# EAT-IN OR TAKE AWAY

# GELATO

# TUB OR WAFFLE CONE

## PLEASE SEE THE COUNTER FOR TODAY'S **GELATO AND SORBET SELECTION.**

1SCOOP - £2.60

2 SCOOP - £4.00

3 SCOOP - £5.10

#### 1. CHOOSE YOUR CONE

Flavour Cones: Sprinkles, Oreo, Blue Sugar, Pink Sugar, Biscoff. - £2.90 Kids cone - £2.10 Belgian Chocolate Filled Cone - **75p** 

#### 2. CHOOSE YOUR TOPPING

Meringue, Chocolate Sprinkles, Marshmallows, 100's & 1000's - 35p Flake 45p

#### 3. ANYMORE?

Oreo, Bueno, M&M's, Honeycomb, Fudge Pieces, Maltesers, Hazelnuts, Pistachio, Whipped Cream 85p

#### 4. CHOOSE YOUR SAUCE

Warm Nutella, Warm Chocolate, Salted Caramel, Fruit Coulis, Peanut Butter, Strawberry, Toffee **50p** 

# MILKSHAKE

SHAKE IT UP

PICK A GELATO AND **WE WILL DO THE REST** 

Without Whipped Cream £3.95 With Whipped Cream £4.50

# SUNDAES

# I DID IT MY WAY

#### **BUILD YOUR OWN SUNDAE - £8.50**

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

#### THE UTTERLY NUTTER

£7.75

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

#### THE HARLEQUIN

£7.75

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

#### THE CHOCOHOLIC

All Served With Our Milk

£7.75

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**

£7.75

£7.75

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

#### STRAWBERRIES & CREAM £7.75

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

#### **BISCOFF SUNDAE**

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

DOUBLE UP ON YOUR CHOSEN FILLINGS FOR £1.00 EACH

# HOMEMADE SWEET WAFFLES

Gelato & Whipped Cream

#### THE CLASSIC

£6.75

**ALL THE BERRIES** £7.95 Blueberries, Raspberries, Strawberries,

Sugar & Fruit Coulis

Warm Nutella Sauce

UTTERLY NUTTERLY

## Just Lemon & Sugar

NUTELLA

£7.50

Warm Nutella Sauce & Hazelnuts

#### BANANATELLA

£7.95

Sliced Banana, Warm Nutella Sauce & Hazelnuts

#### **GALAXY CARAMEL**

£7.95

Warm Chocolate Sauce, Caramel Sauce & Galaxy Caramel Chunks

## **BISCOFF**

Warm Biscoff Sauce & Biscoff Crumb

Snicker Pieces, Peanut Butter Sauce &

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

THE GOWER PIGLET SERVES 2-3

Chocolate Sauce & Two Flakes.

# THE GOWER PIG

£14.95

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.

£25.95

#### £7.95 STRAWBERRY & NUTELLA

Strawberries & Warm Nutella Sauce

#### **STRAWBERRY &**

£7.95

#### **BELGIAN CHOCOLATE**

Strawberries & Belgian Warm Chocolate Sauce

# DO IT HOW YOU LIKE

£7.95

£7.95

**UPGRADE TO ANOTHER FLAVOUR GELATO FOR 75P, DOUBLE UP ON YOUR CHOSEN** FILLINGS FOR £1.00 EACH & ADD EXTRA TOPPINGS FOR 75P.



# DRINKS

& BEVERAGES

**AMERICANO** 

**ESPRESSO** 

**FLAT WHITE** 

**CAPPUCCINO** 

**MACCHIATO** 

LATTE

**DOUBLE ESPRESSO** 

£2.80

£2.80

£3.50

£3.10

£3.10

£3.10

£3.10

Extra Shot, Extra Whipped Cream, Flavour Syrups **75p** 

WHY NOT ADD SOME TOPPINGS?

MOCHA	£3.75
HOT CHOCOLATE	£3.10
LUXURY HOT CHOCOLATE	£3.90
With Whipped Cream & Marshma	llows
ENGLISH BREAKFAST TEA	£2.70
FLAVOURED TEAS	£2.75
Earl Grey, Peppermint, Green, Chamomile, Lemon & Ginger, Cranberry, Raspberry, Decaf	

SOFTDRINKS

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£2.90

COKE, DIET COKE, SPRITE, ZERO, ORANGE FANTA

# SODA FLOATS

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LEMONADE FLOAT

With A Scoop Of Our Strawberry

**COKE FLOAT** 

With A Scoop Of Our Vanilla

£4.50

ALTERNATIVE MILKS: Coconut, Oat, Soy & Almond 50p

# CAKES

Don't fancy gelato? Check out our daily cake specials available from the counter. All items are individually priced and served with fresh cream.

