sauce & A Garlic Ciabatta	6.00
- Steak Diane (served medium rare) (GFO)	6.50
- Gower Smugglers Cider Braised Chorizo	6.00
- Lamb & Mint Bon Bons	6.00
- Beef Short Rib With A Teriyaki Glaze (GFO)	6.50
- Sticky Korean Chicken Wings (GFO)	5.00

**FROM THE
SEA**

- King Prawns With Garlic, Chilli & Lime Sauce (GFO)	6.50
- Crispy Fried Penclawdd Cockles	4.00
- Salt & Vinegar Calamari With Garlic Aioli	6.00
- Miso Glazed Salmon Bites With Sweetcorn Puree & Crispy Leeks	6.00

SHARER

(ideal for two)

- CHARCUTERIE PLATTER: Sliced Italian Meats, Welsh Cheese, Bread & Crackers, Seasonal Chutney, Olives, Fruit & Nuts	23.95
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FOR THE KIDS

12 years & under

- Cheese & Tomato Pizza, Potato Wedges & Side Salad	5.95
- Sausage, Potato Wedges & Side Salad	5.95
- Chicken Tenders, Potato Wedges & Side Salad	5.95

ESTUARY BRUNCHES

(Available until 2:30pm)

THE ESTUARY STACK: 7.50

Toasted Sourdough With Smashed Avocado,
Smoked Streaky Bacon, Goats Cheese, Free Range Poached
Eggs & Chipotle Chilli Chutney

THE MEAT STACK: 8.50

Toasted Sourdough With Red Wine & Honey Braised Chorizo,
Smoked Streaky Bacon, Smokey Tomato Sauce,
Chillies & Free Range Poached Eggs

THE VEGAN STACK: 7.50

Toasted Sourdough, Bravas Sauce, Toasted Pine Nuts
Crispy Seasoned Cabbage, Roated Butternut Squash

BRUNCH BRIOCHE: 7.50

Sausage Patty, Smoked Streaky Bacon, Fried Egg & Sriracha
Mayo

THE WELSH BRUNCH: 8

Toasted Sourdough, Welsh Laverbread Cake, Smoked
Streaky Bacon, Cockles & A Free Ranged Poached Egg

POACHED EGGS ON TOAST: 5

Two Free Range Poached Eggs On Toasted Sourdough

KIDS MENUS

(Available all day)

All childrens meals £5.95

Tomato & Cheese Pizza Seasoned Wedges & Side
Salad

Kids Pork Sausages Seasoned Wedges & Side Salad

Chicken Tenders Seasoned Wedges & Side Salad



BAGELS

(Available until 2:30pm)

ALL SERVED WITH A SIDE SALAD, CELERIAC REMOULADE & PIPER'S SALTED CRISPS

Peppered Beef Brisket With Gherkins, Emmental
Cheese & Mustard Mayo 9.50

Banana, Peanut Butter & Honey With Granola 6.50

Smoked Salmon, Cream Cheese & Chive With
Crispy Capers 8.50

SAMPLE MENU

SALADS

(Available until 2:30pm)

CAESAR SALAD With Smoked Chicken & Streaky
Bacon, Grana Padano & Olive Oil Croutons 8.50

FALAFEL QUINOA SALAD Tricolour Quinoa,
Cucumber, Carrot, Chickpeas, Cherry Tomato &
Mustard Dressing 6.50

SOURDOUGH TOASTIES

(Available until 2:30pm)

ALL SERVED WITH A SIDE SALAD & PIPER'S SALTED CRISPS

THE STAPLE ONE: 7.50
Bacon, Brie & Chilli Chutney

THE VEGGIE ONE: 7.50
Avocado, Halloumi & Sweet Chilli

PLOUGHMANS: 7.50
Ham, Cheese & Pickle

THE ESTUARY CLUB: 9.50
6oz Steak, Cheddar Cheese, Red Onion
Chutney & Smoked Streaky Bacon

