

ego  
mediterranean



A LA CARTE

Manarola Cinque Terre, Italy

PROVINCE OF LA SPEZIA



## APPETISERS

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**NOCELLARA & KALAMATA OLIVES** (v) £3.25

**HUMMUS & PITTA BREADS** (v) (n) £3.45

**CHORIZO WITH HONEY** £3.75

**RUSTIC BREADS, EXTRA VIRGIN OLIVE OIL  
& BALSAMIC VINEGAR** (v) £3.75

**GARLIC PIZZA BREAD** (v) £3.95

**GARLIC PIZZA BREAD WITH MOZZARELLA** (v) £4.95

**GARLIC PIZZA BREAD WITH TOMATO** (v) £4.25

## STARTERS

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**SOUP DU JOUR** (v) £4.95

Soup of the day served with fresh bread

**MEDITERRANEAN PRAWN COCKTAIL** £5.95

Poached king prawns, piquillo peppers, cucumber  
& rocket with homemade Marie Rose sauce

**LAMB KÖFTE** (n) £5.95

Spiced lamb köfte, fattouche salad, hazelnut dukkah & tzatziki

**SALMON & DILL FISHCAKE** £6.75

With soft poached egg, lemon & chive hollandaise  
& mixed leaves

**CHORIZO FRITO AL VINO** £5.95

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

**GRILLED GOAT'S CHEESE** (v) £6.45

On toasted brioche with aged balsamic, caramelised  
red onions & Jen's beetroot chutney

**GAMBAS AL PIL PIL** £7.95

King prawns pan fried with garlic & guindilla chillies,  
served with toasted sun-dried tomato bread

**CALAMARI FRITTI** £6.45

Paprika floured squid rings, aioli & fresh lemon

**CHICKEN LIVER & ROSEMARY PÂTÉ** £5.95

With clarified butter & pink peppercorns,  
toasted bread & Maria's chilli tomato marmalade

**BREADED CAMEMBERT** (v) £6.25

Camembert wedges served with mixed leaves  
& cranberry compote

**MOULES MARINIÈRES** £7.45 / £12.95

Fresh rope mussels, shallots, parsley & garlic  
in white wine & cream with fresh bread

## SHARING BOARDS

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**GREEK MEZE** £13.95

Chicken souvlaki, lamb köfte, deep fried halloumi,  
fattouche salad, pitta breads, hummus, tzatziki & mixed olives

**TAPAS PLATE** £14.95

Tempura king prawns, chorizo croquettes,  
calamari, cured Spanish meats, Manchego,  
rustic bread, aioli & mixed olives

## PASTA, RISOTTO & PAELLA

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**KING PRAWN & CHILLI LINGUINE** £11.95

Pan fried king prawns with garlic & red chilli, topped with rocket

**SPAGHETTI CARBONARA** £10.95

Spaghetti tossed with pancetta, cream & Grana Padano

**MINTED PEA & ASPARAGUS RISOTTO** (v) £6.45 / £9.95

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

**PAELLA MIXTA** £12.95

Chicken, chorizo, king prawns, squid & mussels  
with mixed peppers, green beans, peas & white wine

**VEGETABLE PAELLA** (v) £9.95

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

## STONEBAKED PIZZA

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**MARGHERITA** (v) £8.45

Tomato & oregano with mozzarella & basil

**CHICKEN & PESTO** (n) £9.95

With roasted red pepper, red onion & pesto

**GOAT'S CHEESE & CARAMELISED RED ONION** (v) £9.65

With roasted Mediterranean vegetables & fresh rocket

**PEPPERONI PICCANTE** £9.95

Topped with pepperoni & sliced red chillies

**KING PRAWN & CHILLI** £10.95

Topped with prosciutto & fresh rocket

**CREATE YOUR OWN PIZZA** £10.95

Add any 3 pizza toppings from above to a Margherita

If you would like any dietary or allergen advice, or to see our Gluten Free or Vegan menus, please speak to one of the team.  
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.

For parties of 8 or more, a discretionary 10% service charge will be added to the bill, thank you.

(v) suitable for vegetarians (n) contains nuts

## MAIN COURSES

### PAN ROASTED CHICKEN SUPRÊME £15.95

On savoy cabbage & pancetta, with crushed new potatoes & wholegrain mustard cream sauce

### SEA BASS FILLETS £16.95

Pan fried with roasted chorizo, cherry tomatoes, red onion, rocket & skin-on fries

### ROASTED LAMB RUMP £17.95

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

### SPICED CHICK PEA, LEMON & CORIANDER CAKES (v) £12.95

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

### IBERIAN BELLY PORK £16.95

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

### LEMON CHICKEN MILANESE £15.95

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

### CONFIT DUCK LEG £16.45

With cranberry Madeira jus, mixed bean cassoulet & dauphinoise potatoes

### PAN ROASTED COD LOIN £16.95

On roasted Mediterranean vegetables with Neapolitan sauce & crushed new potatoes

### ANDALUCIAN PORK FILLET £17.45

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

### MOROCCAN LAMB (n) £16.95

Slow cooked spiced Moroccan lamb & vegetables, fruity cous cous, flaked almonds, toasted pitta, tzatziki & picked coriander

### BUTTERNUT SQUASH & SPINACH TART (v) £12.95

Roasted butternut squash, spinach & blue cheese tart with sun blush tomato & rocket

### GREEK SALAD (v) ADD 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

GRATIN DAUPHINOISE £2.95

PARMENTIER POTATOES £2.95

BUTTERED NEW POTATOES £2.95

TENDERSTEM BROCCOLI £3.25

ROAST MEDITERRANEAN VEGETABLES £3.25

HONEY ROASTED ROOTS £3.25

HOUSE SALAD £3.25

GREEK SALAD £3.95

## CHARGRILLED KEBABS

### MIXED KEBAB £18.95

Piri-piri chicken, chorizo, Moroccan lamb & smokehouse sirloin

### PIRI-PIRI CHICKEN £14.95

### SMOKEHOUSE SIRLOIN £16.95

With chimichurri

### HALLOUMI (v) £14.95

With lemon, caper & chilli dressing

All skewered with red onion, courgette & mixed peppers with fattouche salad, tzatziki, tomato salsa & tortillas

## STEAK FRITES

### 8OZ SIRLOIN £18.95

### 9OZ RIBEYE £20.95

### 7OZ FILLET £21.95

Chargrilled & served with grilled vine plum tomato, rocket, onion rings & skin-on fries

Sweet potato fries add £1

Add garlic butter, roast shallot or peppercorn sauce £1.50

## PRIX FIXE MENU

Monday - Friday until 7pm  
Saturday until 6pm & all day Sunday

2 Courses £12.95 / 3 Courses £15.95

### STARTERS

Soup du Jour (v)

Calamari Fritti

Grilled Goat's Cheese (v)

Chicken Liver & Rosemary Pâté

Mediterranean Prawn Cocktail

### MAIN COURSES

Chicken Suprême, Wholegrain Mustard Cream\*  
Salmon & Dill Fishcakes, French Fries & Rocket  
Rump Steak Frites & Peppercorn Sauce  
Pan Roasted Cod Loin, Neapolitan Sauce\*  
Spiced Chick Pea, Lemon & Coriander Cakes\* (v)

\*served with seasonal vegetables  
& new potatoes or skin-on fries

### DESSERTS

Classic Crème Brûlée

Sticky Toffee Pudding

Warm Chocolate Brownie (n)

Tiramisu

Ice Cream





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Ask one of the team about joining the Ego Club for 25% off