

## STARTERS

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| <b>pan fried sardines</b><br>served with tzatziki and a homemade beetroot salad   | £6.95 |
| <b>crispy duck and pancakes</b><br>three pancakes served with cucumber, spring onion and hoi sin sauce  | £6.95 |
| <b>tiger prawns pan fried in chilli and garlic</b><br>served with a crusty baguette   | £6.95 |
| <b>smoked salmon and prawns</b><br>scottish smoked salmon and large fresh prawns with marie-rose sauce  | £7.95 |
| <b>homemade crab, potato and prawn fishcake</b><br>served with homemade tartar sauce and salad leaves   | £6.95 |
| <b>luxury breaded calamari</b><br>with a choice of homemade tartar or sweet chilli sauce  | £5.95 |
| <b>fresh dressed cromer crab</b> (only available Fri/Sat/Sun)<br>served with homemade seafood sauce and salad leaves  | £8.95 |
| <b>1/2 kg pot of fresh mussels</b><br>served with crusty baguette<br>with a choice of the following freshly made sauces:<br>- mariniere sauce with cream, white wine and onions<br>- provençal sauce with tomatoes, chilli and garlic<br>- thai style in coconut milk | £7.95 |
| <b>portabello mushrooms</b><br>stuffed with brie, spinach and garlic  | £6.95 |
| <b>oven baked breaded goats cheese</b><br>served with a beetroot salad, caramelised onion chutney and roasted pine nuts   | £6.95 |
| <b>homemade smoked mackerel pate</b><br>served with toasted rustic bread and a homemade beetroot and horseradish relish   | £5.95 |
| <b>whole baked Rustique camembert</b> (to share)<br>served with homemade chutney and crusty baguette  | £8.95 |
| <b>greek platter</b><br>houmous, tzatziki, taramasalata, marinated olives and pitta bread   | £7.95 |

## CHARGRILLS

*all served with a choice of chips, curly fries, jacket potato, new potatoes or spicy rice and a fresh side salad or corn on the cob, alternatively a large salad*

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| <b>estuary surf n' turf</b><br>scottish 21 day aged 8oz fillet steak served with 2 extra large chargrilled king prawns  | £28.95                     |
| <b>scottish 21 day aged 8oz fillet steak</b>  | £22.95                     |
| <b>scottish 21 day aged 10oz rib-eye steak</b>  | £17.95                     |
| <b>steak extras:</b> peppercorn sauce or mushroom sauce   | £1.95                      |
| <b>goats cheese tower</b><br>char-grilled vegetables topped with goats cheese, caramelised onions and served with new potatoes  | £12.95                     |
| <b>bbq ribs</b><br>large rack, char-grilled served with jack daniels sauce  | £15.95                     |
| <b>bbq ribs &amp; chicken</b><br>half rack of ribs and cajun chicken, char-grilled served with jack daniels sauce   | £16.95                     |
| <b>sizzling fajitas</b><br>served with guacamole, spicy salsa, sour cream and tortilla wraps<br>- scottish 21 day aged 10oz rib eye steak<br>- chicken<br>- vegetable | £17.95<br>£14.95<br>£11.95 |
| <b>estuary homemade burger</b><br>homemade beef burger made using prime mince with chilli, coriander and onion in a toasted bun and served with red onion chutney     | £11.95                     |
| <b>cajun chicken burger</b><br>seasoned chicken breast, char-grilled and served in a toasted bun  | £11.95                     |
| <b>burger extras:</b> blue cheese, crispy bacon or mature cheddar   | 85p each                   |
| <b>bbq chicken</b><br>chicken breast, topped with cheese, bacon and bbq sauce, chargrilled then cooked in the oven  | £14.95                     |
| <b>half a spit roasted chicken</b> fresh from our deli<br>plain or with BBQ sauce   | £12.95                     |

## SKEWERS

*due to popular demand you can now mix and match any of our freshly char-grilled skewers*