HOT DRINKS

Americano 2.65

Espresso 2.25

Double Espresso 2.65

Latte 2.75

Cappuccino 2.75

Flat White 2.45

Macchiato 2.75

Mocha 2.95

Hot Chocolate 3.25

Tea: 2.25

-English breakfast

-Earl Grey

-Peppermint

-Green

-Cranberry

-Camomile

-Red Bush

PLEASE INFORM A MEMBER OF STAFF IF YOU HAVE ANY ALLERGIES OR DIETARY REQUIREMENTS

SAMPLE MENU



THE ESTUARY
BAR & ROOMS

C O C K T A I L S £ 7 E A C H

HAVANA COLADA

HAVANA CLUB RUM, BARTI SPICED SEAWEED RUM,
PINEAPPLE SYRUP, APPLE JUICE

THE TOUCAN

DARK RUM, CAMPARI, PINEAPPLE JUICE, LIME JUICE, SIMPLE SYRUP

TEQUILA SUNDOWN

TEQUILA, PASSOA, MALIBU, LYCHEE JUICE, APPLE JUICE, LIME JUICE

TWISTED MANHATTAN

RYE WHISKEY, SWEET VERMOUTH CHERRY BITTERS

PEACH & EARL GREY ICED GEA

GIN, PEACH VODKA, EARL GREY SYRUP, LEMON JUICE, SIMPLE SYRUP

ESPRESSO MARTINI

VODKA, TIA MARIA, ESPRESSO, VANILLA

APEROL SPRITZ

APEROL, PROSECCO, SODA

OLD FASHIONED

WHISKEY, ANGOSTURA BITTERS, SUGAR

NEGRONI

GIN, CAMPARI, SWEET VERMOUTH

AMARETTO SOUR

AMARETTO, SUGAR SYRUP, LEMON JUICE

WALNUT & MAPLE OLD FASHIONED

WHISKEY, MAPLE SYRUP, WALNUT BITTERS

SAMPLE MENU



Red Wine

DE CHANSAC CARIGNAN

FRANCE

Deep coloured with rich brambly fruit, the palate is generous, spicy and soft, with flavours of black cherry and raspberry. A relatively light in body wine.

125ml: 4.00 | 250ml: 7.00 | Bottle: 18.95

SOLDIER BLOCK SHIRAZ

AUSTRALIA

Bright, aromatic and juicy on the nose with just a touch of naughty bacon fat. True to the varietal, the tiny proportion of Malbec in this blend gives a flowery perfume.

125ml: 4.00 | 250ml: 7.00 | Bottle: 18.95

SIERRA ALTA MALBEC

ARGENTINA

A big, vibrant, juicy Malbec made from grapes grown at high altitude in Mendoza. Bursting with flavours of black cherry and ripe plum with hints of chocolate and smooth, supple tannins.

125ml: 4.25 | 250ml 7:95 | Bottle: 21.95

CUNE RIOJA CRIANZA

SPAIN

A surprisingly aromatic nose with red fruits and liquorice, nicely balanced with the American oak flavours of vanilla, cocoa and caramel.

125ml 4.50 | 250ml: 8.00 | Bottle: 22.95

ROCCIALTA CHIANTI RISERVA

ITALY

Aromas of black cherry, bramble fruit and hints of violet. The palate has dark, ripe plum and berry fruit with supple tannins and a long, rounded finish.

Bottle: 25.00

CHATEAU LA TUILERIE DU PUY BORDEAUX SUPERIEUR

FRANCE

Deep, intense ruby red hues. On the nose ripe redcurrant and blackcurrant. This wine is smooth with soft tannins and lasting flavours of red fruits. Long and pleasant fruity length on the palate.

Bottle: 25.00

HERDADE SAO MIGUEL TINTO COLHEITA SELECCIONADA

PORTUGAL

Beautifully defined dark fruit, there always seems to be a generous lick of cassis in this wine, even when the cabernet component is actually quite modest, just a frame of toasty oak and just enough Alicante crunch to keep it all fresh and energetic.

Bottle: 25.95

Red Wine

CALMEL & JOSEPH LES ELMES

FRANCE

Stunning ruby red colour, comes from the exceptionally austere coastal terrier of collioure. The Nose is Intense but not ostentatious, laden with red fruit, laurel, star anise and notes of humous. The palate opens incisively with bold, concentrated tannins, offering up juicy cherry, fragrant aniseed and dill, and a lovely menthol finish.

