

ego
mediterranean



VEGAN MENU

Manarola Cinque Terre, Italy

PROVINCE OF LA SPEZIA

APPETIZERS

NOCELLARA & KALAMATA OLIVES £3.25

RUSTIC BREADS, EXTRA VIRGIN OLIVE OIL & BALSAMIC VINEGAR £3.75

HUMMUS & PITTA BREADS (n) £3.45

GARLIC PIZZA BREAD £3.95

GARLIC PIZZA BREAD WITH VEGAN MOZZARELLA £4.95

GARLIC PIZZA BREAD WITH TOMATO £4.25

STARTERS

SOUP DU JOUR (v) £4.95

Soup of the day served with fresh bread

GARLIC MUSHROOMS £5.75

Sautéed field & wild mushrooms with garlic, lemon & parsley on toasted white bloomer

MAIN COURSES

FALAFEL KEBAB £11.95

Skewered with red onion, courgette & mixed peppers, with mixed leaf salad, tomato salsa, hummus & tortillas

MOROCCAN VEGETABLE CASSEROLE £12.95

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

LINGUINE VERDURE £9.95

With roasted Mediterranean vegetables & Neapolitan sauce

MARGHERITA PIZZA £8.45

Tomato & oregano with vegan mozzarella & basil

MEDITERRANEAN VEGETABLE PIZZA £9.65

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

VEGETABLE PAELLA £9.95

Artichokes, piquillo peppers, tomatoes, green beans, garden peas, bell peppers & courgette

AVOCADO & ROASTED MEDITERRANEAN VEGETABLE SALAD £12.95

With mixed leaves, piquillo peppers, Kalamata olives, herb croutons & house vinaigrette

SIDES

SKIN-ON FRIES £2.95

NEW POTATOES £2.95

HOUSE SALAD £3.95

MANGE TOUT £3.25

ROAST MEDITERRANEAN VEGETABLES £3.25

TENDERSTEM BROCCOLI £3.25

DESSERTS

FRESH FRUIT SALAD £4.95

Strawberries, raspberries, apple & oranges

RASPBERRY SORBET £4.95

3 scoops served with fresh strawberry & mint

CHOCOLATE ICE CREAM £4.95

3 scoops of vegan chocolate ice cream

APPLE & BLACKBERRY CRUMBLE £5.95

VEGAN BEERS

Freedom Helles Organic Lager 4.8% 330ml £4.45

Freedom Pale Ale 4.2% 330ml £4.65

Peroni Nastro Azzurro 5.1% 330ml £4.10

Peroni Nastro Azzurro Gluten Free 5.1% 330ml £4.45



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(v) suitable for vegetarians (n) contains nuts