

SUNDAES

I DID IT MY WAY

BUILD YOUR OWN SUNDAE - £9.50 TOPPED WITH WHIPPED CREAM & WAFER!

1. CHOOSE THREE SCOOPS

Of Gelato From Our Counter

2. CHOOSE THREE TOPPINGS

Honeycomb, Fudge Pieces, Chocolate Sprinkles, Maltesers, Marshmallows, 100's & 1000's, Hazelnuts, Pistachio

3. CHOOSE YOUR SAUCE

Warm Nutella, Warm Chocolate, Salted Caramel, Fruit Coulis, Peanut Butter, Strawberry, Toffee

SIGNATURE

THE UTTERLY NUTTER

£8.95

Peanut Butter Gelato, Vanilla Gelato, Ferrero Rocher Gelato. Topped With Snicker Pieces, Whipped Cream, Hazelnuts, Finished With Peanut Butter Sauce & A Wafer.

THE HARLEQUIN

£8.95

Vanilla Gelato, Strawberry Gelato, Chocolate Gelato. Topped With Strawberries, Mini Maltesers, Finished With Strawberry Sauce, Chocolate Sprinkles & A Wafer.

THE CHOCOHOLIC

£8.95

Bueno Gelato, Ferrero Rocher Gelato, Chocolate Gelato. Topped With Bueno Stick, M&M's & Whipped Cream, Finished With Hot Chocolate Sauce & A Flake.

VERY BERRYLICIOUS

£8.95

2 Scoops Of Cherry & White Chocolate Gelato, Strawberry Gelato. Topped With Mixed Berries & Whipped Cream, Finished With Raspberry & Blueberry Coulis & A Wafer.

STRAWBERRIES & CREAM £8.95

2 Scoops Of Strawberry Gelato, Vanilla Gelato. Topped With Sugar Coated Strawberries & Whipped Cream, Finished With Strawberry Sauce & A Wafer

BISCOFF SUNDAE

£8.95

3 Scoops Of Vanilla Gelato Topped With Biscoff Sauce, Biscoff Crumb, Biscuits & A Wafer.

DOUBLE UP ON YOUR CHOSEN FILLINGS FOR £1.00 EACH

HOMEMADE SWEET WAFFLES

£7.75 **ALL THE BERRIES**

£8.95

Blueberries, Raspberries, Strawberries, Sugar & Fruit Coulis

Snicker Pieces, Peanut Butter Sauce &

NUTELLA £8.45 Warm Nutella Sauce & Hazelnuts

THE CLASSIC

Just Lemon & Sugar

BANANATELLA £8.95

Sliced Banana, Warm Nutella Sauce & Hazelnuts

£8.95 **GALAXY CARAMEL**

Warm Chocolate Sauce, Caramel Sauce & Galaxy Caramel Chunks

BISCOFF £8.95

UTTERLY NUTTERLY

Warm Nutella Sauce

Warm Biscoff Sauce & Biscoff Crumb

THE GOWER PIGLET SERVES 2-3

Salted Caramel Gelato, Vanilla Gelato. Chocolate Gelato, Bueno, Gelato, Ferrero Rocher Gelato, Served With Two Waffles. Topped With Snicker Pieces, M&M's, Maltesers, and Bueno Stick. Finished With Whipped Cream, Warm Chocolate Sauce & Two Flakes. £16.95

THE GOWER PIG

Two Scoops Of Salted Caramel Gelato, Two Scoops Of Chocolate Gelato, Two Scoops Of Bueno Gelato, Two Scoops Ferrero Rocher Gelato, Served With Four Waffles. Topped With Snicker Pieces, M&M's, Maltesers & Bueno stick. Finished With Whipped Cream, Warm Chocolate Sauce & Two Flakes.

£26.95

DO IT HOW YOU LIKE

£8.95

UPGRADE TO ANOTHER FLAVOUR GELATO FOR 99P, DOUBLE UP ON YOUR CHOSEN FILLINGS FOR £1.25 EACH & ADD EXTRA TOPPINGS FOR 99P.

