

Welcome to Ego

Where Mediterranean inspired dishes are the order of the day. Settle in, relax and let us transport your taste buds with our delicious, seasonal ingredients.

APPETISERS

MIXED OLIVES **ve** 108 Kcal 3.75

BAKED SOURDOUGH BOULE, EXTRA VIRGIN OLIVE OIL, BALSAMIC VINEGAR & NETHEREND BUTTER WITH MIXED OLIVES * **v** 823 Kcal 6.50

HALLOUMI FRIES with CHILLI HONEY **v** 506 Kcal 5.25

GRILLED PITTA with HUMMUS & GARLIC INFUSED OIL **ve** 786 Kcal 5.50

STONEBAKED GARLIC PIZZA BREAD **v** 808 Kcal 6.25
with **TOMATO** **v** 816 Kcal 7.25
with **MOZZARELLA** **v** 991 Kcal 7.75
with **1/2 MOZZARELLA & 1/2 TOMATO** **v** 904 Kcal 8.25

STARTERS

SOUP DU JOUR **v** 5.95
Soup of the day served with baked sourdough 613 Kcal

SALMON & DILL FISHCAKE 8.75
Soft poached egg, lemon & dill hollandaise and mixed leaves 609 Kcal

COQUILLES ST JACQUES 11.75
Scallops & king prawns in a rich cheese sauce, with a Grana Padano & parsley crumb 153 Kcal

GARLIC MUSHROOMS **v** 7.25
Sautéed chestnut, oyster & flat mushrooms with garlic, lemon & parsley cream and toasted baguette 477 Kcal


 **CHARGRILLED MERGUEZ SPICED LAMB KÖFTAS** 7.75
Served with carrot, orange & raisin salad, mint yoghurt & toasted pitta 444 Kcal

CHICKEN LIVER PÂTÉ * 7.75
Clarified butter & pink peppercorns, toasted baguette & spiced plum chutney 482 Kcal

CALAMARI FRITTI 7.75
Paprika floured, pineapple scored squid, roasted garlic aioli & fresh lemon 254 Kcal

KING PRAWN COCKTAIL 7.95
Poached King prawns, shredded baby gem, cucumber & sun-dried tomatoes with Marie Rose sauce & granary bread 422 Kcal


GRILLED GOAT'S CHEESE * **v** 7.75
Served with caramelised onions, toasted brioche & orchard apple chutney 427 Kcal

 **GAMBAS AL PIL PIL** 8.75 / 12.25
7 or 12 King prawns pan-fried with garlic & chilli olive oil, served with toasted baguette 861 Kcal / 915 Kcal

MAIN COURSES

MOROCCAN-STYLE LAMB **n** 18.95
Slow-cooked spiced lamb & vegetables, cous cous, pickled red onions & flaked almonds with toasted pitta bread & mint yoghurt 1881 Kcal

PAN-FRIED SEA BASS FILLETS 18.50
With baby potatoes, roasted chorizo, cherry tomatoes, red onion & rocket 831 Kcal

 **DUO OF PORK** 18.95
Serrano ham wrapped fillet & honey glazed belly pork, with sautéed chorizo, black pudding & baby spinach, pommes purée & thyme sauce 1271 Kcal


COURGETTE & SWEETCORN FRITTERS * **ve** 16.25
Homemade fritters with chilli, cumin & coriander, carrot, raisin & orange salad, hummus & apricot harissa 573 Kcal

PAN-ROASTED CHICKEN SUPRÊME * 16.75
With creamed leek, pea, mushroom, tarragon & truffle gnocchi 863 Kcal

LEMON CHICKEN MILANESE * 17.25
Rocket, sun-dried tomato & Grana Padano salad, lemon caper chilli dressing and skin-on fries 1137 Kcal

MOROCCAN-STYLE FALAFEL **v n** 16.25
Spiced vegetables, cous cous, pickled red onions & flaked almonds with toasted pitta bread & mint yoghurt 1359 Kcal

PAN-ROASTED COD SUPRÊME * 19.50
Served with crushed baby potatoes, peas & asparagus in a white wine, mustard, cream & mussel sauce 719 Kcal

 **PAN-ROASTED LAMB RUMP** 20.25
Served pink with a mustard & herb crust, on minted crushed peas, thyme sauce & dauphinoise potatoes 1227 Kcal

