



# NCGI MENU

## APPETISERS

MIXED OLIVES <b>ve</b> 108 kcal	£3.95
HALLOUMI FRIES with CHILLI HONEY <b>v</b> 445 kcal	£5.25
CRUDITÉS with HUMMUS, TOASTED DUKKA & ROASTED GARLIC OIL <b>ve n</b> 435 kcal	£5.95

### EGO SHARING BOARD £18.45

Courgette & sweetcorn fritters, chorizo & halloumi skewers, spiced falafel, mixed olives, toasted bread, mint yoghurt, hummus & red pepper tapenade

1457 kcal

## STARTERS

SOUP DU JOUR <b>v</b>	£6.95
Soup of the day served with bread 145 kcal	
CHORIZO & HALLOUMI SKEWERS	£7.95
Served on pineapple, red chilli, coriander & spring onion salsa with red pepper tapenade 671 kcal	
GARLIC MUSHROOMS <b>v</b>	£7.95
Sautéed field & wild mushrooms, garlic, lemon & parsley cream with toasted bread 450 kcal	
GRILLED GOAT'S CHEESE <b>v</b>	£8.25
Toasted bread with caramelised red onions, aged balsamic & Jen's beetroot chutney 411 kcal	
GAMBAS AL PIL PIL	£8.95 / £12.95
7 or 12 King prawns pan-fried with garlic & guindilla chillies, toasted bread 796 kcal / 850 kcal	
KING PRAWN COCKTAIL	£8.45
Poached prawns, shredded baby gem, cucumber & sundried tomatoes, Marie Rose sauce & bread 418 kcal	

## PASTA & PAELLA

PAELLA MIXTA	£18.95
Chicken, chorizo, King prawns, squid, mussels mixed peppers, tomato, green beans & peas 1137 kcal	
CHICKEN & CHORIZO PAELLA	£17.95
Mixed peppers, tomato, green beans & peas 1151 kcal	
VEGETABLE PAELLA <b>ve</b>	£15.95
Artichoke, courgette, aubergine and tomato, mixed peppers, green beans & peas 802 kcal	
KING PRAWN & CHILLI FUSILLI	£17.95
King prawns, garlic, red chilli, sundried tomato & fresh rocket 856 kcal	
FUSILLI CARBONARA	£15.95
Fusilli tossed with pancetta, cream & Grana Padano 1339 kcal	

## CHARGRILLED KEBABS

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

HANGING MIXED KEBAB	£24.95
300g Piri-piri chicken, chorizo, lamb rump & belly pork 1267 kcal	
HANGING PIRI-PIRI CHICKEN & CHORIZO	£20.95
250g Piri-piri chicken & chorizo 1073 kcal	
HANGING PIRI-PIRI CHICKEN	£18.95
200g Piri-piri chicken 847 kcal	
CYPRIOU HALLOUMI <b>v</b>	£19.95
Lemon caper chilli dressing 1031 kcal	
Truffle & Grana Padano fries	£4.95
Skin-on fries	£3.45
Sweet potato fries	£4.95
Halloumi fries with chilli honey	£5.25

## STEAK FRITES

All chargrilled and served with confit tomato, grilled 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
Roasted garlic & shallot sauce 113 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
GARLIC & ROSEMARY PARMENTIER POTATOES 243 kcal	£4.95
GREEK SALAD 237 kcal	£4.95
TENDERSTEM BROCCOLI, GARLIC, CHILLI & TOASTED ALMONDS <b>n</b> 120 kcal	£4.45
SAUTÉED GREEN BEANS & SALSA VERDE 176 kcal	£4.95
MEDITERRANEAN VEGETABLES & PESTO <b>n</b> 382 kcal	£4.95
ROCKET & GRANA PADANO SALAD 120 kcal	£4.95

## MAIN COURSES

**PAN-FRIED SEA BASS FILLETS** £19.95  
With parmentier potatoes, roasted chorizo, cherry tomatoes, red onion & rocket 984 kcal

**DUO OF PORK** £19.95  
Serrano ham wrapped fillet & honey glazed belly pork, with braised savoy cabbage & pancetta, wholegrain mustard sauce & dauphinoise potatoes 1643 kcal

**COURGETTE & SWEETCORN FRITTERS** **ve n** £16.95  
Homemade spiced fritters, carrot, raisin & orange salad, red pepper tapenade, hummus & toasted dukka 734 kcal

**MOROCCAN FALAFEL** **v n** £16.95  
Spiced vegetables, carrot, orange & raisin salad with flaked almonds, mint yoghurt, picked coriander and toasted bread 1050 kcal

**LEMON CHICKEN** £18.45  
Rocket, sundried tomato & Grana Padano salad, lemon caper chilli dressing and skin-on fries 960 kcal

**CHARGRILLED MINTED LAMB RUMP** £20.95  
Served pink with rosemary & garlic potatoes, sautéed asparagus & salsa verde 794 kcal

**MOROCCAN LAMB** **n** £19.95  
Slow cooked spiced lamb with Moroccan vegetables, carrot, raisin & orange salad with mint yoghurt, flaked almonds, picked coriander and toasted bread 1507 kcal

