

ego
mediterranean



VEGAN MENU

Manarola Cinque Terre, Italy

PROVINCE OF LA SPEZIA

APPETISERS

GARLIC PIZZA BREAD £4.25

WITH VEGAN MOZZARELLA / TOMATO £4.95 / £4.45

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

NOCELLARA, MANZANILLA & KALAMATA OLIVES £3.45

HUMMUS & PITTA BREADS (n) £3.65

STARTERS

SOUP DU JOUR £4.95

Soup of the day served with fresh bread

GARLIC MUSHROOMS £6.45

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

MOROCCAN SPICED CHICKPEA CAKES (n) £6.95

On quinoa & black barley salad with pomegranate seeds,
hazelnut dukkah & red pepper tapenade

MAIN COURSES

MOROCCAN FALAFEL (n) £13.95

Moroccan spiced falafel, slow cooked Moroccan vegetables,
fruity cous cous, flaked almonds, toasted pitta, hummus & picked coriander

LINGUINE VERDURE £10.95

With roasted Mediterranean vegetables & Neapolitan sauce

MARGHERITA PIZZA £8.95

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 £11.95

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

MOROCCAN SPICED CHICKPEA CAKES (n) £11.95

On quinoa & black barley salad with pomegranate seeds,
hazelnut dukkah & red pepper tapenade

SIDES

SKIN-ON FRIES £3.25

SWEET POTATO FRIES £3.95

TENDERSTEM BROCCOLI £3.45

MANGETOUT & CHANTENAY CARROTS £3.25

HOUSE SALAD £3.25

ROAST MEDITERRANEAN VEGETABLES £3.25

DESSERTS

FRESH FRUIT SALAD £4.95

Strawberries, raspberries, apple & oranges

RASPBERRY SORBET £4.95

3 scoops of raspberry sorbet

ICE CREAM £4.95

3 scoops of vegan vanilla or chocolate ice cream

APPLE & BLACKBERRY CRUMBLE £5.95

With vegan vanilla ice cream

VEGAN BEERS & WINES

San Miguel 5.0% 330ml £4.20

Corona 4.6% 330ml £4.20

Peroni Nastro Azzurro 5.1% 330ml £4.10

Peroni Nastro Azzurro Gluten Free 5.1% 330ml £4.45

ALCANTA BLANCO, ALICANTE, SPAIN 2017 175ml / bottle £5.45 / £17.95

Merseguera & Macabeo grapes with a crisp, light & fruity finish

ALCANTA MERLOT, ALICANTE, SPAIN 2017 175ml / bottle £6.45 / £20.95

Full bodied with rich spicy & plummy flavours



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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.

(n) contains nuts