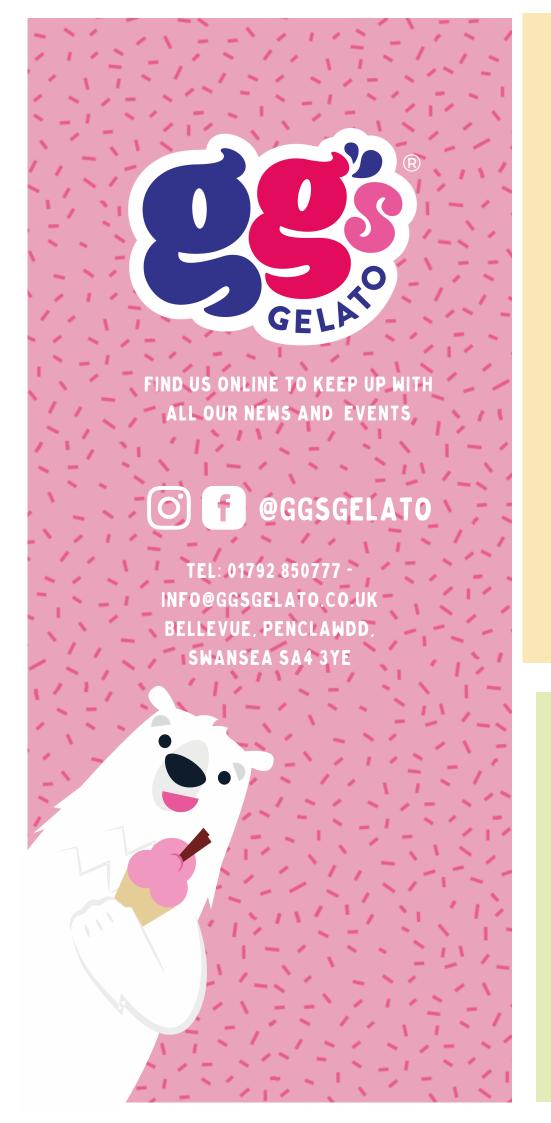
£8.95 STRAWBERRY & NUTELLA

Strawberries & Warm Nutella Sauce

BELGIAN CHOCOLATE

STRAWBERRY & £8.95

Strawberries & Belgian Warm Chocolate Sauce



HOMEMADE SWEET CREPES

All Served With Our Milk Gelato & Whipped Cream WANT ETON MESS CREPE? WHY NOT ADD MERINGUE PIECES FOR 99P.

£8.25

THE CLASSIC £7.25

Just Lemon & Sugar

NUTELLA £8.25

Warm Nutella Sauce &

Hazelnuts

BANANATELLA £8.25

Sliced Banana, Warm Nutella Sauce & Hazelnuts

GALAXY CARAMEL

£8.25

Warm Chocolate Sauce, Caramel Sauce & Galaxy Caramel Chunks

STRAWBERRY &

£8.25

NUTELLA

Strawberries & Warm Nutella Sauce **ALL THE BERRIES**

RIES £8.25

Blueberries, Raspberries, Strawberries, Sugar & Fruit Coulis

UTTERLY NUTTERLY

Snicker Pieces, Peanut Butter Sauce & Warm Nutella Sauce

BISCOFF £8.25

Warm Biscoff Sauce & Biscoff Crumb

STRAWBERRY & £8.25

BELGIAN CHOCOLATE

Strawberries & Belgian Warm Chocolate Sauce

'DO IT HOW YOU LIKE IT"

UPGRADE TO ANOTHER FLAVOUR

GELATO FOR 95P, DOUBLE UP ON YOUR CHOSEN

FILLINGS FOR £1.20 EACH & ADD EXTRA TOPPINGS FOR 95P.

MILKSHAKE SHAKE IT UP

PICK A GELATO AND WE WILL DO THE REST

Without Whipped Cream £4.95
With Whipped Cream £5.95

SODA FLOATS

LEMONADE FLOAT

With A Scoop Of Our Strawberry

COKE FLOAT

With A Scoop Of Our Vanilla

£4.95

SOFT DRINKS

COKE, DIET COKE, SPRITE, ZERO, ORANGE FANTA

L3.20

BREAKFAST AND BRUNCH MENU

Serving

Monday - Saturday

10am - 3:30pm

ESTUARY BREAKFAST: £9.50

2 pieces of smoked streaky bacon, 1 pork and leek sausage, 1 fried egg, mini hash browns, roast cherry tomatoes, mushrooms black pudding, baked beans & sourdough toast.

