



ego
mediterranean

A LA CARTE

APPETISERS

STONEBAKED GARLIC PIZZA BREAD v 821 kcal	£6.75
with TOMATO v 829 kcal	£7.95
with MOZZARELLA v 1004 kcal	£8.45
with 1/2 MOZZARELLA & 1/2 TOMATO v 916 kcal	£8.95
BAKED SOURDOUGH BOULE, EXTRA VIRGIN OLIVE OIL, BALSAMIC VINEGAR & NETHEREND BUTTER * v 681 kcal	£4.95
with MIXED OLIVES * v 789 kcal	£6.95
MIXED OLIVES ve 108 kcal	£3.95
HALLOUMI FRIES with CHILLI HONEY v 443 kcal	£5.75
CHARGRILLED PITTA with HUMMUS, SESAME & HAZELNUT DUKKA WITH GARLIC OIL ve n 682 kcal	£5.95

STARTERS

SAUTÉED SCALLOPS	£13.50
Pea purée, Serrano ham crisps, sundried tomatoes & pea shoots 348 kcal	
SALMON FISHCAKE *	£9.75
Soft poached egg, lemon & dill hollandaise and mixed leaves 690 kcal	
GAMBAS AL PIL PIL	£9.50 / £13.50
7 or 12 King prawns pan fried with garlic & chilli olive oil served with toasted baguette 856 kcal / 910 kcal	
SOUP DU JOUR v	£6.95
Soup of the day served with baked sourdough 163 kcal	
GARLIC MUSHROOMS v	£7.95
Sautéed chestnut, oyster & flat mushrooms with garlic, lemon & parsley cream and toasted baguette 464 kcal	
HARISSA SPICED CHICKEN *	£8.50
Served on a corn flatbread with shredded gem lettuce, apricot harissa, mint yoghurt, & pickled apricot salsa 466 kcal	
CALAMARI FRITTI	£8.50
Paprika floured squid rings, aioli & fresh lemon 264 kcal	
GOAT'S CHEESE & POACHED PEAR * v n	£8.50
Rolled in crushed hazelnuts served with cranberry port & orange chutney and dressed watercress 390 kcal	
CHARGRILLED LAMB KÖFTAS	£8.50
Served with carrot, orange & raisin salad, mint yoghurt & toasted pitta 537 kcal	
KING PRAWN COCKTAIL *	£8.95
Poached prawns, shredded baby gem, cucumber & sundried tomatoes with Marie Rose sauce & granary bread 412 kcal	
CHICKEN LIVER & ROSEMARY PÂTÉ	£7.95
Clarified butter & pink peppercorns, toasted baguette & spiced plum chutney 456 kcal	
MOULES MARINIÈRES *	£11.50
Fresh mussels, shallots, parsley & garlic in white wine cream served with baked sourdough 652 kcal	

