

ego  
mediterranean

A LA CARTE



## APPETISERS

<b>STONEBAKED GARLIC PIZZA BREAD</b> v 821 kcal	£4.45
with <b>TOMATO</b> v 829 kcal	£5.45
with <b>MOZZARELLA</b> v 1004 kcal	£5.65
with <b>1/2 MOZZARELLA &amp; 1/2 TOMATO</b> v 916 kcal	£6.25
<b>FRESH BAKED BAGUETTE, EXTRA VIRGIN OLIVE OIL &amp; BALSAMIC VINEGAR</b> ve 752 kcal	£2.95
with <b>MIXED OLIVES</b> ve 860 kcal	£4.45
<b>MIXED OLIVES</b> ve 108 kcal	£2.95
<b>HALLOUMI FRIES</b> with <b>CHILLI HONEY</b> v 445 kcal	£4.25
<b>GRILLED PITTA</b> with <b>HUMMUS, TOASTED DUKKA &amp; ROASTED GARLIC OIL</b> ve n 682 kcal	£3.95

### EGO SHARING BOARD £12.95

Chorizo & halloumi skewers, calamari fritti & aioli, salmon fishcakes, spiced falafel, mint yoghurt, hummus, red pepper tapenade & grilled pitta 1534 kcal

## STARTERS

<b>SOUP DU JOUR</b> v	£4.55
Soup of the day served with fresh bread 205 kcal	
<b>CHORIZO &amp; HALLOUMI SKEWERS</b>	£5.65
Served on pineapple, red chilli, coriander & spring onion salsa with red pepper tapenade 671 kcal	
<b>GARLIC MUSHROOMS</b> v	£5.45
Sautéed field & wild mushrooms, garlic, lemon & parsley cream with toasted bread 510 kcal	
<b>CHARGRILLED CHICKEN &amp; LAMB SOUVLAKI</b>	£5.75
Harissa marinated chicken thigh and lamb kofte, served with carrot, raisin & orange salad, grilled pitta & mint yoghurt 445 kcal	
<b>CALAMARI FRITTI</b>	£5.65
Paprika floured squid rings, aioli & fresh lemon 261 kcal	
<b>GRILLED GOAT'S CHEESE</b> v	£5.65
Toasted brioche with caramelised red onions, aged balsamic & Jen's beetroot chutney 436 kcal	
<b>SALMON FISHCAKE</b>	£6.25
Soft poached egg, lemon & dill hollandaise and mixed leaves 689 kcal	
<b>GAMBAS AL PIL PIL</b>	£6.25 / £8.65
7 or 12 King prawns pan-fried with garlic & guindilla chillies, toasted bread 856 kcal / 910 kcal	
<b>BREADED CAMEMBERT</b> v	£5.65
Panko breaded Camembert with mixed dressed leaves & Maria's tomato chilli marmalade 481 kcal	
<b>KING PRAWN COCKTAIL</b>	£6.25
Poached prawns, shredded baby gem, cucumber & sundried tomatoes with Marie Rose sauce & granary bread 412 kcal	
<b>CHICKEN LIVER &amp; ROSEMARY PÂTÉ</b>	£4.95
Clarified butter & pink peppercorns, toasted bread & spiced plum chutney 392 kcal	

## MAIN COURSES

<b>PAN-ROASTED CHICKEN SUPRÊME</b>	£12.95
With creamed leek, spring pea, mushroom, tarragon & truffle gnocchi 1074 kcal	
<b>PAN-FRIED SEA BASS FILLETS</b>	£15.95
With parmentier potatoes, roasted chorizo, cherry tomatoes, red onion & rocket 984 kcal	
<b>COURGETTE &amp; SWEETCORN FRITTERS</b> ve n	£11.45
Homemade spiced fritters, carrot, raisin & orange salad, red pepper tapenade, hummus & toasted dukka 734 kcal	
<b>DUO OF PORK</b>	£15.95
Serrano ham wrapped fillet & honey glazed belly pork, with braised savoy cabbage & pancetta, wholegrain mustard sauce & dauphinoise potatoes 1643 kcal	
<b>MOROCCAN FALAFEL</b> v n	£11.95
Spiced vegetables, fruity couscous, flaked almonds, mint yoghurt & toasted pitta bread 1375 kcal	
<b>MOROCCAN LAMB</b> n	£14.95
Slow cooked spiced lamb with Moroccan vegetables, fruity couscous, flaked almonds, mint yoghurt & toasted pitta bread 1832 kcal	
<b>LEMON CHICKEN MILANESE</b>	£12.95
Rocket, sundried tomato & Grana Padano salad, lemon caper chilli dressing and skin-on fries 1381 kcal	
<b>CHARGRILLED MINTED LAMB RUMP</b>	£15.95
Served pink with rosemary & garlic potatoes, sautéed asparagus & salsa verde 794 kcal	
<b>PAN-ROASTED COD SUPRÊME</b>	£15.95
Crushed new potatoes, with buttered greens beans & leek white wine cream 907 kcal	
<b>TRADITIONAL GREEK SALAD</b> v	£11.95
Feta, cherry, plum & sundried tomatoes, Kalamata olives, red onion, cucumber, roquito pepper pearls, capers, oregano 596 kcal	
with <b>GRILLED LEMON CHICKEN</b> 926 kcal	+£2
<b>PASTA &amp; PAELLA</b>	
<b>PAELLA MIXTA</b>	£11.95
Chicken, chorizo, King prawns, squid, mussels, mixed peppers, tomato, green beans & peas 1137 kcal	
<b>CHICKEN &amp; CHORIZO PAELLA</b>	£10.95
Mixed peppers, tomato, green beans & peas 1151 kcal	
<b>VEGETABLE PAELLA</b> ve	£9.95
Artichoke, courgette, aubergine and tomato, mixed peppers, green beans & peas 802 kcal	
<b>KING PRAWN &amp; CHILLI LINGUINE</b>	£11.95
King prawns, garlic, red chilli, sundried tomato & fresh rocket 815 kcal	
<b>SPAGHETTI CARBONARA</b>	£10.95
Spaghetti tossed with pancetta, cream & Grana Padano 1290 kcal	