LARGE ESTUARY BREAKFAST: £12.50

4 pieces of smoked streaky bacon, 2 pork and leek sausages, 2 fried eggs, mini hash browns, roast cherry tomatoes, mushrooms black pudding, baked beans & sourdough toast.

VEGGIE ESTUARY BREAKFAST: £10

Glamorgan sausage, 2 fried eggs, roast cherry tomatoes, baked beans, mini hash browns, mushrooms, toasted sourdough (VGO)

BRUNCH BURGER: £8.50

Sausage patty, smoked streaky bacon, black pudding, fried egg & sriracha mayo in a pretzel style bun

BRAISED BEEF & CHORIZO BOWL: £11

Braised chunks of beef with chorizo, mixed beans, onion, peppers and tomatoes, served with a fried egg and toasted sourdough.

BACON OR SAUSAGE ROLL: £6.50

A choice of smoked bacon or pork & leek sausages in a pretzel style bun.

THE ESTUARY STACK: £9.50

Toasted sourdough with smashed avocado, smoked streaky bacon, goats cheese and two free range poached eggs served with chipotle chilli chutney (GFO) (VO)

THE MEAT STACK: £10.50

Toasted sourdough with Gran Tesoro red wine braised chorizo, smoked streaky bacon, tomato sauce and two free range poached eggs (GFO)

THE WELSH BRUNCH: £11

Toasted sourdough, laverbread sausage, smoked streaky bacon, seasoned cockles and a free range poached egg

THE ESTUARY VEGAN BRUNCH: £8

Mixed bean chilli with spinach and hummus on sourdough toast served with chipotle chilli chutney (VG) (GFO)

BREAKFAST BAGUETTE: £8.50

Smoked streaky bacon, pork and leek sausage, cheddar cheese and mini hash browns served in a toasted baguette

POACHED EGGS ON TOAST: £6

Two poached eggs served on sourdough toast (GFO) (V)

EXTRAS

Poached egg	£1.50	Pork & Leek Sausage	£3
Sourdough Toast (2 pieces) (GFO)	£2	Smashed Avocado (VG)	£3
Mini Hash Browns (V)	£2	Halloumi (V)(GFO)	£3
Black Pudding	£3	Smoked Streaky Bacon (GFO)	£3

GF - Gluten free. GFO- Gluten free Option. VG - Vegan. VGO - Vegan Option. V- Vegetarian PLEASE INFORM A MEMBER OF STAFF OF ANY ALLERGIES OR

LUNCH MENU

SOURDOUGH TOASTIES BURGERS AND LOADED FRIES

All served with salted crisps

THE STAPLE ONE: £9.50

Smoked streaky bacon, brie & chilli chutney (GFO)

THE VEGGIE ONE: £8.50

CROQUE MONSIEUR: £9.50

Ham and cheese

THE STEAK CLUB: £12.50

6oz Rump steak, cheddar cheese, chipotle chilli & smoked streaky bacon (GFO)

SALADS

CHICKEN CAESAR SALAD: £9.50

Chicken breast served with romaine lettuce, gran padano cheese, croutons and a Caesar dressing

VEGGIE BOWL: £8

Smashed avocado, falafel, crispy chickpeas, feta, carrot, cherry tomatoes and rocket (VGO)(GFO)

SIDES

ROSEMARY SALTED FRIES (GFO) (VG): £3.50 GARLIC BREAD (V): £3

GARLIC BREAD WITH CHEESE (V): £3.50

All burgers served in a pretzel bun with Upgrade to fries instead of crisps for £2.00 rosmary salted fries & house made vegan slaw

THE KEVIN BACON BURGER: £14

Two smashed beef patties, smoked streaky bacon, cheese, tomato & lettuce

THE EAGER VEGAN BURGER: £13

Avocado, halloumi & sweet chilli (GFO) Quinoa & edamame burger, vegan sriracha mayo, tomato & lettuce (VG)