Bottle: 38.95

CHERRY BLOCK PINOT NOIR

NEW ZEALAND

Sweetly lifted on the nose showing cherry, raspberry, strawberry, toasted almond, mushroom and spice aromas, followed by a juicy palate that is nicely rounded and smooth. The wine is a fruit expressive and elegantly styled, beautifully supported by polished tannins.

Bottle: 39.95

CHATEAU MAGNOL HAUT MEDOC

FRANCE

A rich and complex nose of blackcurrant and cherry. Well balanced and spicy, menthol, vanilla and tobacco notes. Rich and aromatic on the finish. A great wine from a fantastic winery steeped in history.

Bottle: 49.95

CHATEAU LE COTEAU MARGAUX

FRANCE

The nose is very expressive with ripe red fruits, blackcurrant, blackberries and spicy pepper notes. It is Velvety, harmonious and dense in the mouth. This wine has great length and is perfectly balanced.

Bottle: 64.95

LUIS CANAS GRAN RESERVA RIOJA

SPAIN

Ruby red with earthy colour notes. Elegant and complex in the nose with a good concentration of black fruit, thyme and rosemary with secondary aromas of leather and tobacco leaves. It is polished and rounded, making it pleasant and easy to drink. It has touches of black fruit jam and liquorice.

Bottle: 64.95

CASA SILVA MICROTERROIR CARMENERE

CHILE

Intense ruby red with violet hues. On the nose, delicate aromas of red and black fruits with hints of coffee. On the palate, harmonious, with very good structure, soft tannins and notes of ripe red fruits, spices and a soft touch of black pepper. Long, lingering finish.

Bottle: 64.95

BODEGAS CARO CARO

ARGENTINA

This wine has a dark and intense colour, with hints of violet. The nose reveals a complex mix of aromas including raspberry, black pepper, violets, cloves and subtle notes of dark chocolate. On the palate the wine is well balanced with a refreshing acidity and ripe tannins that contribute to the harmony and smoothness of the palate.

Bottle: 89.95

VALLET FRERES GEVREY CHAMBERTIN CLOS DE LA JUSTICE MONOPOLE

FRANCE

This stunning exmple of pinot noir displays characters of cherry alongside rustic notes that express the terroir. An inviting 'Drink me now' nose which is gently spicy, lightly perfumed, with layered tones that are a little bit earthy and very traditional.

Bottle 99.99



White Wine

CASTILLO DEL MORO SAUVIGNON BLANC

SPAIN

This modern, crisp white demonstrates bright citrus characteristics on the nose, while offering deliciously vibrant apple fruit flavours and a zesty twang courtesy of the Sauvignon Blanc on the palate. A long clean finish with hints of grapefruit

125ml: 4.00 | 250ml: 7.00 | 18.95

MIRABELLO PINOT GRIGIO

ITALY

A fresh, dry white with gentle floral and citrus aromas. Crisp and delicate on the palate with lightly honeyed fruit balanced by lemony acidity and a fresh, dry finish.

125ml: 4.00 | 250ml: 7.00 | 18.95

PAUL MAS VERMENTINO

FRANCE

Intense floral aromas evolve toward rose petal scent, pear and slight mineral notes. The palate is vivid and fruity with a myriad of tropical fruit flavours. A perfect partner to seafood or white meat.

125ml: 4.00 | 250ml: 7.00 | 18.95

TARINGI SAUVIGNON BLANC

NEW ZEALAND

A mixture of tropical & citrus fruit is supported by mixed herbs and spice lending the wine varietal purity. This leads to a textured palate full of fruit vibrancy. Finishing with mouth watering, juicy acidity.

125ml: 4.75 | 250ml: 8.25 | Bottle: 23.95

LUSCO ALBARINO

SPAIN

Meaning 'Sunset' in the local Galician dialect, Lusco is a vibrant, bright and relatively full-bodied Albarino. It has a powerful nose with aromas of fresh herbs, tropical fruits and floral tones. Fresh and complex on the palate, the wine is unctuous, soft and refined.

