



mediterranean
restaurant & bar

GLUTEN FREE

APPETISERS

Nocellara & Kalamata Olives (v) £3.25

Chorizo with Honey £3.75

Crudités with Hummus, Tzatziki & Tomato Salsa (v) £3.95

STARTERS

Soup du Jour (v) £4.95

Freshly made soup of the day

Chicken Caesar Salad £6.25

Romaine tossed with Caesar dressing, chargrilled chicken, white anchovies & grated Grana Padano

Grilled Goat's Cheese (v) £6.45

With aged balsamic vinegar, caramelised red onions, pineapple & black fig chutney

Air Dried Duck & Orange Salad £6.95

On rocket, beetroot & pomegranate seeds with house dressing

Gambas al Pil Pil £7.95

King prawns, pan fried with garlic & quindilla chillies

Chorizo Frito al Vino £5.95

Chorizo pan fried in red wine with garlic, rosemary & thyme

Moules Marinières £7.45 / £13.95

Fresh rope mussels steamed with shallots & garlic in white wine & cream

PASTA & RISOTTO

King Prawn & Chilli Fusilli £11.95

King prawns pan fried with garlic & red chilli, tossed with fusilli & topped with fresh rocket

Fusilli Carbonara £10.95

Fusilli tossed with pan fried pancetta, cream & Grana Padano

Smoked Salmon Risotto £6.95 / £10.95

Arborio rice with smoked salmon, petits pois, dill, cream & Grana Padano

Minted Pea & Asparagus Risotto (v) £6.45 / £9.95

Arborio rice with minted pea purée, petits pois, asparagus, cream & chives

CHARGRILLED KEBABS

Skewered with red onion, courgette, red & yellow peppers, house salad, tzatziki & tomato salsa

Mixed Piri-Piri Chicken, Chorizo, Moroccan Lamb & Chipotle Steak £18.95

Piri-Piri Chicken £14.95

Halloumi with Lemon, Caper & Chilli Dressing (v) £14.95

STEAK FRITES

Chargrilled & served with confit vine plum tomato, rocket & skin-on fries. Add shallot, peppercorn or béarnaise sauce £1

8oz Sirloin £18.95

10oz Ribeye £22.95

8oz Fillet £23.95

MAIN COURSES

Pan Roasted Chicken Suprême £16.45

Served on wilted spinach with wholegrain mustard cream sauce & new potatoes

Sea Bass Fillets (v) £17.45

On roasted Mediterranean vegetables & pesto with skin-on fries

Iberian Belly Pork £17.95

Slow roast & honey glazed with spinach, chorizo, thyme red wine jus & parmentier potatoes

Roasted Lamb Rump £18.95

With mustard herb crust served pink on minted pea purée with rosemary red wine jus & dauphinoise potatoes

Pan Fried Lemon Chicken £16.95

Lemon chicken, rocket, sun blush tomato & Grana Padano with lemon caper dressing & skin-on fries

Andalucian Pork Fillet £17.45

Wrapped in prosciutto, pan roasted & served with apricot & sherry cream sauce with dauphinoise potatoes

Roast Mediterranean Vegetables & Feta (v) £12.95

Topped with rocket & served with warm spicy tomato sauce

Pan Roasted Cod Loin £16.95

Served on wilted spinach with white wine tarragon cream & new potatoes

Moroccan Lamb Tajine £16.95

Slow cooked spiced lamb & Moroccan vegetables with tzatziki & coriander leaves

Greek Salad (v) or with Lemon Chicken £11.95 / £15.95

Cherry tomatoes, Kalamata olives, cucumber, red onion, peppers, oregano & feta with house vinaigrette

SIDES

Skin-on Fries £2.95

Parmentier Potatoes £2.95

Chantenay Carrots & Green Beans £3.25

Buttered New Potatoes £2.95

Rocket & Grana Padano Salad £3.95

Roast Mediterranean Vegetables £3.25

Gratin Dauphinoise £2.95

House Salad £3.95

Tenderstem Broccoli £3.25

DESSERTS

Classic Crème Brûlée £5.45

Sugar glazed baked vanilla pod custard

Mixed Berry & Ginger Eton Mess £6.25

Chantilly cream with crushed meringue, vanilla ice cream, strawberries, raspberries, blueberries & stem ginger

Warm Chocolate Brownie £6.25

Flourless chocolate brownie with chocolate fudge sauce & vanilla ice cream

Ice Cream £4.95

3 scoops of luxury vanilla, chocolate, pistachio or strawberry ice cream

Raspberry Sorbet £4.95

3 scoops of raspberry sorbet

EGO MINIS

Mini desserts with any tea or coffee

Mixed Berry Eton Mess £4.65

Chantilly cream mixed with crushed meringue & mixed berries

Ice Cream £4.45

A scoop of luxury vanilla, chocolate, pistachio (n) or strawberry



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egorestaurants.co.uk

(v) = suitable for vegetarians (n) = contains nuts

Due to the presence of nuts in some products, there is a small possibility that nut traces may be found in any of our menu items. Please inform our staff of any special dietary requirements. For parties of 8 or more, a discretionary 10% service charge will be added to the bill, thank you.