

# Welcome to Ego

Lunch the Mediterranean way.

Our Lunch dishes are perfectly portioned for a daytime treat.

Available Monday – Saturday until 4pm

## MAINS

### BEER BATTERED HADDOCK FILLET \* 15.50

Classic beer-battered haddock with chunky chips, pea purée, and a zesty cured lemon & dill tartare sauce 645 Kcal

### GREEK-STYLE SALAD v 10.95

A fresh mix of cherry and vine tomatoes, cucumber, red onion, capers, and kalamata olives, tossed in Crete Gold olive oil and topped with crumbly feta 490 Kcal

Add Chicken 485 Kcal + 2.00

### LEMON CHICKEN MILANESE \* 11.50

Rocket, sun-dried tomato & Grana Padano salad, lemon caper chilli dressing and skin-on fries 831 Kcal

### BAKED GNOCCHI v 13.95

Oven-baked gnocchi in a rich tomato, roasted garlic & Calabrian chilli sauce, with chargrilled Mediterranean style vegetables. Finished with mozzarella, whipped ricotta and a crisp pangrattato topping 635 Kcal

### PAN-ROASTED CHICKEN

#### SUPRÊME \* 13.95

Mustard cream sauce, pommes purée, buttered green beans and carrots 1131 Kcal

### PAELLA VERDURAS ^ve 17.50

Classic Spanish-style paella with artichoke, charred courgette, onion, peppers, green beans and peas 442 Kcal

### MARGHERITA PIZZA v 14.50

Tomato, mozzarella, and fresh basil 793 Kcal

### SPAGHETTI CARBONARA 12.95

Spaghetti tossed with crispy pancetta and creamy Gran Moravia sauce 1245 Kcal

### KING PRAWN & CHILLI LINGUINE 14.50

Juicy king prawns with roasted garlic, Calabrian chilli, sun-dried tomato, cured lemon and finished with fresh rocket 585 Kcal

### SALMON & DILL FISHCAKES \* 12.95

With skin-on fries, fresh rocket, and a zesty cured lemon & dill tartare sauce 1196 Kcal

## SANDWICHES & WRAPS

### RUMP STEAK SANDWICH \* 13.95

Served pink on toasted sourdough with caramelised onions, roasted garlic aioli, rocket and sun-dried tomato. Served with skin-on fries 1146 Kcal



### CHICKEN GYROS 10.50

Lightly seasoned chicken with tzatziki and charred carrot slaw in a zaatar-brushed flatbread. With skin-on fries 989 Kcal

### FALAFEL GYROS ve 10.50

Green chickpea & coriander falafel with hummus and charred carrot slaw in a zaatar-brushed flatbread. With skin-on fries 1032 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** 173 Kcal 3.65

**AMERICANO BLACK** 11 Kcal 3.50

**CAPPUCCINO** 116 Kcal 3.95

**FLAT WHITE** 71 Kcal 3.95

**CAFFE LATTE** 108 Kcal 3.95

**FLOATER COFFEE** 282 Kcal 3.65

**HOT CHOCOLATE** **v** 438 Kcal 4.00

**MACCHIATO** 35 Kcal 3.65

**ESPRESSO** 11 Kcal 3.00

**DOUBLE ESPRESSO** 22 Kcal 3.50

### EGO MINI DESSERT & HOT DRINK

Enjoy a mini dessert and any coffee or tea for 7.50, or upgrade to any liqueur coffee for + 2.00

**STICKY TOFFEE PUDDING** **v** 308 Kcal

**TRIPLE CHOCOLATE BROWNIE** **v** 224 Kcal

**CLASSIC CRÈME BRÛLÉE** **v** 163 Kcal

**PISTACHIO & CHERRY ETON MESS**

**v n** 309 Kcal

**APPLE, FIG & GINGER CRUMBLE** **v** 163 Kcal

**GRANDPA GREENE'S LUXURY ICE CREAM** **v**

One scoop of vanilla flavour 171 Kcal, chocolate, 178 Kcal strawberry flavour 167 Kcal, cherry flavour 173 Kcal, honeycomb 154 Kcal, or salted caramel flavour 141 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 a food allergy, dietary requirement, or a question about our ingredients, please speak to a member of our staff before you place your order. Our menu descriptions do not include all ingredients or allergens.

**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