MAIN COURSES

PAN-ROASTED CHICKEN SUPRÊME *	£18.95
With Toulouse-style sausage, borlotti & butter bean cassoulet, green beans & thyme jus 858 kcal	
PAN-FRIED SEA BASS FILLETS	£20.50
With parmentier potatoes, roasted chorizo, cherry tomatoes, red onion & rocket 842 kcal	
LAMB KLEFTIKO	£22.50
Slow-cooked lamb shank baked with new potatoes, shallots, balsamic baby onions & green beans with thyme jus & salsa verde 1120 kcal	
DUO OF PORK *	£20.95
Serrano ham wrapped fillet & honey glazed belly pork, with braised savoy cabbage & pancetta, wholegrain mustard sauce & dauphinoise potatoes 1753 kcal	
MOROCCAN-STYLE FALAFEL * v n	£18.50
Spiced vegetables, giant cous cous, pickled red onions & flaked almonds with toasted pitta bread & mint yoghurt 1482 kcal	
MOROCCAN-STYLE LAMB * n	£21.50
Slow cooked spiced lamb & vegetables, giant cous cous, pickled red onions & flaked almonds with toasted pitta bread & mint yoghurt 1998 kcal	
LEMON CHICKEN MILANESE *	£18.95
Rocket, sundried tomato & Grana Padano salad, lemon caper chilli dressing and skin-on fries 1351 kcal	
SLOW COOKED BEEF BOURGUIGNON *	£21.50
Served with pommes purée, buttered green beans & root vegetable crisps 1108 kcal	
PAN-ROASTED COD SUPRÊME *	£21.50
Served on a mushroom & truffle risotto with white wine cream sauce 858 kcal	
CHARGRILLED CAULIFLOWER STEAK ve	£17.95
Served with a spiced fregola, olive & date salad, preserved lemon, chilli & herb dressing, pomegranate & fresh coriander 594 kcal	
PASTA, PAELLA & RISOTTO	
PAELLA MIXTA ▲	£19.50
Chicken, chorizo, King prawns, squid, mussels, mixed peppers, tomato, green beans & peas 1004 kcal	
CHICKEN & CHORIZO PAELLA ▲	£18.95
Mixed peppers, tomato, green beans & peas 1080 kcal	
VEGETABLE PAELLA ve ▲	£16.50
Artichoke, courgette, aubergine and tomato, mixed peppers, green beans & peas 769 kcal	
MUSHROOM & TRUFFLE RISOTTO * v	£16.50
Arborio rice, oyster, chestnut & flat mushrooms, cream & grated cheese 1266 kcal	
KING PRAWN & CHILLI LINGUINE	£18.95
King prawns, garlic, red chilli, sundried tomato & fresh rocket 731 kcal	
SPAGHETTI CARBONARA	£16.50
Spaghetti tossed with pancetta, cheese & cream sauce 1268 kcal	

CHARGRILLED KEBABS

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

MIXED KEBAB	£25.95
300g Piri-piri chicken, chorizo, lamb rump & pork loin 1375 kcal	
PIRI-PIRI CHICKEN & CHORIZO	£21.95
250g Piri-piri chicken & chorizo 1282 kcal	
PIRI-PIRI CHICKEN	£19.95
200g Piri-piri chicken 1032 kcal	
CYPRIT HALLOUMI v *	£20.95
Lemon caper chilli dressing 1127 kcal	
Truffle & Grana Padano Fries	£4.95
Skin-on fries	£3.95
Sweet potato fries	£4.95
Halloumi fries with chilli honey	£5.75

STEAK FRITES

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

227g SIRLOIN * 939 kcal	£25.50
227g RUMP * 978 kcal	£22.50
170g FILLET * 871 kcal	£30.50
280g RIBEYE * 1139 kcal	£28.95
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 114 kcal	£3.95

STONEBAKED SOURDOUGH PIZZA

MARGHERITA v	£13.50
Tomato, mozzarella, fresh basil 806 kcal	
SMOKED CHICKEN & PESTO	£15.50
Tomato, mozzarella, roquito peppers & red onion 1063 kcal	
GOAT'S CHEESE & CARAMELISED ONION * v	£14.50
Tomato, mozzarella, fire-roasted and roquito peppers & fresh rocket 1097 kcal	
PEPPERONI PICCANTE	£15.50
Tomato, mozzarella, pepperoni, sliced red chillies 1166 kcal	
CREATE YOUR OWN PIZZA	£16.50
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 v 356 kcal	£3.95
TRUFFLE & GRANA PADANO FRIES 417 kcal	£4.95
SWEET POTATO FRIES v 352 kcal	£4.95
HALLOUMI FRIES with CHILLI HONEY v 443 kcal	£5.75
GARLIC & ROSEMARY	£4.95
PARMENTIER POTATOES v 244 kcal	
GRATIN DAUPHINOISE v 555 kcal	£4.95
GREEK-STYLE SALAD v 249 kcal	£4.95
TENDERSTEM® BROCCOLI, GARLIC, CHILLI & TOASTED ALMONDS v n 120 kcal	£4.45
SAUTÉED GREEN BEANS, PICKLED	£4.95
APRICOT SALSA v 176 kcal	
MEDITERRANEAN-STYLE VEGETABLES & PESTO 382 kcal	£4.95
ROCKET & GRANA PADANO SALAD * 120 kcal	£4.95