THE CLUCKER BURGER: £14.50

Buttermilk chicken breast, smoked streaky bacon, cheese, black pepper mayo, tomato & lettuce

BBQ PULLED PORK LOADED FRIES: £9

Slow cooked BBQ pulled pork shoulder served on top of skin on rosemary salted fries

BACON AND CHEESE LOADED FRIES: £9

Smoked streaky bacon pieces with a homemade cheese sauce on top of skin on rosemary fries

MIXED BEAN LOADED FRIES: £8

Mixed bean chilli on top of skin on rosemary fries (VG)

EXTRA BURGER TOPPINGS

BBQ PULLED PORK £3 / EXTRA CHEESE £1 / SMOKED STREAKY BACON £2

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PLEASE INFORM A MEMBER OF STAFF OF ANY ALLERGIES OR **DIETRY REQUIRMENTS**

Serving
Monday - Thursday
4.30pm - 8.00pm
Friday - Saturday
4.30pm - 9.00pm

Monday - Saturday

3 Small plates & a Large glass of house wine £23.50

SMALL PLATES

	- Patatas Bravas with Sriracha Mayo (VG) (GFO)	5.50
From the Land	- Halloumi Fries with Chilli Chutney (V) (GFO)	5.50
	- A Selection of Breads Served with Olives, Oils & Vinegar (VG)	5.50
	- Padron Peppers with Nori Salt (V) (GF)	5.00
	- Roast Squash, Crispy Chickpeas, Kale, Maple Roasted Pecan Salad (VG)	4.75
	- Tempura Cauliflower with a Teriyaki Dipping Sauce (VG)	5.00
	- Sweet Potato Falafel, Hummus, Balsamic Onions (VG)(GFO)	5.50
	- Miso Mushrooms served on Sourdough Toast with Sesame Oil (VG)	5.50
	- Welsh Cheese Croquettes with Garlic Aioli (V)	6.50
	- Rump Steak with Bordelaise Sauce(served pink or well done) (GFO)	7.60
From the Field	- Crispy Chicken Katsu Curry Bao Buns	7.00
	- Chinese Style Spare Ribs (GFO)	7.50
	- Honey BBQ Chicken Wings (GFO)	6.50
	- Lamb Kebab with Harissa Yoghurt (GF)	7.50
	- King Prawn & Chorizo with a Tomato Sauce(GF)	7.50
	- Crispy Fried Cockles (GFO)	4.80
From the Sea	- Crispy Coated Calamari in a Garlic, Chilli & Lime Sauce (GFO)	7.00
	- Breaded Whitebait with a Lemon Pepper Mayo (GFO)	5.50
	- Cajun Salmon Bites with Coriander Yoghurt	8.00
-	Camembert Sharer with Honey and Rosemary, Toasted Bread, Nuts,	
	, . ,	20.0
(Perfect for 2)	(Add a selection of cured meats to your sharer for £5)	

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1 course £15.95 | 2 course £17.95 | 3 course £19.95 Children's - 1 course £8.95 | 2 course £9.95 | 3 course £10.95

Takeaway dinners available! Just ask your server!



SAMPLE MENU

Sunday Lunch

<u>Starters</u>

-Soup of the Day (VG) (GFO)
-Prawn Cocktail with Marie Rose Sauce
-Breaded Brie Wedges with Tomato Chilli Chutney
-Pea & Potato Croquettes with Sriracha Mayo (GFO) (V)

Mains

All mains come with : Roasties, Stuffing, Yorkshire Pudding, Cabbage, Roasted Carrots & Parsnips, New Potatoes & Peas

Extras

-Cauliflower Cheese £3.50

-Extra Roasties £2.50

-Mashed Potato £2.50

-Extra Yorkshires £1.50

-Extra Stuffing £1.10

-Pigs in Blankets £4.50

-Upgrade to 2 Meats £5.00

-Upgrade to 3 Meats £6.00

-Chicken

-Pork

-Beef

-Butternut Squash & Lentil Wellington

Dessert

-Chef's Crumble

-Chocolate Fudge Cake

-Cheesecake of the Day

-Sticky Toffee Pudding with Toffee Sauce

With a choice of Gower gelato, custard or cream

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