

NGCI MENU

ego
mediterranean



APPETISERS

MIXED OLIVES ve 108 kcal	£3.95
HALLOUMI FRIES with CHILLI HONEY v 443 kcal	£5.50
CRUDITÉS with HUMMUS, SESAME & HAZELNUT DUKKA WITH GARLIC OIL ve n 682 kcal	£5.95

STARTERS

SOUP DU JOUR v	£6.95
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Soup of the day served with bread 145 kcal

SAUTÉED SCALLOPS	£12.95
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Pea purée, Serrano ham crisps, sundried tomatoes & pea shoots 348 kcal

GARLIC MUSHROOMS v	£7.95
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Sautéed chestnut, oyster & flat mushrooms with garlic, lemon & parsley cream and toasted bread 510 kcal

GOAT'S CHEESE & POACHED PEAR * v n	£8.25
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Rolled in crushed hazelnuts served with cranberry port & orange chutney and dressed watercress 390 kcal

GAMBAS AL PIL PIL	£9.25 / £13.25
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7 or 12 King prawns pan fried with garlic & chilli olive oil served with toasted bread 796 kcal / 850 kcal

MOULES MARINIÈRES *	£10.95
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Fresh mussels, shallots, parsley & garlic in white wine cream served with bread 652 kcal

KING PRAWN COCKTAIL *	£8.75
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Poached prawns, shredded baby gem, cucumber & sundried tomatoes, Marie Rose sauce & bread 418 kcal

PASTA, PAELLA & RISOTTO

PAELLA MIXTA ▲	£18.50
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Chicken, chorizo, King prawns, squid, mussels mixed peppers, tomato, green beans & peas 1004 kcal

CHICKEN & CHORIZO PAELLA ▲	£18.50
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Mixed peppers, tomato, green beans & peas 1080 kcal

VEGETABLE PAELLA ve ▲	£15.95
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Artichoke, courgette, aubergine and tomato, mixed peppers, green beans & peas 769 kcal

KING PRAWN & CHILLI FUSILLI	£18.50
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King prawns, garlic, red chilli, sundried tomato & fresh rocket 861 kcal

FUSILLI CARBONARA	£15.95
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Fusilli tossed with pancetta, cheese & cream sauce 1336 kcal

MUSHROOM & TRUFFLE RISOTTO * v	£15.95
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Arborio rice, oyster, chestnut & flat mushrooms, cream & grated cheese 1189 kcal

CHARGRILLED KEBABS

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

MIXED KEBAB	£25.50
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300g Piri-piri chicken, chorizo, lamb rump & pork loin 1191 kcal

PIRI-PIRI CHICKEN & CHORIZO	£21.50
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250g Piri-piri chicken & chorizo 1105 kcal

PIRI-PIRI CHICKEN	£19.50
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200g Piri-piri chicken 854 kcal

CYPRIOU HALLOUMI v *	£20.50
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Lemon caper chilli dressing 1012 kcal

Truffle & Grana Padano fries	£4.95
Skin-on fries v	£3.95
Sweet potato fries v	£4.95
Halloumi fries with chilli honey v	£5.50

STEAK FRITES

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

227g SIRLOIN 939 kcal	£24.95
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227g RUMP 978 kcal	£21.95
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170g FILLET 871 kcal	£29.95
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280g RIBEYE 1139 kcal	£28.50
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Swap to truffle & Grana Padano fries	£1.50
Swap to sweet potato fries	£1.50
Garlic butter 160 kcal	£1.50
Peppercorn sauce 289 kcal	£2.00
King prawn skewers 113 kcal	£3.95

SIDES

SKIN-ON FRIES v 356 kcal	£3.95
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TRUFFLE & GRANA PADANO FRIES 417 kcal	£4.95
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GRATIN DAUPHINOISE 555 kcal	£4.95
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SWEET POTATO FRIES v 352 kcal	£4.95
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HALLOUMI FRIES with CHILLI HONEY v 445 kcal	£5.50
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GARLIC & ROSEMARY PARMENTIER POTATOES v 243 kcal	£4.95
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GREEK-STYLE SALAD v 237 kcal	£4.95
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TENDERSTEM® BROCCOLI, GARLIC, CHILLI & TOASTED ALMONDS v n 120 kcal	£4.45
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SAUTÉED GREEN BEANS, PICKLED APRICOT SALSA v 232 kcal	£4.95
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MEDITERRANEAN-STYLE VEGETABLES & PESTO 196 kcal	£4.95
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ROCKET & GRANA PADANO SALAD * 120 kcal	£4.95
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MAIN COURSES

PAN-FRIED SEA BASS FILLETS £19.95
With parmentier potatoes, roasted chorizo, cherry tomatoes, red onion & rocket 842 kcal

DUO OF PORK * £19.95
Serrano ham wrapped fillet & honey glazed belly pork, with braised savoy cabbage & pancetta, wholegrain mustard sauce & dauphinoise potatoes 1753 kcal

CHARGRILLED CAULIFLOWER STEAK ve £17.95
Served with a carrot, orange & raisin salad, preserved lemon, chilli & herb dressing, pomegranate & fresh coriander 594 kcal