Bottle: 26.95



White Wine

LA RIFRA LUGANA LIBIAM

ITALY

Straw yellow in colour with greenish tints. On the nose lemon and grapefruit aromas combine with white floral notes. On the palate the wine is well structured with stone fruit flavours and balanced acidity leading to a rich creamy soft silky and delicate finish.

Bottle: 29.95

MOUNT EDWARD RIESLING

NEW ZEALAND

A vibrant nose of apple blossom and orange zest with just a hint of ginger leads to a bracingly fresh palate of apple and lime. With surprising weight and texture, this clean, linear riesling is a delightful shock to the palate with real purity and eternal finish.

Bottle: 35.95

CAVE DE TURCKHEIM GRAND CRU BRAND PINOT GRIS

FRANCE

A butter honey nose with a dusting of exotic spice. The palate has notes of butterscotch and warm spice, with flavours of freshly baked ripe apricot tart. The nicely weighted mid palate is balanced by mouth-watering lime acidity.

Bottle: 39.95

DOMAINE PHILIPPE RAIMBAULT SANCERRE 'LES GODONS'

FRANCE

A fantastic single vineyard Sancerre from Philippe Raimbault. Elegance and sophistication in a glass. Nice ripe fruit on the nose, with hints of Sancerre greenness. The palate is clean and crisp with more sharp tropical fruit. A balance of subtlety and intensity right through to the long finish.

Bottle: 39.95

LOUIS JADOT CHABLIS

FRANCE

This very elegant Chablis is bursting with white flowers and stone fruits aromas. Round and subtle on the palate, this wine has a long finish with a stony character and a fresh acidity that leaves you wanting more.

Bottle: 42.00

STELLA BELLA CHARDONNAY

AUSTRALIA

Brilliant pale lemon with green highlights. The bouquet has an array of scents of great intensity and complexity - There is an interplay of the aromatic notes of white flowers, anise and lemon curd with deeper notes of spiced oak, some yoghurt-like nuances and a hint of struck match. The deft palate shows both restraint and power. Taut Citrus, pear and briny/mineral elements build in the mouth and meld perfectly with the savoury, nutty, fine-grained oak which nevertheless remains unobtrusive. The finish has a pleasant grapefruit-like tang and the signature length of flavour which shows great persistence. A wine of elegance and finesse.

Bottle: 49.95



Rose Wine

HEADLAND COVE ZINFANDEL

USA

Delicate and refreshing, this White Zinfandel is abundant in fruity aromas reminiscent of summer with sweet ripe raspberries and strawberries. In the mouth the red fruits mingle with melon and hints of orange zest and sweet spice.

125ml: 4.00 | 250ml: 7.00 | Bottle: 18.95

MIRABELLO PINOT GRIGIO ROSE

ITALY

Pale coral pink - strawberry and bramble aromas lead onto a delicate, yet juicy palate with red berry characters. Slight creaminess leads to a crisp dry finish.

125ml: 4.00 | 250ml: 7.00 | Bottle: 18.95

CHATEAU PAS DU CERF 'DIANE'

FRANCE

The DianeRose reflects both the ardor and energy of the deer as well as the elegant femininity of a wine of character. Fresh, fine, delicate and feminine, revealing beautiful fresh fruit and a mineral touch. In your mouth a supple and silky wine, perfectly underlined by a light acidity. Intense aromas of grapefruit and fresh fruit gives this precise and caressing wine a superb finish.

Bottle: 28.95

CHATEAU PAS DU CERF AUDACE

FRANCE

Pale pink in colour with salmon and gold reflections. The nose exudes beautiful aromatic complexity around seductive aromas of exotic fruits tied together with a fresh minerality due to its terroir. On the palate, the wine is round and charming, the notes of exotic fruits blend perfectly with the freshness of the wine for a truly elegant result and a beautiful, lasting finish

Bottle: 39.95

Sparkling

LUNETTA PROSECCO

ITALY

200ml: 6.95 | 700ml: 22.95

VEUVE CLICQUOT

FRANCE

Bottle: 59.95

VEUVE CLICQUOT ROSE

FRANCE

Bottle: 69.95