SIDES

SKIN-ON FRIES **ve** 356 Kcal 4.25

SWEET POTATO FRIES **v** 352 Kcal 5.25

TENDERSTEM® BROCCOLI, GARLIC, CHILLI & TOASTED ALMONDS **v n** 129 Kcal 4.75

MEDITERRANEAN-STYLE VEGETABLES & PESTO 200 Kcal 5.25

ROCKET & GRANA PADANO SALAD * 141 Kcal 5.25

HALLOUMI FRIES WITH CHILLI HONEY **v** 506 Kcal 5.25

SAUTÉED GREEN BEANS **v** 107 Kcal 5.25

GRATIN DAUPHINOISE 535 Kcal 5.25

TRUFFLE & GRANA PADANO FRIES 417 Kcal 5.25

CHARGRILLED KEBABS

A festival of flavour! Tender kebabs with selected cuts from our family butchers Althams, special signature marinades, and our own recipe Spanish Chorizo.

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



MIXED KEBAB 22.95

300g Piri-piri chicken, chorizo, lamb rump & pork loin 1380 Kcal

PIRI-PIRI CHICKEN & CHORIZO 19.50

250g Piri-piri chicken & chorizo 1304 Kcal

PIRI-PIRI CHICKEN 17.75

200g Piri-piri chicken 1061 Kcal

CYPRLOT HALLOUMI * v 18.50

Lemon caper chilli dressing 1153 Kcal

Add skin-on fries **ve** 356 Kcal 4.25

Add sweet potato fries **v** 352 Kcal 5.25

Add halloumi fries with chilli honey **v** 506 Kcal 5.25

Add truffle & Grana Padano fries 417 Kcal 5.25

PAELLA & PASTA

Authentic flavours of the Mediterranean! Enjoy our vibrant paella dishes or choose pasta from the stunning Apulia region of Italy.

CHICKEN & CHORIZO PAELLA ^ 16.75

Mixed peppers, tomato, & peas 1086 Kcal



PAELLA MIXTA ^ 17.75

Chicken, chorizo, King prawns, squid, mussels, mixed peppers, tomato & peas 1010 Kcal

VEGETABLE PAELLA ^ ve 15.50

Artichoke, courgette, aubergine and tomato, mixed peppers & peas 760 Kcal

KING PRAWN & CHILLI LINGUINE 16.75

King prawns, garlic, red chilli, sun-dried tomato & fresh rocket 709 Kcal

SPAGHETTI CARBONARA 14.50

Spaghetti tossed with pancetta, Grana Padano & cream sauce 1249 Kcal

21 DAY AGED STEAKS

We proudly select only the best cuts of beef in partnership with our family butchers, Althams. These are the most succulent steaks, always chargrilled exactly how you like it.

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

170g FILLET 865 Kcal 27.50

227g RUMP 972 Kcal 20.25

227g SIRLOIN 933 Kcal 22.95

280g RIBEYE 1133 Kcal 26.25

Swap to truffle & Grana Padano fries 417 Kcal + 2.00

Swap to sweet potato fries **v** 352 Kcal + 2.00

Add peppercorn sauce 289 Kcal 2.50

Add béarnaise sauce **v** 214 Kcal 2.50

Add sautéed scallops 36 Kcal 3.95

STONEBAKED SOURDOUGH PIZZA

Moreish and mouthwatering, enjoy a light sourdough base with flavourful toppings.

MARGHERITA v 12.25

Tomato, mozzarella, fresh basil 794 Kcal

GAMBERONI 14.50

King prawns, anchovies, tomato, mozzarella, green chillies & fresh rocket 927 Kcal

PEPPERONI PICCANTE 13.95

Tomato, mozzarella, pepperoni, sliced red chillies 1154 Kcal

CHARGRILLED CHICKEN & PESTO 13.95

Tomato, mozzarella, roquito® peppers & red onion 1064 Kcal

GOAT'S CHEESE & CARAMELISED ONION * v 13.25

Tomato, mozzarella, roasted & roquito® peppers & fresh rocket 1052 Kcal

CREATE YOUR OWN PIZZA v 14.50

Add any 3 pizza toppings to a Margherita 794 Kcal

Black olives 18 Kcal / Chorizo 158 Kcal / Pancetta 126 Kcal /

Mushrooms 5 Kcal / Serrano ham 62 Kcal / Artichokes 20 Kcal

/ Pineapple 20 Kcal



Our Favourites

Ego Club

Join the Ego club to enjoy exclusive benefits and priority access to new offers and promotions.

