

THE ESTUARY RESTAURANT
ALTERNATIVE MENUS



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

01702 470099

office@estuaryrestaurants.com

SHARING PLATTERS

- winter platter** **20.95**
oven-baked camembert with crusty bread, pigs in blankets and cauliflower cheese, served with cranberry sauce
- seafood platter**
18.95
fresh squid in salt and pepper batter, luxury breaded wholetail scampi and pan-fried garlic sweet chilli prawns. Served with sweet chilli and tartar sauces and crusty baguette
- chinese style crispy duck** **15.95**
Served with cucumber, spring onion and hoisin sauce
- chargrilled chicken wings platter** **15.95**
12 cajun spiced chicken wings served with bbq, louisiana and blue cheese sauces
- cheese nachos** **13.95**
cheddar nachos served with jalapenos, guacamole, salsa and sour cream
- add chicken or bacon** **1.00**
- falafel platter** **13.95**
falafel, pitta bread, hummus and tzatziki with cucumber and carrot sticks
- french fries, chips, curly fries or sweet potato fries** **4.95**

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

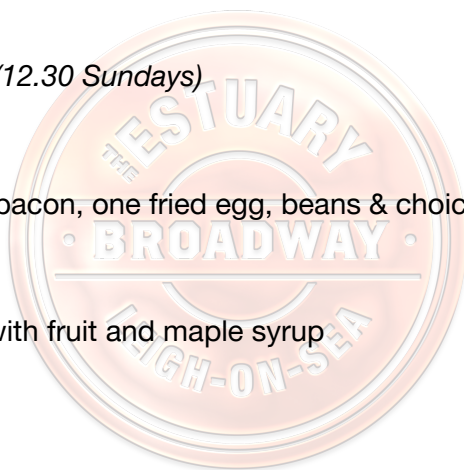
pancakes served with fruit and maple syrup

all 7.95

LIGHT SNACK

carrot sticks, cucumber sticks, pitta bread & hummus

4.95



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

scampi, chips & peas or beans

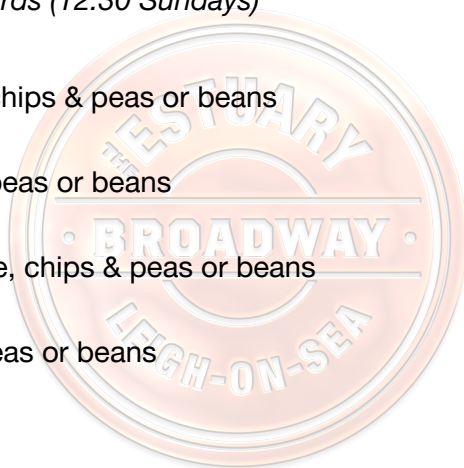
lasagne & salad

veg lasagne & salad

ham, egg and chips

chicken and tomato tagliatele

all 7.95



VEGETARIAN & VEGAN MENU

BURRITOS & WRAPS

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

all served with french fries and house salad

roasted vegetable burrito (v) (ve)

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

falafel and hummus wrap (v) (ve)

falafel, hummus and rocket in a toasted tortilla wrap

halloumi and portobello mushroom wrap (v)

grilled halloumi and portobello mushroom, served in a toasted tortilla wrap

all 14.95

(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 | |
| cauliflower wings (v) (ve) | 7.95 |
| tempura cauliflower wings served with vegan mayonnaise | |
| falafel (ve) | 7.95 |
| chickpea and onion falafel served with mango chutney | |
| cheese nachos (single serve) (v) | 8.95 |
| 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 | |

VEGETARIAN & VEGAN MENU

MAIN COURSES

served 12.00 onwards (12.30 Sundays)

no beef burger (v) (ve)

16.95

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)

17.95

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)

16.95

homemade vegetable lasagne served with french fries and side salad

roasted vegetable penne (v) (ve)

15.95

roasted vegetables and olives 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)

- 
- penne arrabbiata (v) (ve)** **14.95**
fresh chilli, onion, tomato and garlic sauteed in extra virgin olive oil and served on a bed of vegan penne pasta
- spinach and pesto tagliatelle (v)** **15.95**
sauteed spinach and onions cooked in pesto with tagliatelle, pine nuts and parmesan cheese
- chargrilled vegetable skewers (v) (vg)** **16.95**
two chargrilled vegetable skewers served with spicy rice and side salad
- sizzling vegetable fajitas (v) (vg)** **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
- sweet potato katsu curry (vg)** **16.95**
panko breaded sweet potato 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

beetroot, pomegranate and feta (v) **19.95**

beetroot, pomegranate seeds and crumbly feta

falafel, hummus and tzatziki (ve) **19.95**

middle eastern spiced chickpea falafel

(v) vegetarian (ve) vegan

GLUTEN FREE MENU OPTIONS

please be aware everything is prepared in a kitchen that contains gluten products

