

STEAK EXPERIENCE



ego
mediterranean

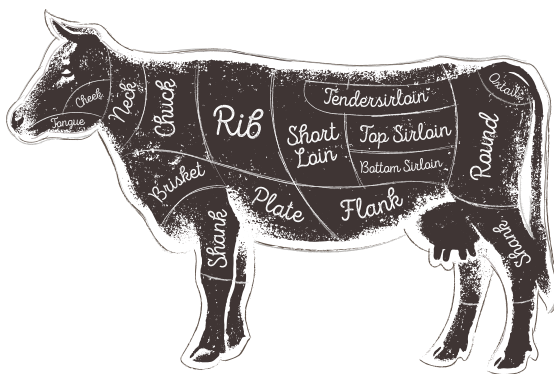
Our Steak Experience has been created to offer you the choice of one of our prized cuts alongside a delicious starter, an indulgent dessert - or both! This exclusive offer is only available once a week as a treat for our steak-loving guests.



Althams are our trusted supplier of superior meat from approved British and Irish farms. Established by Thomas Altham, he opened his first shop in Morecambe, Lancashire in 1856 and has been family-run ever since.

The company's dedication to providing quality produce and service has led them to become one of the oldest and largest independent family-owned butchers in the country.

Today the business is run with the same dedication by great-great-grandsons James and Rick.



RIBEYE STEAK

The Ribeye Steak is perhaps the most popular steak cut in the world. It is cut from the longissimus dorsi muscle which runs along the cow's spine. This cut is known for having excellent texture due to high levels of marbling around the 'eye', from where the rib bone is removed.

Chef Recommends: **Medium**

FILLET STEAK

The Filet Mignon (fillet steak) is taken from the tip of the tenderloin and is one of the most prized cuts of steak available. Being from a rarely used psoas major muscle, it is much leaner and tender than other cuts of steak.

Chef Recommends: **Rare**

SIRLOIN STEAK

The Sirloin Steak is an iconic cut of meat. It is taken from the back of the cow, below the tenderloin and between the short loin and rump. Sirloin is popular for its juicy texture and thickness.

Chef Recommends: **Medium Rare**

RUMP STEAK

Rump steak is one of the most popular steak cuts, due to its incredibly meaty flavour and minerality. As the name suggests, rump steak is taken from the rear muscle of the animal.

Chef Recommends: **Medium Rare**

STEAK EXPERIENCE

2 COURSES FROM £19.50 3 COURSES FROM £23.50

APPETISERS

CHARGRILLED PITTA with HUMMUS, SESAME & HAZELNUT
DUKKA WITH GARLIC OIL **ve n** £5.95

GARLIC PIZZA BREAD **v** £6.75

GARLIC PIZZA BREAD with MOZZARELLA **v** £8.45

HALLOUMI FRIES with CHILLI HONEY **v** £5.50

STARTERS

GARLIC MUSHROOMS **v**

Sautéed chestnut, oyster & flat mushrooms with garlic,
lemon & parsley cream and toasted baguette

GAMBAS AL PIL PIL +£1.50

7 King prawns pan fried with garlic & chilli olive oil served with toasted baguette

CALAMARI FRITTI

Paprika floured squid rings, aioli & fresh lemon

SOUP DU JOUR **v**

Soup of the day served with baked sourdough

CHICKEN LIVER & ROSEMARY PÂTÉ

Clarified butter & pink peppercorns, toasted baguette & spiced plum chutney

CHARGRILLED LAMB KÖFTAS

Served with carrot, orange & raisin salad, mint yoghurt & toasted pitta

CHARGRILLED STEAK FRITES

All steaks are 21-day aged, served with skin-on fries,
grilled mushroom, confit tomato & dressed rocket

	2 COURSES	3 COURSES
227g SIRLOIN	£21.50	£25.50
227g RUMP	£19.50	£23.50
280g RIBEYE	£27.50	£31.50
170g FILLET	£28.50	£32.50
SPICED CAULIFLOWER ve	£18.50	£22.50

Swap to sweet potato fries £1.50

Swap to Truffle & Grana Padano fries £1.50

King prawn skewers £3.95 Garlic butter £1.50 Peppercorn sauce £2.00

SIDES

TENDERSTEM® BROCCOLI, GARLIC, CHILLI
& TOASTED ALMONDS **v n** £4.45

GRATIN DAUPHINOISE **v** £4.95

GREEK-STYLE SALAD **v** £4.95

SAUTÉED GREEN BEANS, PICKLED APRICOT SALSA **v** £4.95

DESSERTS

See overleaf

DESSERTS

TRIPLE CHOCOLATE BROWNIE **v**

Triple chocolate brownie, chocolate sauce & vanilla ice cream

STICKY TOFFEE PUDDING *** v**

Steamed sponge date pudding, toffee sauce & vanilla ice cream

FRANGIPANE & RASPBERRY TART **v n**

Vanilla ice cream & raspberry coulis

RASPBERRY or BLOOD ORANGE SORBET **ve**

3 scoops served with fresh mint

LEMON TART *** v**

Chantilly cream & raspberry coulis

APPLE & BLACKBERRY CRUMBLE **v**

Served with warm custard or vanilla ice cream



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

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.

egorestaurants.co.uk