

ego
mediterranean

VEGAN MENU

Manarola Cinque Terre, Italy

PROVINCE OF LA SPEZIA

APPETISERS

GARLIC PIZZA BREAD £4.45

WITH VEGAN MOZZARELLA / TOMATO £5.45 / £4.45

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

NOCELLARA, MANZANILLA & KALAMATA OLIVES £3.45

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

CRUDITÉS & PITTA BREADS WITH DIPS £4.95

Peppers, cucumber & pitta breads with hummus & Canarian Mojo dip

MAIN COURSES

MOROCCAN FALAFEL (n) £14.95

Served with 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, mixed peppers & courgette

SIDES

- SKIN-ON FRIES £3.25
- SWEET POTATO FRIES £4.25
- TENDERSTEM BROCCOLI £3.45
- GREEN BEANS £3.25
- ROAST MEDITERRANEAN VEGETABLES £3.25
- HOUSE SALAD £3.25

DESSERTS

- FRESH FRUIT SALAD £4.95
Strawberries, raspberries, apple & oranges
- RASPBERRY SORBET £4.95
3 scoops served with fresh strawberries & mint
- ICE CREAM £4.95
3 scoops of vegan vanilla or chocolate ice cream
- APPLE & BLACKBERRY CRUMBLE £5.95
With vegan vanilla ice cream
- CHOCOLATE ORANGE TART £6.45
Served with vegan vanilla ice cream
- WARM FRANGIPANE & RASPBERRY TART (n) £6.45
Served with vegan vanilla ice cream & raspberry coulis

PRIX FIXE MENU

- Mon - Thur until 7pm, Fri & Sat until 6pm & all day Sunday
 - 2 Courses £13.95 / 3 Courses £16.95
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STARTERS

- Soup du Jour
- Garlic Mushrooms
- Crudités, Pitta Breads & Dips

MAIN COURSES

- Linguine Verduce
- Margherita or Mediterranean Vegetable Pizza
- Vegetable Paella

DESSERTS

- Fresh Fruit Salad
- Raspberry Sorbet
- Ice Cream
- Apple & Blackberry Crumble



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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