* Terms apply, see website for details.

EGO CLUB BENEFITS

- 20% off À La Carte Menu*
- A Free Birthday Meal*
- Free Anniversary Fizz*
- Exclusive dining offers & access to secret sales
- First access to new menu launches
- Priority booking for key dates

SCAN QR TO JOIN!



DESSERTS

MANGO & PASSION FRUIT ETON MESS * v 8.25

Mango sorbet, strawberries, crushed meringue, passion fruit coulis & Chantilly cream 496 Kcal

STICKY TOFFEE PUDDING v 7.50

Warm date sponge pudding, toffee sauce & vanilla ice cream 1038 Kcal



CALLEBAUT WHITE CHOCOLATE

& RASPBERRY CRÈME BRÛLÉE v 6.95

Glazed white chocolate & vanilla custard, rippled with raspberry coulis 455 Kcal

TRIPLE CHOCOLATE BROWNIE v 6.95

Served warm with chocolate flavoured sauce & salted caramel ice cream 794 Kcal

LEMON TART v 7.50

Served with raspberry coulis & raspberry sorbet 469 Kcal

BLACK CHERRY & ALMOND CRUMBLE v n 7.50

Served with custard or vanilla ice cream 939 / 959 Kcal

RASPBERRY & ALMOND FRANGIPANE TART v n 6.95

Served with vanilla ice cream & raspberry coulis 434 Kcal

JUDE'S FARM ICE CREAM v 6.75

Choice of 3 scoops of vanilla 381 Kcal, chocolate 462 Kcal, strawberry 393 Kcal, honeycomb 357 Kcal, or salted caramel 432 Kcal

JUDE'S FARM SORBET ve 6.75

Choice of 3 scoops of mango 74 Kcal, raspberry 68 Kcal or blood orange sorbet 84 Kcal

TRIO OF DESSERTS * v 9.95

Callebaut white chocolate & raspberry crème brûlée, mango & passion fruit Eton mess & triple chocolate brownie with salted caramel ice cream 802 Kcal

HOT DRINKS

Milk alternatives available

BREAKFAST TEA 24 Kcal 3.00

EARL GREY 3.00

GREEN TEA 3.00

PEPPERMINT TEA 3.00

MOCHA 216 Kcal 3.65

AMERICANO BLACK 54 Kcal 3.50

CAPPUCCINO 159 Kcal 3.95

FLAT WHITE 114 Kcal 3.95

CAFFE LATTE 151 Kcal 3.95

FLOATER COFFEE 325 Kcal 3.65

HOT CHOCOLATE v 438 Kcal 4.00

MACCHIATO 78 Kcal 3.65

ESPRESSO 54 Kcal 3.00

DOUBLE ESPRESSO 108 Kcal 3.50

LIQUEUR COFFEES 6.95

AMERICANO COFFEE

with 25ml liqueur topped with cream

FRENCH with St Remy XO Cognac

ITALIAN with Amaretto Disaronno

IRISH CREAM with Baileys

CALYPSO with Kahlua

IRISH with Jameson Irish Whiskey

SEVILLE with Cointreau

CAFFE CORRETTO with Sambuca

EGO MINI DESSERT & HOT DRINK

Enjoy a mini dessert and any coffee or tea for 6.75, or upgrade to any liqueur coffee for + 2.00

MANGO & PASSION FRUIT ETON MESS * v 192 Kcal

STICKY TOFFEE PUDDING v 308 Kcal

CALLEBAUT WHITE CHOCOLATE &

RASPBERRY CRÈME BRÛLÉE v 208 Kcal

TRIPLE CHOCOLATE BROWNIE v 224 Kcal

JUDE'S FARM ICE CREAM v

One scoop of vanilla 127 Kcal, chocolate 154 Kcal, strawberry 131 Kcal, honeycomb 119 Kcal or salted caramel 144 Kcal

DIETARY 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, or you require our allergen information, please let us know before ordering. All our allergen information is available online or via our Glass Onion app. It's easy to filter out dishes containing any of the 14 major allergens and is always kept up to date. 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, or need help accessing our allergen information, 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.

Keep up to date Follow us at @egomediterranean 