PRIX FIXE MENU

Mon-Sat until 5.30pm Sun from 5.30pm
2 Courses £18.95 3 Courses £22.95

STARTERS

Soup du Jour v 205 kcal
Calamari Fritti 264 kcal
Chargrilled Lamb Köftas 464 kcal
Garlic Mushrooms v 510 kcal
Gambas al Pil Pil 856 kcal +£1.50
Chicken Liver & Rosemary Pâte 456 kcal

MAIN COURSES

Pan-Roasted Chicken Suprême *
Mustard cream sauce, pommes purée & buttered green beans 1065 kcal
170g Rump Steak 843 kcal +£2
227g Sirloin Steak 905 kcal +£6
Served with peppercorn sauce, skin-on fries & confit tomato
Salmon & Dill Fishcakes
Skin-on fries, fresh rocket & tartare sauce 1268 kcal
Spaghetti Carbonara 731 kcal
King Prawn & Chilli Linguine 831 kcal
Mushroom Risotto * v 1266 kcal

DESSERTS

Apple & Cinnamon Pie with Custard v 1012 kcal
Sticky Toffee Pudding v 1037 kcal
Lemon Tart * v 747 kcal
Triple Chocolate Brownie v 772 kcal
Jude's Farm Ice Cream v 236 kcal

LUNCH MON - SAT UNTIL 5PM

MAIN COURSES

SALMON & DILL FISHCAKES Skin-on fries, fresh rocket & tartare sauce 1286 kcal	£11.95	KING PRAWN & CHILLI LINGUINE King prawns, garlic, red chilli, sundried tomato & fresh rocket 731 kcal	£13.95
LEMON CHICKEN MILANESE * Rocket, sundried tomato & Grana Padano salad, lemon caper chilli dressing and skin-on fries 845 kcal	£10.95	SPAGHETTI CARBONARA Spaghetti tossed with pancetta, cheese & cream sauce 1268 kcal	£12.50
GRILLED TOULOUSE-STYLE SAUSAGE * Pommes purée and a caramelized onion & thyme jus 948 kcal	£13.50	PEPPERONI PICCANTE PIZZA Tomato, mozzarella, pepperoni, red chillies 1166 kcal	£13.50
RUMP STEAK SANDWICH Served pink with caramelised red onions, wholegrain mustard mayonnaise, rocket, sundried tomato & skin-on fries 1057 kcal	£12.95	MUSHROOM & TRUFFLE RISOTTO * v Arborio rice, oyster, chestnut & flat mushrooms, cream & grated cheese 1189 kcal	£12.50
170g PRIME RUMP STEAK Chargrilled & served with confit tomato and skin-on fries or fat chips 742 kcal	£13.95	SPICED CHICKEN WRAP Baby gem, pink pickled onions, apricot harissa, skin-on fries & mint yoghurt 883 kcal	£8.95
Swap to truffle & Grana Padano fries	£1.50	FALAFEL WRAP * ve Carrot salad, hummus, skin-on fries, rocket & preserved lemon, chilli & herb dressing 1074 kcal	£8.95
Swap to sweet potato fries	£1.50	LAMB KÖFTE WRAP Carrot salad, hummus, skin-on fries, rocket & mint yoghurt 950 kcal	£8.95
Add garlic butter £1.50 or peppercorn sauce £2		GREEK-STYLE SALAD v Feta, cherry, plum & sundried tomatoes, Kalamata olives, red onion, cucumber, roquito pepper pearls, capers, oregano 297 kcal	£8.95
PAN-ROASTED CHICKEN SUPRÊME * Mustard cream sauce, pommes purée & buttered green beans 1386 kcal	£13.50		



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

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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