



Portovenere Harbour
Liguria, Italy

GLUTEN FREE

APPETISERS

MIXED OLIVES (ve) 108 kcal	£3.95
HALLOUMI FRIES with CHILLI HONEY (v) 445 kcal	£5.25
CRUDITÉS with HUMMUS, TOASTED DUKKA & ROASTED GARLIC OIL (ve) (n) 430 kcal	£5.95

EGO SHARING BOARD £17.95

Courgette & sweetcorn fritters, chorizo & halloumi skewers, spiced falafel, mixed olives, toasted gluten free bread, tzatziki, hummus & red pepper tapenade

1435 kcal

STARTERS

SOUP DU JOUR (v) 335 kcal	£6.95
Soup of the day served with gluten free bread	
CHORIZO FRITO AL VINO 744 kcal	£7.95
Braised in red wine, garlic, rosemary & thyme served with toasted gluten free bread	
GARLIC MUSHROOMS (v) 450 kcal	£7.95
Sautéed field & wild mushrooms, garlic, lemon & parsley cream with toasted gluten free bread	
GRILLED GOAT'S CHEESE (v) 628 kcal	£8.25
Toasted gluten free bread with caramelised red onions, aged balsamic & Jen's beetroot chutney	
GAMBAS AL PIL PIL 780 kcal / 834 kcal	£8.95 / £12.95
7 or 12 King prawns pan fried with garlic & guindilla chillies, toasted gluten free bread	
MOULES MARINIÈRES 787 kcal	£10.95
Fresh rope mussels, shallots, parsley & garlic in white wine cream served with gluten free bread	
CHICKEN LIVER & ROSEMARY PÂTÉ 467 kcal	£7.45
Clarified butter & pink peppercorns, toasted gluten free bread & Maria's chilli tomato marmalade	

PASTA & PAELLA

PAELLA MIXTA 1474 kcal	£18.95
Chicken, chorizo, King prawns, squid, mussels piquillo peppers, tomato, green beans & peas	
CHICKEN & CHORIZO PAELLA 1489 kcal	£17.95
Piquillo peppers, tomato, green beans & peas	
VEGETABLE PAELLA (ve) 1139 kcal	£15.95
Artichoke, courgette, aubergine and tomato, piquillo peppers, green beans & peas	
KING PRAWN & CHILLI FUSILLI 823 kcal	£17.95
King prawns, garlic, red chilli & fresh rocket	
FUSILLI CARBONARA 1339 kcal	£15.95
Fusilli tossed with pancetta, cream & Grana Padano	

CHARGRILLED KEBABS

All skewered with red onion, courgette & peppers with mixed leaf salad, tzatziki & gluten free wraps

HANGING MIXED KEBAB 1263 kcal	£24.95
300g Piri-piri chicken, chorizo, lamb rump & belly pork	
HANGING PIRI-PIRI CHICKEN & CHORIZO 1060 kcal	£20.95
250g Piri-piri chicken & chorizo	
HANGING PIRI-PIRI CHICKEN 834 kcal	£18.95
200g Piri-piri chicken	
CYPRriot HALLOUMI (v) 1012 kcal	£19.95
Lemon caper chilli dressing	
Skin-on-fries	£3.45
Truffle & Grana Padano fries	£4.95
Sweet potato fries	£4.95
Halloumi fries with chilli honey	£5.25

STEAK FRITES

All chargrilled and served with grilled vine plum tomato, sautéed flat mushroom, dressed rocket & skin-on fries

227g SIRLOIN 917 kcal	£23.95
227g PRIME RUMP 956 kcal	£21.95
170g FILLET 849 kcal	£28.95
280g RIBEYE 1117 kcal	£27.95
Swap to truffle & Grana Padano fries	+£1.50
Swap to sweet potato fries	+£1.50
Garlic butter 160 kcal	£1.50
Peppercorn sauce 121 kcal	£2.00
King prawn skewers 113 kcal	£3.95