## CHARGRILLED KEBABS

All skewered with red onion, courgette & peppers with mixed leaf salad, mint yoghurt & tortillas

### HANGING MIXED KEBAB £16.45

300g Piri-piri chicken, chorizo, lamb rump & belly pork 1435 kcal

### HANGING PIRI-PIRI CHICKEN & CHORIZO £13.95

250g Piri-piri chicken & chorizo 1241 kcal

### HANGING PIRI-PIRI CHICKEN £12.95

200g Piri-piri chicken 1015 kcal

### CYPRIT HALLOUMI v £13.25

Lemon caper chilli dressing 1179 kcal

Truffle & Grana Padano Fries £3.25

Skin-on fries £2.45

Sweet potato fries £3.45

Halloumi fries with chilli honey £4.25

## STEAK FRITES

All chargrilled and served with confit tomato, grilled mushroom, salt & vinegar onion rings, dressed rocket & skin-on fries

227g SIRLOIN 1011 kcal £16.95

227g PRIME RUMP 1050 kcal £14.95

170g FILLET 943 kcal £20.95

280g RIBEYE 1211 kcal £18.95

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

Roasted garlic & shallot sauce 112 kcal £2.00

King prawn skewers 113 kcal £3.95

## STONEBAKED SOURDOUGH PIZZA

MARGHERITA v £7.95

Tomato, mozzarella, fresh basil 806 kcal

CHARGRILLED CHICKEN n £9.45

Tomato, mozzarella, roquito pepper pearls, red onion & basil pesto 1080 kcal

GOAT'S CHEESE & CARAMELISED ONION v £8.95

Roasted Mediterranean vegetables & fresh rocket 1121 kcal

PEPPERONI PICCANTE £9.45

Tomato, mozzarella, pepperoni, sliced red chillies 1166 kcal

CREATE YOUR OWN PIZZA £9.95

Add any 3 pizza toppings from above or listed below to a Margherita: 806 kcal

King prawns / Black olives / Chorizo / Pancetta

Mushrooms / Serrano ham / Artichokes / Pineapple

## SIDES

SKIN-ON FRIES 356 kcal £2.45

TRUFFLE & GRANA PADANO FRIES 417 kcal £3.25

SWEET POTATO FRIES 352 kcal £3.45

HALLOUMI FRIES with CHILLI HONEY 445 kcal £4.25

GARLIC & ROSEMARY £3.25

PARMENTIER POTATOES 243 kcal

GREEK SALAD 249 kcal £3.45

TENDERSTEM BROCCOLI, GARLIC, CHILLI

& TOASTED ALMONDS n 120 kcal £2.95

SAUTÉED GREEN BEANS & SALSA VERDE 176 kcal £2.95

MEDITERRANEAN VEGETABLES & PESTO n 382 kcal £3.45

ROCKET & GRANA PADANO SALAD 120 kcal £3.45

## PRIX FIXE MENU

Mon-Sat until 5.30pm

2 Courses £15.95 3 Courses £18.95

### STARTERS

Soup du Jour v 205 kcal

Calamari Fritti 261 kcal

Garlic Mushrooms v 510 kcal

Gambas al Pil Pil 856 kcal +£1.50

Grilled Goat's Cheese v 436 kcal

Chicken Liver & Rosemary Pâte 392 kcal

### 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 & confit tomato

Salmon & Dill Fishcakes

Skin-on fries, fresh rocket & tartare sauce 1286 kcal

Spaghetti Carbonara 1290 kcal

King Prawn & Chilli Linguine 815 kcal

Courgette & Sweetcorn Fritters ve n 734 kcal

### DESSERTS

Warm Apple & Cinnamon Pie 549 kcal

Sticky Toffee Pudding 856 kcal

Sicilian Lemon Tart 448 kcal

Warm Triple Chocolate Brownie 713 kcal

Jude's Farm Ice Cream 236 kcal

# LUNCH

MON - SAT UNTIL 4PM

## STARTERS

<b>SOUP DU JOUR v</b> £4.55 Soup of the day served with fresh bread 395 kcal	<b>CALAMARI FRITTI</b> £5.65 Paprika floured squid rings, aioli & fresh lemon 261 kcal	<b>CHICKEN LIVER &amp; ROSEMARY PÂTÉ</b> £4.95 With clarified butter & pink peppercorns, toasted bread & spiced plum chutney 392 kcal