MOROCCAN-STYLE FALAFEL * v n £17.95
Spiced vegetables, carrot, orange & raisin salad, pickled red onions & flaked almonds with toasted bread & mint yoghurt 1482 kcal

LEMON CHICKEN * £18.50
Rocket, sundried tomato & Grana Padano salad, lemon caper chilli dressing and skin-on fries 1351 kcal

LAMB KLEFTIKO £21.95
Slow-cooked lamb shank baked with new potatoes, shallots, balsamic baby onions & green beans with thyme jus & salsa verde 1120 kcal

MOROCCAN-STYLE LAMB * n £20.95
Slow cooked spiced lamb with Moroccan vegetables, carrot, orange & raisin salad, pickled red onions & flaked almonds with toasted bread & mint yoghurt 1375 kcal

PAN ROASTED COD SUPRÊME * £20.95
Served on a mushroom & truffle risotto with white wine cream sauce 858 kcal

SLOW COOKED BEEF BOURGUIGNON * £20.95
Served with pommes purée, buttered green beans & root vegetable crisps 1108 kcal

EGO MINIS

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

TRIPLE CHOCOLATE BROWNIE v 224 kcal £7.75

RASPBERRY & WHITE CHOCOLATE ETON MESS * v 145 kcal £8.95

JUDE'S FARM ICE CREAM v 77 kcal £7.25

DESSERTS

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

TRIPLE CHOCOLATE BROWNIE v £7.75
Triple chocolate brownie, chocolate sauce & vanilla pod ice cream 713 kcal

JUDE'S FARM ICE CREAM v £7.25
3 scoops of vanilla, chocolate, strawberry or honeycomb 236 kcal

RASPBERRY or BLOOD ORANGE SORBET ve £7.50
3 scoops served with fresh mint 167 kcal

PRIX FIXE MENU

Mon-Sat until 5.00pm

2 Courses £18.95 3 Courses £22.95

STARTERS

Soup du Jour v 163 kcal

Garlic Mushrooms v 464 kcal

Goat's Cheese & Poached Pear * v n 390 kcal

Gambas al Pil Pil 856 kcal +£1.50

MAIN COURSES

Pan-Roasted Chicken Suprême *
Mustard cream sauce, pommes purée & buttered green beans 1386 kcal

170g Rump Steak 731 kcal +£2

227g Sirloin Steak 831 kcal +£6

Served with peppercorn sauce, skin-on fries & confit tomato

King Prawn & Chilli Fusilli 856 kcal

Roasted Mediterranean-Style Vegetable Fusilli ve 528 kcal

Fusilli Carbonara 1339 kcal

Mushroom Risotto v * 1189 kcal

DESSERTS

Triple Chocolate Brownie v 747 kcal

Jude's Farm Ice Cream v 236 kcal

Raspberry & White Chocolate Eton Mess * v 344 kcal

Raspberry or Blood Orange Sorbet ve 167 kcal

LUNCH MON - SAT UNTIL 5PM

MAIN COURSES

PAN-ROASTED CHICKEN SUPRÊME *

£12.95

Mustard cream sauce, pommes purée & buttered green beans 1386 kcal

170g RUMP STEAK

£13.95

Chargrilled & served with confit 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

Rocket, sundried tomato & Grana Padano salad, lemon caper chilli dressing and skin-on fries 853 kcal

KING PRAWN & CHILLI FUSILLI

£13.50

King prawns, garlic, red chilli, sundried tomato & fresh rocket 731 kcal

FUSILLI CARBONARA

£11.95

Fusilli tossed with pancetta, cheese & cream sauce 1339 kcal

MEDITERRANEAN-STYLE VEGETABLE FUSILLI **ve**

£10.95

Roasted Mediterranean vegetables with fusilli & tomato sauce 528 kcal

MUSHROOM & TRUFFLE RISOTTO * **v**

£11.95

Arborio rice, oyster, chestnut & flat mushrooms, cream & grated cheese 1266 kcal

GREEK-STYLE SALAD **v**

£8.95

Feta, cherry, plum & sundried tomatoes, Kalamata olives, red onion, cucumber, roquito pepper pearls, capers, oregano 295 kcal

DIETARY INFORMATION

Our easy to use allergen guide is available for you to use on the food section of our website or on our Glass Onion app. We keep it online so that it's always as up to date as possible and you can filter out dishes containing any of the 14 major allergens. If you can't access the internet, we will be happy to provide you with the information. Our food and drinks are prepared in food areas where cross contamination may occur and our menu descriptions do not include all ingredients. If you have any questions, allergies or intolerances, please let us know before ordering.

v = made with vegetarian ingredients

ve = made with vegan ingredients, however some of our preparation, cooking and serving methods could affect this.

If you require more information, please ask your server:

n = this dish contains nuts

***** = this dish contains alcohol

▲ = paellas are not suitable for children

This menu is not suitable for coeliacs. Fish dishes may contain small bones. Weights stated are approximate uncooked weights.

Live nutrition information is available online. All items are subject to availability.

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. For parties of 8 or more, a discretionary 10% service charge will be added to the bill.

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