BREAKFAST

unfortunately we do not stock gluten free bread. bread may be substituted for other breakfast extras. please ask you server for more information

omelettes **13.95**

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 | homemade bubble and
squeak | avocado | portobello mushrooms**

GLUTEN FREE MENU OPTIONS

please be aware everything is prepared in a kitchen that contains gluten products

STARTERS



chargrilled chicken wings with a choice of blue cheese, bbq or louisiana dip, served on the side	8.95
chargrilled vegetable skewer served with tzatziki and a rocket garnish	6.95
½ kg pot of mussels (seasonal) (not served with bread) served with your choice of mariners, provencal or thai-style sauce with onions and	11.95
pan fried garlic tiger prawns (not served with bread) with or without sweet chilli sauce	11.95
luxury prawn cocktail (not served with bread) fresh royal greenland prawns with homemade marie rose sauce and mixed leaves	10.95
cheese nachos - single serve (v) cheddar nachos, served with guacamole, salsa, sour cream and jalapenos	8.95

GLUTEN FREE MENU OPTIONS

please be aware everything is prepared in a kitchen that contains gluten products

LIGHT LUNCH

all 16.95

8oz scottish rump steak

8oz scottish rump steak served with french fries

bbq chicken

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

half rack of ribs

half rack of bbq ribs served with french fries and a fresh house salad

cajun chicken skewer

chargrilled cajun chicken skewer, served with french fries and a fresh house side salad

ham, egg and chips

thick cut ham with two fried eggs and chips

pan-fried sea bass

pan fried seabass fillet, served with crushed new potatoes, green beans and a garlic butter and chilli sauce

thai chicken curry

fragrant thai green curry with onions, peppers, baby corn, fresh coriander (no prawn crackers)

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)

(french fries are cooked in the same oil as products containing gluten)

GLUTEN FREE MENU OPTIONS

please be aware everything is prepared in a kitchen that contains gluten products

MAIN COURSES

for burgers & chargrills or skewers choose any two sides

10 oz rib-ey steak scottish 21 day ages	28.95
served with garlic butter	
18 oz barnsley lamb chop	22.95
chargrilled rosemary and garlic lamb chop, served with mint sauce	
ham, egg and chips	19.95
thick cut ham with two fried eggs and chips (fried in the same oil as other products containing gluten)	
bbq chicken	20.95
chargrilled chicken breast, topped with cheese, bacon and bbq sauce	
bbq baby back ribs	20.95
full rack, chargrilled and served with bbq sauce	
bbq ribs and cajun chicken breast	20.95
half rack of ribs and chargrilled cajun chicken breast, served with bbq sauce	
skewers	20.95
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 CONTINUED

please be aware everything is prepared in a kitchen that contains gluten products

pan fried sea bass **20.95**
with crushed new potatoes and tenderstem broccoli

1 kg pot of fresh mussels (seasonal) **19.95**
served in mariere, provencal or thai style sauce and french fries (fried in the same oil as other products containing gluten, not served with bread)

thai curry
fragrant thai green curry, served with rice, fresh coriander (no prawn crackers)
chicken - 19.95 **tiger prawn - 20.95** **vegetable - 16.95**

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)

- **steak and avocado** **21.95**
- **cajun chicken, pancetta and feta** **20.95**
- **smoked salmon, prawns and avocado** **20.95**
- **pan fried garlic tiger prawns** **20.95**
- **tuna nicoise** **19.95**
- **halloumi and olive (v)** **19.95**
- **beetroot, pomegranate and feta** **19.95**

SIDES -

spicy rice | new potatoes | chicken wings x4 | spicy rice | corn on the cob | side salad | portobello mushrooms | steamed mixed vegetables | mash | french fries | chips | sweet potato fries | fried in the same oil as other products containing gluten

DESSERT MENU

OUR CLASSICS

- CHOCOLATE BROWNIE
- CHURROS WITH CHOCOLATE/ TOFFEE SAUCE
- WAFFLE WITH CHOCOLATE/ TOFFEE SAUCE
- LEMON TART

all served with either cream, ice cream or custard

- 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

WINTER SPECIALS

- BLACKBERRY AND APPLE CRUMBLE
- STICKY TOFFEE PUDDING
- BREAD & BUTTER PUDDING

all served with either cream, ice cream or custard

all 6.95

DESSERT COCKTAILS

- AFTER EIGHT MARTINI
- CHOCOLATE ORANGE MARTINI
- WHITE CHOCOLATE MARTINI
- TIRAMISU MARTINI
- CHOCOLATE ORANGE MARTINI
- TOASTED MARSHMALLOW MARTINI

all 10.95