**PAN ROASTED COD SUPRÊME** £19.95  
Crushed new potatoes, with buttered greens beans & leek white wine cream 907 kcal

**TRADITIONAL GREEK SALAD** **v** £16.95  
Feta, cherry, plum & sundried tomatoes, Kalamata olives, red onion, cucumber, roquito pepper pearls, capers, oregano 596 kcal  
with **GRILLED LEMON CHICKEN** 926 kcal +£3

## EGO MINIS

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

**WARM TRIPLE CHOCOLATE BROWNIE** 224 kcal £7.45

**RASPBERRY & WHITE CHOCOLATE ETON MESS** 145 kcal £7.45

**JUDE'S FARM ICE CREAM** 77 kcal £7.45

## DESSERTS

**RASPBERRY & WHITE CHOCOLATE ETON MESS** £8.95  
Raspberry sorbet, strawberries, crushed meringue & Chantilly cream 344 kcal

**WARM TRIPLE CHOCOLATE BROWNIE** £8.45  
Triple chocolate brownie, chocolate fudge sauce & vanilla pod ice cream 713 kcal

**JUDE'S FARM ICE CREAM** £7.45  
3 scoops of vanilla, chocolate, strawberry or honeycomb 236 kcal

**RASPBERRY or BLOOD ORANGE SORBET** £6.95  
3 scoops served with fresh mint 167 kcal

## PRIX FIXE MENU

Mon-Sat until 5.30pm

2 Courses £18.95 3 Courses £22.95

### STARTERS

**Soup du Jour** **v** 145 kcal

**Garlic Mushrooms** **v** 450 kcal

**Grilled Goat's Cheese** **v** 411 kcal

**Gambas al Pil Pil** 796 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  
& confit tomato

**King Prawn & Chilli Fusilli** 856 kcal

**Roasted Mediterranean Vegetable Fusilli** **ve** 528 kcal

**Carbonara Fusilli** 1339 kcal

**Courgette & Sweetcorn Fritters** **ve n** 734 kcal

### DESSERTS

**Warm Triple Chocolate Brownie** 713 kcal

**Jude's Farm Ice Cream** 236 kcal

**Raspberry & White Chocolate Eton Mess** 344 kcal

**Raspberry or Blood Orange Sorbet** 167 kcal

# LUNCH MON - SAT UNTIL 4PM

## STARTERS

<b>SOUP DU JOUR v</b> £5.95 Soup of the day served with bread 145 kcal	<b>GRILLED GOAT'S CHEESE v</b> £6.95 Toasted bread with caramelised red onions, aged balsamic & Jen's beetroot chutney 411 kcal
<b>GARLIC MUSHROOMS v</b> £6.95 Sautéed field & wild mushrooms, garlic, lemon & parsley cream with toasted bread 450 kcal	

## LUNCH MAIN COURSES

<b>PAN-ROASTED CHICKEN SUPRÊME</b> £12.95 Mustard cream sauce, pommes purée & buttered green beans 1386 kcal	<b>FUSILLI CARBONARA</b> £11.95 Fusilli tossed with pancetta, cream & Grana Padano 1339 kcal
<b>170g PRIME RUMP STEAK</b> £12.95 Chargrilled & served with confit tomato and skin-on fries 838 kcal Add garlic butter £1.50, roasted garlic & shallot sauce £2 or peppercorn sauce £2 Swap to sweet potato fries +£1.50 Swap to truffle & Grana Padano skin-on fries +£1.50	<b>MEDITERRANEAN VEGETABLE FUSILLI ve</b> £10.95 Roasted Mediterranean vegetables with fusilli & tomato sauce 528 kcal
<b>LEMON CHICKEN</b> £9.95 Rocket, sundried tomato & Grana Padano salad, lemon caper chilli dressing and skin-on fries 853 kcal	<b>COURGETTE &amp; SWEETCORN FRITTERS ve n</b> £10.95 Homemade spiced fritters, carrot, raisin & orange salad, red pepper tapenade, hummus & toasted dukka 734 kcal
<b>KING PRAWN &amp; CHILLI FUSILLI</b> £12.95 King prawns, garlic, red chilli, sundried tomato & fresh rocket 856 kcal	<b>TRADITIONAL GREEK SALAD v</b> £7.95 Feta, cherry, plum & sundried tomatoes, Kalamata olives, red onion, cucumber, roquito pepper pearls, capers, oregano 596 kcal

## DESSERTS

<b>WARM TRIPLE CHOCOLATE BROWNIE</b> £6.95 Triple chocolate brownie, chocolate fudge sauce & vanilla pod ice cream 713 kcal
<b>JUDE'S FARM ICE CREAM</b> £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

<b>WARM TRIPLE CHOCOLATE BROWNIE</b> 224 kcal £7.45
<b>RASPBERRY &amp; WHITE CHOCOLATE ETON MESS</b> 145 kcal £7.45
<b>JUDE'S FARM ICE CREAM</b> 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