

ESTUARY BRUNCHES

(Available until 3pm)

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, Wilted Spinach, Confit Tomatoes,
Crispy Seasoned Chickpeas, Smashed Avocado

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 £5.50

Breaded Scampi Seasoned Wedges & Side Salad

Tomato & Cheese Pizza Seasoned Wedges & Side
Salad

Kids Pork Sausages Seasoned Wedges & Side Salad

Chicken Nuggets Seasoned Wedges & Side Salad



PASTAS & FLATBREADS

(Available until 3pm)

TAGLIATELLE CARBONARA with a creamy grana
padano sauce 9

SUNDRIED TOMATO PESTO GNOCCHI with crispy
rocket & pangrattato 9

CHORIZO & KING PRAWN TAGLIATELLE with a
spicy tomato sauce 10.50

SWEET POTATO FALAFAL with tzatsiki, hummus,
tomato & salad 8

STEAK & ONION FLATBREAD with cheese & red
onion chutney 9.50

TANDOORI SPICED CHICKEN with pickled red
cabbage, mango chutney, corriander & crispy
chickpeas 9.50

SALADS

(Available until 3pm)

CAESAR SALAD With Smoked Streaky Bacon,
Grana Padano & Olive Oil Croutons 8

HALLOUMI SALAD With A Balsamic Dressing,
Cucumber Ribbons, Heritage Tomatoes, Red
Onions & Crispy Chickpeas 8

60Z STEAK SALAD With A Balsamic Dressing,
Cucumber Ribbons, Heritage Tomatoes, Red
Onions & Crispy Chickpeas 9.50

SOURDOUGH TOASTIES

(Available until 3pm)

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



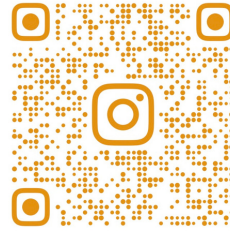
THE ESTUARY
BAR & ROOMS

Serving
Monday - Sunday:
3pm - 9pm

PLATIAU BACH

Monday - Wednesday

3 Dishes & small glass of
house wine
£16



THE_ESTUARY_BAR



GOWERGELATO

VEGGIE FRIENDLY

- Falafel With Hummus & Feta Stuffed Peppers (VGO) (GF) 4.50
- Potatas Bravas (VG) (GF) 4.95
- Halloumi Fries With Chilli Chutney (GF) 4.95
- Olive Selection (VG) (GF) 3
- A Selection Of Bread Served With Oil & Vinegar (VG) 3.50
- Cheese & Leek Croquettas & Saffron Aioli 5

FROM THE LAND

- Lamb Koftas With Tzatziki & Beetroot Puree (GF) 5.50
- Steak Au Poivre (served medium rare) (GF) 6.50
- Red Wine & Honey Braised Chorizo 5.95
- 5 Hour Belly Pork With Bourbon BBQ Sauce (GF) 6
- Pork & Mushroom Filo Rolls With Hoisin Dipping Sauce 5

FROM THE SEA

- Crispy Whitebait With Garlic Aioli 4.95
- King Prawns With a Thai Honey Sauce (GF) 6.50
- Crispy Fried Cockles 3.50
- Salt & Pepper Calamari With Garlic Aioli 6
- Smoked Salmon With Gower Gold Pickled Onions (GF) 6

SHARERS

- **Veggie Platter (GFO)** 16
Falafel & Feta Stuffed Peppers, Potatas Bravas, Olives,
Halloumi Fries, A Selection Of Breads & Oils,
Chilli Chutney & Hummus
- **Seafood Sharer** 20
Whitebait, Sticky Honey King Prawns, Calamari,
Crispy Cockles, Garlic Aioli & A Selection Of Breads & Oils

FOR THE KIDS

12 years & under

- Cheese & Tomato Pizza, Potato Wedges & Side Salad 4.50
- Scampi, Potato Wedges & Side Salad 4.50
- Sausage, Potato Wedges & Side Salad 4.50
- Chicken Nuggets, Potato Wedges & Side Salad 4.50

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125ML 250ML BOTTLE

Red

DE CHANSAC CARIGNAN
 FRANCE

4.00 7.00 18.95

SOLDIER BLOCK SHIRAZ
 AUSTRALIA

4.00 7.00 18.95

SIERRA ALTA MALBEC
 ARGENTINA

4.25 7.95 21.95

CUNE RIOJA CRIANZA
 SPAIN

4.50 8.00 22.95

ROCCIALTA CHIANTI RISERVA
 ITALY

25.00

CHATEAU LA TUILERIE DU PUY
BORDEAUX SUPERIEUR
 FRANCE

25.00

CASTELLO DEL MOTO
SAUVIGNON BLANC
 SPAIN

4.00 7.00 18.95

MIRABELLO PINOT GRIGIO
 ITALY

4.00 7.00 18.95

PAUL MAS VERMENTINO
 FRANCE

4.00 7.00 18.95

TARINGI
SAUVIGNON BLANC
 NEW ZEALAND

4.75 8.25 23.95

LOUIS JADOT CHABLIS
 FRANCE

42.00

SUTTER HOME ZINFANDEL
 USA

4.00 7.00 18.95

MIRABELLO PINOT GRIGIO
ROSE
 ITALY

4.00 7.00 18.95

Rose

Sparkling

LUNETTA PROSECCO
 ITALY

200ml 6.95 750ML 22.95

VEUVE CLICQUOT
 FRANCE

59.95

VEUVE CLICQUOT ROSE
 FRANCE

69.95



C O C K T A I L S £ 7 E A C H

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

ESPRESSO MOR-TINI

MOR-LADRON, TIA MARIA, ESPRESSO, VANILLA

WHITE RUSSIAN

VODKA, MERLYN, TIA MARIA

COSMOPOLITAN

VODKA, COINTREAU, LIME, CRANBERRY JUICE

**WALNUT & MAPLE OLD
FASHIONED**

WHISKEY, MAPLE SYRUP, WALNUT BITTERS