SIDES

SKIN-ON FRIES 356 kcal	£3.45
TRUFFLE & GRANA PADANO FRIES 417 kcal	£4.95
SWEET POTATO FRIES 352 kcal	£4.95
HALLOUMI FRIES with CHILLI HONEY 445 kcal	£5.25
GRATIN DAUPHINOISE 400 kcal	£4.95
GREEK SALAD 237 kcal	£4.95
TENDERSTEM BROCCOLI, GARLIC & CHILLI, TOASTED ALMONDS (n) 120 kcal	£4.45
BUTTERED GREEN BEANS 100 kcal	£3.95
MEDITERRANEAN VEGETABLES & PESTO (n) 382 kcal	£4.95
ROCKET & GRANA PADANO SALAD 121 kcal	£4.95

MAIN COURSES

PAN-ROASTED CHICKEN SUPRÊME (n) With Grana Padano, sun blushed tomato, saffron risotto & basil pesto 1054 kcal	£18.45
PAN-FRIED SEA BASS FILLETS With roasted chorizo, cherry tomatoes, red onion, sautéed new potatoes & rocket 1043 kcal	£19.95
ANDALUCIAN PORK FILLET Wrapped in Serrano ham, with creamed savoy cabbage, wholegrain mustard sauce & dauphinoise potatoes 1514 kcal	£19.95
COURGETTE & SWEETCORN FRITTERS (ve) (n) Homemade spiced fritters, carrot, raisin & orange salad, red pepper tapenade, hummus, & toasted dukka 722 kcal	£16.95
MOROCCAN FALAFEL (v) (n) Spiced vegetables, carrot, orange & raisin salad with flaked almonds, tzatziki, pickled coriander and toasted gluten free bread 906 kcal	£16.95
SLOW COOKED BEEF BOURGUIGNON Served with pommes purée, pancetta wrapped green beans & root vegetable crisps 1075 kcal	£19.95
LEMON CHICKEN Rocket, sun blushed tomato & Grana Padano, lemon caper chilli dressing & skin-on fries 958 kcal	£18.45
MINTED LAMB RUMP Served pink with spring onion, olive & goats cheese pommes purée, rosemary jus & roasted courgette 1136 kcal	£20.95
MOROCCAN LAMB (n) Slow cooked spiced lamb with Moroccan vegetables, carrot, raisin & orange salad with tzatziki, flaked almonds, pickled coriander and toasted gluten free bread 1363 kcal	£19.95
PAN ROASTED COD SUPRÊME Crushed new potatoes, with buttered greens beans & white wine cream 992 kcal	£19.95
TRADITIONAL GREEK SALAD (v) Greek feta from Trikala PDO, cherry, plum & sun blushed tomatoes, Kalamata olives, red onion, cucumber, piquillo peppers, capers, oregano 596 kcal with GRILLED LEMON CHICKEN 900 kcal	£16.95 +£3

EGO MINIS

MINI DESSERTS WITH ANY COFFEE OR TEA
+ £2 UPGRADE TO ANY LIQUEUR COFFEE

WARM TRIPLE CHOCOLATE BROWNIE 237 kcal	£7.45
STRAWBERRY & PASSIONFRUIT ETON MESS 108 kcal	£7.45
JUDE'S FARM ICE CREAM 77 kcal	£7.45

DESSERTS

STRAWBERRY & PASSIONFRUIT ETON MESS Passionfruit sorbet, strawberries, crushed meringue & Chantilly cream 325 kcal	£8.95
WARM TRIPLE CHOCOLATE BROWNIE Triple chocolate brownie, chocolate fudge sauce & vanilla pod ice cream 707 kcal	£8.45
JUDE'S FARM ICE CREAM 3 scoops of vanilla, chocolate, strawberry or honeycomb 236 kcal	£7.45
RASPBERRY or PASSIONFRUIT SORBET 3 scoops served with fresh mint 167 kcal	£6.95

PRIX FIXE MENU

Mon-Sat until 5.30pm

2 Courses £18.95 3 Courses £22.95

STARTERS

Soup du Jour (v) 335 kcal
Garlic Mushrooms (v) 450 kcal
Grilled Goat's Cheese (v) 628 kcal
Chicken Liver & Rosemary Pâte 467 kcal
Gambas al Pil Pil 780 kcal +£1.50

