

THE ESTUARY

KITCHEN & BAR

BREAKFAST MENU

Served until 11.00am

***Scan here
to order to
your table***



BREAKFAST MENU *Served until 11.00am*

THE ESTUARY

KITCHEN & BAR

Lighter Bites

Add Chips to any
Lighter Bite for 3.00

- BIG BREAKFAST ROLL** 9.99
Back bacon, streaky bacon, British Cumberland pork sausage and fried egg 690 kcal
- BREAKFAST ROLL** 7.99
Choose from:
- BACON** 596 kcal or
- BRITISH CUMBERLAND PORK SAUSAGES** 558 kcal or
- TWO FRIED EGGS** **V*** 485 kcal or
- PLANT-BASED SAUSAGES** **PB*** 437 kcal

- BIG VEGGIE BREAKFAST ROLL** **V*** 9.99
Double plant-based sausage, double cheese and fried egg 622 kcal
- PORRIDGE & HONEY** **V*** 5.99
Homemade porridge drizzled with honey 509 kcal
- ALL BUTTER CROISSANT** **V*** 4.29
Served with butter and jam 414 kcal
- TOAST WITH BUTTER & JAM** **V*** 4.29
Two slices of toast, served with butter and jam.
Choice of white 410 kcal or brown 394 kcal

Swap your bun to a Non-Gluten Containing Ingredient bun **NGCI***
Please read ingredient and allergen information below when swapping bun, as not all ingredients are NGCI.

Classic Breakfasts

Add Chips to any
Breakfast for 3.00



BIG BREAKFAST

- BIG BREAKFAST** 16.99
Two British Cumberland pork sausages, two rashers of back bacon, two fried eggs, roasted tomato, roasted mushroom, baked beans and chips, served with brown toast & butter 1372 kcal
- FULL ENGLISH BREAKFAST** 15.99
Two British Cumberland pork sausages, two rashers of back bacon, two fried eggs, two hash browns, roasted tomato, roasted mushroom and baked beans 1047 kcal
- SMALL ENGLISH BREAKFAST** 13.99
British Cumberland pork sausage, back bacon, fried egg, hash brown, roasted tomato, roasted mushroom and baked beans 579 kcal
- FULL ENGLISH VEGGIE BREAKFAST** **V*** 15.99
Two plant-based sausages, two fried eggs, homemade smashed avocado with tomato, roasted tomato, two hash browns, roasted mushroom, wilted spinach and baked beans 849 kcal
- GARDEN BREAKFAST** **PB*** 13.99
Two plant-based sausages, homemade smashed avocado with tomato, roasted tomatoes, two hash browns, roasted mushrooms, wilted spinach and baked beans 633 kcal

Extras

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| TWO BRITISH CUMBERLAND PORK SAUSAGES 301 kcal | 2.99 | TWO HASH BROWNS PB * 203 kcal | 2.99 |
| TWO PLANT-BASED SAUSAGES PB * 171 kcal | 2.99 | SMASHED AVOCADO PB * 51 kcal | 2.99 |
| TWO FRIED EGGS V * 226 kcal | 2.99 | ROASTED TOMATO PB * 27 kcal | 2.49 |
| SCRAMBLED EGGS V * 248 kcal | 2.99 | ROASTED MUSHROOM PB * 16 kcal | 1.99 |
| TWO RASHERS OF STREAKY BACON 139 kcal | 2.99 | BAKED BEANS PB * 86 kcal | 2.49 |
| TWO RASHERS OF BACK BACON 206 kcal | 2.99 | TWO SLICES OF TOAST & BUTTER V * | 2.99 |
| CHIPS PB * 402 kcal | 4.99 | BROWN 335 kcal or WHITE 328 kcal | |
| | | JAM PB * 79 kcal or NUTELLA ® V * 81 kcal | 1.29 |

Adults need around 2000 kcal a day

PB* = PLANT-BASED **V*** = VEGETARIAN **NGCI*** = NON-GLUTEN CONTAINING INGREDIENTS

IMPORTANT DIETARY INFORMATION

***Ingredients & Allergen information** We do occasionally have to substitute products and amend our recipes so you must advise us of any allergies / dietary requirements on every visit. We do use most, if not all allergens in our kitchens and we also cook different foods in the same equipment. Allergen information is available on all intentional ingredients, please ask your server for our allergens table. Should you require more information on any may contains or potential cross-contact, then please ask your server at the time of ordering. **Plant-based / Vegetarian** Some of our plant-based / vegetarian items may be cooked in the same equipment / fried in the same oil as meat and fish products. Please ask your server for information on any specific dishes and we will be able to advise to enable an informed choice. Our plant-based dishes may pose a potential risk of cross-contamination as these may be prepared using shared equipment and therefore not suitable for customers with dairy allergies or other strict dietary requirements. **NGCI** Our NGCI dishes consist of non-gluten containing ingredients only. Where there is an option to swap a bun to a non-gluten bun, please note this does not necessarily mean the whole dish is gluten free and therefore please ask your server to check the other ingredients. **Other notes** Our meat & fish dishes may contain bones.