

ego
mediterranean

VEGAN MENU

Manarola Cinque Terre, Italy

PROVINCE OF LA SPEZIA

APPETIZERS & STARTERS

NOCELLARA & KALAMATA OLIVES £3.25

RUSTIC BREAD, EXTRA VIRGIN OLIVE OIL & BALSAMIC £3.75

**PITTA BREADS WITH HUMMUS,
HAZELNUT DUKKAH & POMEGRANATE** £3.45

GARLIC & ROSEMARY PIZZA BREAD £3.95

TUSCAN BEAN CASSOULET & TOASTED BREAD £5.45

MAIN COURSES

SPICED CHICKPEA, LEMON & CORIANDER CAKES £12.95

With giant cous cous & mixed green salad of coriander, mint, cucumber & tomato

FALAFEL KEBAB £10.95

Skewered with red onion, courgette & mixed peppers, with fattouche salad,
tomato salsa, hummus & tortilla wraps

MOROCCAN VEGETABLE CASSEROLE £11.95

Slow cooked spiced Moroccan vegetables, giant cous cous, flaked almonds,
pomegranate, toasted pitta & picked coriander

LINGUINE NEAPOLITAN £9.95

With roasted Mediterranean vegetables & Neapolitan sauce

ROASTED BEETROOT & NEW POTATO SALAD £9.95

Served warm with baby spinach, roasted peppers & red onion,
finished with pomegranate seeds & house vinaigrette

MEDITERRANEAN VEGETABLE PIZZA £9.65

Courgette, roasted peppers, aubergine & red onion,
with caramelised onions & finished with rocket

SIDES

SKIN-ON FRIES £2.95

NEW POTATOES £2.95

PARMENTIER POTATOES £2.95

ROASTED ROOTS £3.25

HOUSE SALAD £3.95

ROAST MEDITERRANEAN VEGETABLES £3.25

TENDERSTEM BROCCOLI £3.25

MANGETOUT £3.25

DESSERTS

FRESH FRUIT SALAD £4.95

Strawberries, raspberries, apple & oranges

RASPBERRY SORBET £4.95

3 scoops served with fresh strawberry & mint