

# ESTUARY BAR

## - MENU -

### Flatbreads - £9.00

*Served with fries & side salad*

#### Moroccan beef brisket

*Fresh mint, pomegranate, red onion, minted mayo, cucumber, baby spinach & chillies 927kcal*

#### Chicken shawarma

*Roasted peppers, coriander, chilli, lemon juice, baby leaves, hummus & garlic mayo 688kcal*

#### Falafel (vgn)

*Lebanese falafel, red onion, cucumber and mint mayo 811kcal*

### Catch of the day

**Fish, chips & mushy peas 394kcal - £12.00**

**Scampi, chips & salad 652kcal - £11.00**

### Burgers - £10.00

*served with fries & salad*

**Beef burger with cheese 1043kcal**

**Chicken burger 827kcal**

### Sandwiches - £8.50

**Ham & coleslaw 566kcal**

**Tuna & cucumber 555kcal**

**Cheese & chutney 660kcal**

### Loaded Fries - £8.50

#### Cuban

*Pulled pork, BBQ sauce & mozzarella 838kcal*

#### Pizza (gf)

*Pepperoni, mozzarella & tomato 904kcal*

#### Veggie sloppy joe

*Five bean chilli 531kcal*

### Salad Box - £8.00

*Served with mixed leaf, tomato, cucumber, red onion, sweetcorn & coleslaw*

**Chicken shawarma 245kcal**

**Tuna & sweetcorn 572kcal**

**Falafel 630kcal**

### Jacket Potatoes - £8.50

*Served with a side salad, coleslaw & a choice of one of the following fillings:*

**Tuna & sweetcorn 599kcal**

**Five bean chilli (vgn) (gf) 506kcal**

**Cheese & beans (v) (gf) 578kcal**

### Basket Meals - £9.00

**Chicken goujons, fries & coleslaw 911kcal**

**Battered sausage, fries & curry 1340kcal**

**Vegetable samosas, fries & mint yoghurt 632kcal**

#### FOOD ALLERGIES AND INTOLERANCES.

Before ordering drinks or food, please speak with a team member about your requirements. Whilst we take care to preserve the integrity of our vegetarian (v) products, we must advise that these products are handled in a multi-ingredient kitchen environment. Some fish may contain small bones. All dishes are prepared in areas where allergens are present. Therefore, there is a risk that ingredients used in your meal may have accidentally come into contact with an undeclared allergen, leading to cross contamination. Cooking equipment (e.g. fryers, grills etc.) and food preparation areas may be shared and fried items containing different allergens may be cooked in the same frying oil. Please ask a team member if you would like further information. Company reg: 00170679

Adults need around 2000 kcal a day