MUFFINS, TEA CAKES

CREAM SCONES, WELSH CAKES

BROWNIES AND MORE ...

# HOMEMADE

SWEET CREPES ALL

All Served With Our Milk Gelato & Whipped Cream WANT ETON MESS CREPE? WHY NOT ADD MERINGUE PIECES FOR 75P.

£7.75

£7.75

THE CLASSIC

Just Lemon & Sugar

NUTELLA

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£7.25

£6.50

Warm Nutella Sauce & Hazelnuts

BANANATELLA £7.75 Sliced Banana, Warm Nutella Sauce & Hazelnuts

GALAXY CARAMEL £7.75

Warm Chocolate Sauce, Caramel Sauce & Galaxy Caramel Chunks

STRAWBERRY & £7.75
NUTELLA

Strawberries & Warm Nutella Sauce

#### **ALL THE BERRIES**

Blueberries, Raspberries, Strawberries, Sugar & Fruit Coulis

UTTERLY NUTTERLY

Snicker Pieces, Peanut Butter Sauce & Warm Nutella Sauce

BISCOFF £7.75

Warm Biscoff Sauce & Biscoff Crumb

STRAWBERRY & £7.75
BELGIAN CHOCOLATE

Strawberries & Belgian Warm Chocolate Sauce

'DO IT HOW YOU LIKE IT",

**UPGRADE TO ANOTHER FLAVOUR** 

GELATO FOR 75P, DOUBLE UP ON YOUR CHOSEN FILLINGS FOR £1.00 EACH & ADD EXTRA TOPPINGS FOR 75P.

### **LUNCHES**



Serving

Monday - Saturday

12pm - 4.30pm

#### **BOLOGNESE RIGATONI £10.50**

Beef bolognese in a rich tomato sauce served with rigatoni pasta

#### 6oz RUMP STEAK & FRIES £14.50

Rump steak, tender stem broccoli, rosemary fries and a creamy peppercorn sauce

#### CHICKEN & LEMON RIGATONI PASTA £8.75

chicken in a lemon cream sauce with rigatoni & grana padano cheese

#### SAUSAGE & MASH £13.50

Local Gower Butcher sausages with mashed potatoes tenderstem broccolli & served with a Gower ale gravy

#### **BAKED HADDOCK £13.50**

Haddock with mashed potato, mange tout and served with a cider, smoked bacon & leek cream sauce

#### CHICKEN CAESAR SALAD £9.50

Chicken breast served with romaine lettuce, Parmesan, croutons, Caesar dressing

#### **VEGGIE BOWL £8**

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

#### SOURDOUGH TOASTIES

All served with salted crisps
Upgrade to fries instead of crisps for £2.00

#### THE TUNA MELT £9.50

Tuna mayo and cheddar cheese (GFO)

#### THE STAPLE ONE £9.50

Smoked streaky bacon, brie & chilli chutney (GFO)

#### THE VEGGIE ONE £8.50

Avocado, halloumi & sweet chilli (GFO)

#### **CROQUE MONSIEUR £9.50**

Ham and cheese

#### THE STEAK CLUB £12.50

60z Rump steak, cheddar cheese, chipotle chilli & smoked streaky bacon (GFO)

### **BURGERS & LOADED FRIES**

All burgers served in a pretzel bun and come with rosemary salted fries & house made vegan slaw

#### THE KEVIN BACON BURGER £14

Two smashed beef patties, smoked bacon, cheese, to mato & lettuce

#### THE EAGER VEGAN BURGER £13

Lentil & Spinach burger, vegan sriracha mayo, tomato & lettuce (VG)

#### THE CLUCKER BURGER £14.50

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

#### THE GRILLED HARISSA CHICKEN £14.50

Harissa marinaded chicken breast, smoked bacon & smashed avocado, tomato & lettuce.