<b>GARLIC MUSHROOMS v</b> £5.45 Sautéed field & wild mushrooms, garlic, lemon & parsley cream with toasted bread 510 kcal	<b>GRILLED GOAT'S CHEESE v</b> £5.65 Toasted brioche with caramelised red onions, aged balsamic & Jen's beetroot chutney 436 kcal	

## LUNCH MAIN COURSES

<b>SALMON &amp; DILL FISHCAKES</b> £8.95 Skin-on fries, fresh rocket & tartare sauce 1286 kcal	<b>170g PRIME RUMP STEAK</b> £9.95 Chargrilled & served with confit tomato and skin-on fries or hand cut chips 838 kcal Swap to truffle & Grana Padano fries +£1.50 Swap to sweet potato fries +£1.50 Add garlic butter £1.50, roasted garlic & shallot sauce £2 or peppercorn sauce £2	<b>PEPPERONI PICCANTE PIZZA</b> £8.95 Tomato, mozzarella, pepperoni, red chillies 1166 kcal
<b>LEMON CHICKEN MILANESE</b> £5.95 Rocket, sundried tomato & Grana Padano salad, lemon caper chilli dressing and skin-on fries 860 kcal	<b>PAN-ROASTED CHICKEN SUPRÊME</b> £8.95 Mustard cream sauce, pommes purée & buttered green beans 1386 kcal	<b>COURGETTE &amp; SWEETCORN FRITTERS ve n</b> £7.95 Homemade spiced fritters, carrot, raisin & orange salad, red pepper tapenade, hummus & toasted dukka 734 kcal
<b>STEAK &amp; ALE PIE</b> £8.95 Hand-cut chips or pommes purée & fresh seasonal vegetables 1118 kcal	<b>KING PRAWN &amp; CHILLI LINGUINE</b> £9.95 King prawns, garlic, red chilli, sundried tomato & fresh rocket 815 kcal	<b>MOROCCAN CHICKEN WRAP</b> £5.00 Carrot salad, hummus, skin-on fries, rocket & mint yoghurt 906 kcal
<b>FRESH BEER BATTERED HADDOCK FILLET</b> £8.95 Hand-cut chips, pea purée & tartare sauce 1041 kcal	<b>SPAGHETTI CARBONARA</b> £8.95 Spaghetti tossed with pancetta, cream & Grana Padano 1290 kcal	<b>FALAFEL WRAP ve</b> £5.00 Carrot salad, hummus, skin-on fries, rocket & red pepper tapenade 1074 kcal
<b>RUMP STEAK SANDWICH</b> £9.95 Served pink with caramelised red onions, wholegrain mustard mayonnaise, rocket, sundried tomato & skin-on fries 1057 kcal		<b>LAMB KÖFTE WRAP</b> £5.00 Carrot salad, hummus, skin-on fries, rocket & mint yoghurt 950 kcal
		<b>TRADITIONAL GREEK SALAD v</b> £5.00 Feta, cherry, plum & sundried tomatoes, Kalamata olives, red onion, cucumber, roquito pepper pearls, capers, oregano 297 kcal

## DESSERTS

<b>WARM APPLE &amp; CINNAMON PIE</b> £5.45 Served with vanilla custard 549 kcal	<b>SICILIAN LEMON TART</b> £5.65 Chantilly cream & raspberry coulis 448 kcal	<b>JUDE'S FARM ICE CREAM</b> £5.45 3 scoops of vanilla, chocolate, strawberry or honeycomb 236 kcal
<b>WARM TRIPLE CHOCOLATE BROWNIE</b> £5.65 Triple chocolate brownie, chocolate fudge sauce & vanilla pod ice cream 713 kcal	<b>STICKY TOFFEE PUDDING</b> £5.95 Steamed sponge date pudding, toffee sauce & vanilla pod ice cream 856 kcal	

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

<b>WARM TRIPLE CHOCOLATE BROWNIE</b> £4.95 Triple chocolate brownie, chocolate fudge sauce 224 kcal	<b>STICKY TOFFEE PUDDING</b> £4.95 Steamed sponge date pudding, toffee sauce 268 kcal	<b>JUDE'S FARM ICE CREAM</b> £4.95 One scoop of vanilla, chocolate, strawberry or honeycomb 77 kcal
<b>RHUBARB &amp; GIN CRUMBLE</b> £4.95 Served warm 245 kcal	<b>RASPBERRY &amp; WHITE CHOCOLATE ETON MESS</b> £4.95 Chantilly cream, crushed meringue & strawberries 145 kcal	

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