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| <b>choose any two of the following :</b>        | £16.95 |
| - steak: plain and simple in olive oil          |        |
| - prawn: in sweet chilli and garlic             |        |
| - chicken: in cajun spices                      |        |
| - lamb: in olive oil, rosemary and garlic       |        |
| - haloumi: traditional cyprriot cheese          |        |
| extra skewers available (for the really hungry) | £5.00  |

## HOMEMADE PIES

*all our pies are homemade using the finest ingredients*

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| <b>steak and mushroom pie</b><br>prime english steak in a rich gravy, served with chips or new potatoes and fine beans                      | £12.95 |
| <b>chicken, leek and chestnut pie</b><br>fresh chicken in a creamy sauce, served with chips or new potatoes and fine beans                  | £12.95 |
| <b>estuary fish pie</b><br>salmon, cod, haddock, prawns and asparagus in a cream sauce, topped with cheddar mash and served with fine beans | £13.95 |
| <b>homemade thai chicken curry</b><br>traditional thai curry cooked in a coconut milk served with rice and thai prawn crackers              | £12.95 |

## PASTA

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| <b>homemade beef lasagne</b><br>homemade aberdeen angus beef lasagne served with chips or curly fries and side salad   | £12.95 |
| <b>homemade vegetable lasagne</b><br>layers of pasta and roasted vegetables served with chips or curly fries and side salad  | £12.95 |
| <b>smoked salmon, prawns and spinach tagliatelle</b><br>cooked in a white wine, mushroom and cream sauce with spinach  | £15.95 |
| <b>steak and mushroom tagliatelle</b><br>char-grilled 10oz rib-eye steak, cooked to your liking and served on a bed of fresh tagliatelle with a cream and mushroom sauce | £17.95 |
| <b>authentic italian sausage</b><br>in a chunky tomato and basil sauce served with spaghetti   | £12.95 |

## SEAFOOD

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| <b>chargrilled whole seabass</b><br>pan fried with new potatoes and fine beans served with homemade salsa  | £17.95 |
| <b>cod and chips</b><br>beer-battered fresh cod served with chips, mushy peas and homemade tartar sauce  | £12.95 |
| <b>luxury breaded calamari</b><br>served with chips or curly fries, salad and sweet chilli dip   | £11.95 |
| <b>homemade tuna, sweet potato and spring onion fishcakes</b><br>served with chips or curly fries, salad and homemade tartar sauce   | £11.95 |
| <b>breaded wholetail scampi</b><br>served with chips or curly fries, salad and homemade tartar sauce   | £12.95 |
| <b>1kg pot of fresh mussels</b><br>served with a bowl of chips or curly fries and fresh crusty bread, with a choice of the following freshly made sauces:<br>- mariniere sauce with cream, white wine and onions<br>- provençal sauce with tomatoes, chilli and garlic<br>- thai style in coconut milk | £12.95 |

## LUXURY SALADS

*large mixed leaf salad with tomatoes, cucumber, red onion and peppers served with homemade creamy coleslaw and hot herby diced potatoes*

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| <b>fresh dressed cromer crab</b> (only available Fri/Sat/Sun)<br>served on a large house salad with homemade seafood sauce      | £16.95 |
| <b>tiger prawn</b><br>pan fried in chilli and garlic  | £15.95 |
| <b>smoked salmon and prawns</b><br>scottish smoked salmon and large fresh prawns with a marie-rose sauce                        | £15.95 |
| <b>smoked mackerel</b><br>served on a large house salad with homemade beetroot and horseradish relish and homemade potato salad | £13.95 |
| <b>oven baked breaded goats cheese</b><br>with redcurrant jelly, caramelised onions and roasted pine nuts                       | £12.95 |
| <b>cajun chicken salad</b><br>fresh cajun spiced breast of chicken, char-grilled with bacon and feta cheese                     | £13.95 |
| <b>crispy duck salad</b><br>chinese style crispy duck served warm on a house salad  | £14.95 |
| <b>haloumi &amp; roasted vegetable salad</b><br>traditional cyprriot cheese with roasted vegetables and marinated olives        | £10.95 |
| <b>homemade crab, potato and prawn fishcakes</b><br>served with homemade tartar sauce   | £13.95 |