#### **EXTRA BURGER TOPPINGS**

BBQ Pulled pork £3 / Extra cheese £1/ Extra bacon £2

#### BBQ PULLED PORK FRIES £9

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

#### **BACON AND CHEESE FRIES £9**

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

#### **PIZZAS**

All Pizzas are 10.5 inch with a tomato based sauce

Margarita (VGO)	£10
Marinara Pizza (VG)	£9
Pepperoni	£11.50
Chicken & Chorizo	£13.50
Veggie One	£12

Red onion, Peppers, Olives & Oregano

### **SIDES**

Rosemary Salted Fries £3.50 (GFO) (VG) Garlic Bread £3 (V) Garlic Bread with Cheese £3.50 (V)

GF - Gluten free. GFO- Gluten free Option. VG - Vegan. VGO - Vegan Option. V- Vegetarian

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



Serving

Monday - Saturday

10am - 4.30pm

# **ESTUARY BRUNCHES**

#### THE ESTUARY STACK: £9

Toasted Sourdough with smashed avocado, smoked streaky bacon, goats cheese, two free range poached eggs & chipotle chilli chutney (GFO)

#### THE MEAT STACK: £10

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 BURRITO: £8

borlotti and black turtle beans cooked with onions, garlic & tomatoes, vegan cheese, spinach & hummus, rocket leaf side salad (VG)

#### **POACHED EGGS ON TOAST: £5**

2 Poached eggs with sourdough toast (GFO)

#### **BREAKFAST BAGUETTE: £8**

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

#### **EXTRAS:**

Poached Egg	£1.50	Laverbread Sausage	£3
Sourdough Toast (2 Pieces)	£2	<b>Smashed Avocado</b>	£3
Mini Hash Browns	£2	Halloumi	£3
Smoked Streaky Bacon	£3	Smoked Salmon	£4

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Serving

Monday - Saturday

5.30pm - 8.45pm



#### Monday - Thursday

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

### **Small plates**

From the Land	- Patatas Bravas (VG) (GFO) - Halloumi Fries with Chilli Chutney (VG) (GFO) - A Selection of Breads Served with Olives, Oils & Vinegar (VG) - Welsh Rarebit Bruschetta (V) - Fig, Walnut and Blackberry Salad with Puffed Wild Rice and an Elderflower Vinaigrette (VG) - Cheese & Leek Croquettes with a Chive Aioli (V) - Sweet Potato Falafel, Hummus and Sweet Peppers (VG) (GFO)	5.50 5.50 5.50 5.00 4.75 5.50 5.00
From the Field	<ul> <li>Steak with a Madeira Mushroom Sauce (pink or well done)</li> <li>Gran Tesoro Garnacha Braised Chorizo</li> <li>Crispy Beef Bao Buns</li> <li>Cantonese Char Siu Pork Belly</li> <li>Honey Sriracha Chicken Wings</li> </ul>	7.60 6.50 7.00 7.50 6.00
From the Sea	<ul> <li>King Prawns in a Lemon and Garlic Butter Sauce (GF)</li> <li>Crispy Fried Cockles (GFO)</li> <li>Crispy Coated Calamari in a Garlic, Chilli &amp; Lime Sauce (GFO)</li> <li>Breaded Whitebait with a Lemon Pepper Mayo</li> </ul>	7.25 4.80 7.00 5.50
Sharer (Perfect for 2)	- Camembert Sharer with Honey and Rosemary, Toasted Bread, Nuts, Crackers & Chutney (V) (Add a selection of cured meats to your sharer for £5)	20.00

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1 course £14.95 | 2 course £16.95 | 3 course £18.95 Children's - 1 course £7.95 | 2 course £8.95 | 3 course £9.95



# <u>Starters</u>

-Soup of the day (VG) (GFO)
-Duck and Orange Pate with Fig Jam
-Pea & Potato Croquettes with Sriracha Mayo (GFO) (V)

# <u>Mains</u>

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

-Chicken

-Pork

-Beef

-Butternut Squash & Lentil Wellington

# **Extras**

-Cauliflower Cheese £3.30

-Extra Stuffing £1.10

-Extra Yorkshires £1.30

-Extra Roasties £2.50

-Upgrade to 2 Meats £4.00

-Upgrade to 3 Meats £5.00

# **Dessert**

-Sticky Toffee Pudding with Toffee Sauce (GF)
-Chef's Crumble
-Chocolate Fudge Cake