



mediterranean
restaurant & bar



GLUTEN FREE

APPETISERS

Nocellara & Kalamata Olives (v) £3.25

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

Chorizo with Honey £3.75

STARTERS

Soup du Jour (v) £4.95

Soup of the day served with gluten free bread

Grilled Goat's Cheese (v) £6.45

On toasted gluten free bread with aged balsamic vinegar, caramelised red onions & beetroot chutney

Gambas al Pil Pil £7.95

King prawns, pan fried with garlic & quindilla chillies, served with toasted gluten free bread

Lamb Köfte (n) £5.95

Spiced lamb köfte with tzatziki, rainbow slaw & hazelnut dukkah

Air Dried Duck & Orange Salad £6.95

On rocket leaves, beetroot wedges & pomegranate seeds with house dressing

Chicken Liver & Rosemary Pâté £5.95

Topped with clarified butter & pink peppercorns, served with toasted gluten free bread & chilli tomato marmalade

Chorizo & Torn Mozzarella (n) £5.95

On rocket leaves with toasted walnuts & honey mustard dressing

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

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

Chipotle Steak £16.95

Piri-Piri Chicken £15.45

All skewered with red onion, courgette & mixed peppers on rainbow slaw with rocket, tzatziki & tomato salsa

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

Skewered with red onion, courgette & mixed peppers, served with rainbow slaw & tzatziki

STEAK FRITES

8oz Sirloin £18.95

10oz Ribeye £22.95

8oz Fillet £23.95

Chargrilled & served with confit vine plum tomato, rocket & skin-on fries (Sweet potato fries £1 supplement)

Add garlic butter, shallot or peppercorn sauce £1.50

MAIN COURSES

Pan Roasted Chicken Suprême £16.45

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

Sea Bass Fillets £17.45

With roasted chorizo, cherry tomatoes, red onion, rocket & skin-on fries

Iberian Belly Pork £17.95

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

Roasted Lamb Rump £18.95

Served pink on minted pea purée with rosemary red wine jus & dauphinoise potatoes

Pan Fried Lemon Chicken £16.95

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

Andalucian Pork Fillet £17.45

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

Roast Mediterranean Vegetables & Feta (v) £12.95

Topped with rocket & served with warm arrabiata sauce

Pan Roasted Cod Loin £16.95

On roasted Mediterranean vegetables with Neapolitan sauce & new potatoes

Moroccan Lamb Tajine £16.95

Slow cooked spiced lamb with Moroccan vegetables, 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

Tenderstem Broccoli £3.25

Buttered New Potatoes £2.95

Roast Mediterranean Vegetables £3.25

Chantenay Carrots & Green Beans £3.25

Gratin Dauphinoise £2.95

House Salad £3.95

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

Pecan Pie (n) £6.45

Warm crunchy pecans with a sweet sticky set syrup & vanilla ice cream

Ice Cream £4.95

3 scoops of luxury vanilla, chocolate, pistachio (n), strawberry, honeycomb or salted caramel 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), strawberry, honeycomb or salted caramel ice cream



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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.