

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

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


CRUDITÉS with HUMMUS & GARLIC INFUSED OIL **ve** 431 Kcal 5.50

STARTERS

SOUP DU JOUR **v** 5.95
Soup of the day served with bread 578 Kcal

 **COQUILLES ST JACQUES** 11.75
Scallops & King prawns in a rich cheese sauce, finished with Grana Padano & parsley 138 Kcal

GARLIC MUSHROOMS **v** 7.25
Sautéed chestnut, oyster & flat mushrooms with garlic, lemon & parsley cream and toasted bread 369 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 & bread 410 Kcal

GAMBAS AL PIL PIL 8.75 / 12.25
7 or 12 King prawns pan-fried with garlic & chilli olive oil, served with toasted bread 775 Kcal / 829 Kcal

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 FUSILLI 16.75
King prawns, garlic, red chilli, sun-dried tomato & fresh rocket 758 Kcal

FUSILLI CARBONARA 14.50
Fusilli tossed with pancetta, Grana Padano & cream sauce 1253 Kcal

MAIN COURSES

MOROCCAN-STYLE LAMB **n** 18.95
Slow-cooked spiced lamb with Moroccan-style vegetables, carrot, orange & raisin salad, pickled red onions & flaked almonds with toasted bread & mint yogurt 1691 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 & baby spinach, pommes purée & thyme sauce 1456 Kcal

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

LEMON CHICKEN ***** 17.25
Rocket, sun-dried tomato & Grana Padano salad, lemon caper chilli dressing and skin-on fries 714 Kcal

MOROCCAN-STYLE FALAFEL **v n** 16.25
Spiced vegetables, carrot, orange & raisin salad, pickled red onions & flaked almonds with toasted bread & mint yoghurt 1170 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 on minted crushed peas, thyme sauce & dauphinoise potatoes 1196 Kcal

SIDES

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

GRATIN DAUPHINOISE 535 Kcal 5.25

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

TRUFFLE & GRANA PADANO FRIES 417 Kcal 5.25

Adults need around 2000 kcal a day.

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 1212 Kcal

PIRI-PIRI CHICKEN & CHORIZO 19.50
250g Piri-piri chicken & chorizo 1136 Kcal

PIRI-PIRI CHICKEN 17.75
200g Piri-piri chicken 892 Kcal

CYPRLOT HALLOUMI * v 18.50
Lemon caper chilli dressing 984 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

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

DESSERTS

MANGO & PASSION FRUIT ETON MESS * v 8.25
Mango sorbet, strawberries, crushed meringue, passion fruit coulis & Chantilly cream 496 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

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

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

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 141 Kcal



Our Favourites

Adults need around 2000 kcal a day.

Lunch

Monday to Saturday until 4pm

PAN-ROASTED CHICKEN SUPRÊME * 12.25
Mustard cream sauce, pommes purée & buttered green beans 1194 Kcal

LEMON CHICKEN * 9.95
Rocket, sun-dried tomato & Grana Padano salad, lemon caper chilli dressing and skin-on fries 549 Kcal

ROASTED MEDITERRANEAN-STYLE VEGETABLE FUSILLI **ve** 11.25
Roasted Mediterranean-style vegetables in a garlic, chilli & tomato sauce 567 Kcal

170g RUMP STEAK 13.25
Chargrilled & served with confit tomato and skin-on fries 711 Kcal
Add peppercorn or béarnaise sauce for 2.50 289 / 214 Kcal

KING PRAWN FUSILLI 12.75
King prawns, garlic, red chilli, sun-dried tomato & fresh rocket 695 Kcal

FUSILLI CARBONARA 11.25
Fusilli tossed with pancetta, Grana Padano & cream sauce 1187 Kcal

Prix Fixe

Monday to Saturday until 5pm
2 courses £16.95 / 3 courses £19.95

STARTERS

SOUP DU JOUR **v**

Soup of the day served with bread 578 Kcal

GARLIC MUSHROOMS **v**

Sautéed chestnut, oyster & flat mushrooms with garlic, lemon & parsley cream and toasted bread 369 Kcal

CALAMARI FRITTI

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

GAMBAS AL PIL PIL + 2.00

King prawns pan-fried with garlic & chilli olive oil, served with toasted bread 775 Kcal

MAIN COURSE

PAN-ROASTED CHICKEN SUPRÊME *

Mustard cream sauce, pommes purée & buttered green beans 1194 Kcal

170g RUMP STEAK + 2.00

Served with skin-on Fries & confit tomato 716 Kcal

UPGRADE TO 227g SIRLOIN + 6.00 777 Kcal

Add peppercorn or béarnaise sauce + 2.50 289 / 214 Kcal

KING PRAWN FUSILLI

King prawns, garlic, red chilli, sun-dried tomato & fresh rocket 695 Kcal

COURGETTE & SWEETCORN FRITTERS * **ve**

Homemade fritters with chilli, cumin & coriander, carrot, raisin & orange salad, hummus & apricot harissa 422 Kcal

FUSILLI CARBONARA

Fusilli tossed with pancetta, Grana Padano & cream sauce 1187 Kcal

ROASTED MEDITERRANEAN-STYLE VEGETABLE FUSILLI **ve**

Roasted Mediterranean-style vegetables in a garlic, chilli & tomato sauce 567 Kcal

DESSERTS

CALLEBAUT WHITE CHOCOLATE & RASPBERRY CRÈME BRÛLÉE **v**

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

TRIPLE CHOCOLATE BROWNIE **v**

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

JUDE'S FARM ICE CREAM **v**

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**

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

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.