MAIN COURSES

Pan-Roasted Chicken Suprême, Mustard Cream Sauce, Pommes Purée & buttered green beans 1386 kcal
170g Rump Steak 838 kcal +£2
227g Sirloin Steak 899 kcal +£6
Served with Peppercorn Sauce, Skin-on Fries & Grilled Tomato
King Prawn & Chilli Fusilli 823 kcal
Roasted Mediterranean Vegetable Fusilli (ve) 528 kcal
Carbonara Fusilli 1339 kcal
Courgette & Sweetcorn Fritters (ve) (n) 722 kcal

DESSERTS

Warm Triple Chocolate Brownie 707 kcal
Jude's Farm Ice Cream 236 kcal
Strawberry & Passionfruit Eton Mess 325 kcal
Raspberry or Passionfruit Sorbet 167 kcal

LUNCH

MON - SAT UNTIL 4PM

SOUP DU JOUR (v) £5.95
Soup of the day served with gluten free bread 335 kcal

GARLIC MUSHROOMS (v) £6.95
Sautéed field & wild mushrooms, garlic, lemon & parsley cream with toasted gluten free bread 450 kcal

CHICKEN LIVER & ROSEMARY PÂTÉ £5.95
With clarified butter & pink peppercorns, toasted gluten free bread & Maria's chilli tomato marmalade 467 kcal

GRILLED GOAT'S CHEESE (v) £6.95
Toasted gluten free bread with caramelised red onions, aged balsamic & Jen's beetroot chutney 628 kcal

LUNCH MAIN COURSES

PAN-ROASTED CHICKEN SUPRÊME £12.95
Mustard cream sauce, pommes purée & buttered green beans 1386 kcal

170g PRIME RUMP STEAK £13.95
Chargrilled & served with grilled plum tomato and skin-on fries 838 kcal
Add garlic butter £1.50 or peppercorn sauce £2
Swap to sweet potato fries +£1.50
Swap to truffle & Grana Padano skin-on-fries +£1.50

LEMON CHICKEN £10.95
Skin-on fries, rocket, sun blushed tomato, Grana Padano & lemon caper chilli dressing 853 kcal

KING PRAWN & CHILLI FUSILLI £12.95
King prawns, garlic, red chilli and fresh rocket 823 kcal

FUSILLI CARBONARA £11.95
Fusilli tossed with pancetta, cream & Grana Padano 1339 kcal

MEDITERRANEAN VEGETABLE FUSILLI (ve) £10.95
Roasted Mediterranean vegetables with fusilli & tomato sauce 528 kcal

COURGETTE & SWEETCORN FRITTERS (ve) (n) £10.95
Homemade spiced fritters, carrot, raisin & orange salad, red pepper tapenade, hummus, & toasted dukka 722 kcal

TRADITIONAL GREEK SALAD (v) £8.95
Greek feta from Trikala PDO, cherry, plum & sun blushed tomatoes, Kalamata olives, red onion, cucumber, piquillo peppers, capers, oregano 237 kcal

MOULES FRITES £12.95
Fresh rope mussels, shallots, parsley & garlic in white wine cream served with gluten free bread & skin-on-fries 1022 kcal

DESSERTS

WARM TRIPLE CHOCOLATE BROWNIE £6.95
Triple chocolate brownie, chocolate fudge sauce & vanilla pod ice cream 707 kcal

JUDE'S FARM ICE CREAM £6.45
3 scoops of vanilla, chocolate, strawberry or honeycomb 236 kcal

EGO MINIS

MINI DESSERTS WITH ANY COFFEE OR TEA + £2 UPGRADE TO ANY LIQUEUR COFFEE

WARM TRIPLE CHOCOLATE BROWNIE 237 kcal £7.45

STRAWBERRY & PASSIONFRUIT ETON MESS 108 kcal £7.45

JUDE'S FARM ICE CREAM 77 kcal £7.45

JOIN THE EGO CLUB TODAY

Ask one of the team about joining the Ego Club for exclusive offers & Ego news.



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. The recommended daily calorie intake for women is 2000 kcal and for men is 2500 kcal. For parties of 8 or more, a discretionary 10% service charge will be added to the bill, thank you.

(v) vegetarian (ve) vegan (n) contains nuts