

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, authentic ingredients.

FOR THE TABLE

HALLOUMI FRIES & CALABRIAN CHILLI HONEY v 504 Kcal 5.95

GORDAL OLIVES ve 107 Kcal 3.95

BAKED SOURDOUGH BOULE, EXTRA VIRGIN OLIVE OIL & BALSAMIC VINEGAR * ve 1126 Kcal 5.95

MARCONA SALTED ALMONDS ve n 386 Kcal 3.95

GRILLED PITTA & DIPS v 6.95

Hummus, mojo rojo dip and home-made tzatziki 881 Kcal

STONEBAKED GARLIC PIZZA BREAD v 797 Kcal 7.25

with **MOZZARELLA** v 978 Kcal 8.50

with **TOMATO** v 817 Kcal 7.95

with **½ MOZZARELLA & ½ TOMATO** v 898 Kcal 8.95

PATATAS BRAVAS * v 345 Kcal 5.75

With roasted garlic aioli



MEZZE GRAZING BOARD 14.95

Chorizo lollipops, Prosciutto, gordal olives, halloumi fries & chilli honey, spiced falafel with a carrot & orange slaw, hummus and grilled pittas 1336 Kcal

STARTERS

DUCK LIVER PATE * 8.75

With a fig & honey chutney, rosemary focaccia and golden saffron shallots 542 Kcal



GAMBAS AL PIL PIL 9.50 / 13.75

7 or 12 King prawns pan-fried with garlic & chilli olive oil, with grilled sourdough 862 Kcal / 916 Kcal

GARLIC MUSHROOMS v 8.25

Sautéed chestnut, oyster & flat mushrooms with roasted garlic, lemon & parsley cream and grilled sourdough 520 Kcal

CALAMARI FRITTI 8.75

Paprika floured, pineapple scored squid, roasted garlic aioli & fresh lemon 290 Kcal

FRITTO MISTO 10.25

Paprika floured calamari, tempura king prawns, haddock and courgette fritti. Served with cured lemon & dill tartare sauce and roasted garlic aioli 416 Kcal



CHARGRILLED MERGUEZ SPICED LAMB KÖFTAS 8.75

Served with charred carrot, orange & chickpea salad, tzatziki & toasted pitta 461 Kcal

CHORIZO AL VINO * 9.25

Pan-fried chorizo in red wine with roasted garlic, rosemary & thyme, with grilled sourdough 754 Kcal

SOUP DU JOUR v 6.95

Soup of the day served with baked sourdough 254 Kcal

HONEY-GLAZED BAKED FETA * v n 8.75

Oven-baked feta topped with honey and walnuts, in a spicy tomato sauce, with rosemary focaccia 518 Kcal



Our Favourites

Adults need around 2000 kcal a day.

SUNDAY ROASTS

All served with roast potatoes, Yorkshire pudding, roasted carrots & parsnips, braised red cabbage *, green beans and homemade gravy.

PAN-ROASTED CHICKEN SUPRÊME 18.50

With pork, sage & onion stuffing, & cranberry sauce 1197 Kcal

PAN-ROASTED PORK FILLET 18.95

Wrapped in Prosciutto, served with sage & onion stuffing and apple sauce 1131 Kcal

150 DAY GRAIN-FED ROAST BEEF 19.50

Served pink with horseradish sauce 1090 Kcal

ROAST LAMB RUMP 22.50

Served pink with mint sauce 1096 Kcal

TRIO OF ROASTS 22.50

150 day grain-fed roast beef, pork fillet and roast chicken with pork, sage & onion stuffing and horseradish sauce 1352 Kcal

NUT ROAST v n 18.50

Walnut, hazelnut, almonds, mushroom, root vegetable & pumpkin seed nut roast 866 Kcal **Vegan option available**

SUNDAY SIDES

YORKSHIRE PUDDING v 143 Kcal 1.00

GRATIN DAUPHINOISE v 534 Kcal 5.75

CAULIFLOWER CHEESE v 230 Kcal 5.25

PIGS IN BLANKETS

with calabrian hot honey 447 Kcal 5.25

SEASONED ROAST POTATOES ve 312 Kcal 4.25

CHILDREN'S ROASTS

A junior version of Roast Beef, Chicken or Nut Roast.

ROAST BEEF 603 Kcal 10.95

ROAST CHICKEN 686 Kcal 10.95

NUT ROAST v n 547 Kcal 10.95

Vegan option available

21 DAY AGED STEAKS

We proudly partner with our trusted family butcher, Althams, to bring you only the finest cuts of beef.

Each steak is expertly chargrilled to your liking and served with confit tomato, grilled mushroom, crispy onion rings, dressed rocket & skin-on fries

7oz FILLET 989 Kcal 32.50

8oz SIRLOIN 1076 Kcal 26.50

8oz RUMP 1115 Kcal 23.50

10oz RIBEYE 1276 Kcal 29.95

Swap to Truffle & Grana Padano Fries 505 Kcal + 2.00

Swap to Sweet Potato Fries v 352 Kcal + 2.00

Add Peppercorn Sauce * 32 Kcal 2.50

Add Bordelaise Sauce * 47 Kcal 2.50

Add King Prawns 124 Kcal 3.95

HOUSE FAVOURITES

Mediterranean inspired dishes are at the heart of what we do. Settle in, take your time, and enjoy great flavours and good company.

PAN-FRIED SEA BASS FILLETS 21.50

With baby potatoes, roasted chorizo, cherry tomatoes, red onion & rocket 831 Kcal

MOROCCAN-STYLE LAMB n 21.95

Slow-cooked spiced lamb with vegetables, cous cous, pickled golden shallots and flaked almonds, served with toasted pitta breads & tzatziki 1890 Kcal

MOROCCAN-STYLE FALAFEL v n 18.75

With spiced vegetables, cous cous, pickled golden shallots and flaked almonds, served with toasted pitta breads & tzatziki 1416 Kcal

PAN-FRIED COD SUPRÊME & MUSSELS * 21.95

Flakey cod with fresh mussels, on crushed baby potatoes with samphire and cherry tomatoes in a lobster bisque 465 Kcal

LEMON CHICKEN MILANESE * 19.50

Crispy breaded chicken with rocket, sun-dried tomato & Grana Padano salad, finished with lemon, caper & chilli dressing, served with skin-on fries 1191 Kcal

SIDES

SKIN-ON FRIES ve 445 Kcal 4.25

SWEET POTATO FRIES v 352 Kcal 5.25

TRUFFLE & GRANA PADANO FRIES 505 Kcal 5.25

TENDERSTEM® BROCCOLI v n 5.25

With whipped ricotta & almonds 239 Kcal

GREEK-STYLE SALAD v 287 Kcal 5.75

PATATAS BRAVAS * v 345 Kcal 5.75

With roasted garlic aioli

MOROCCAN INSPIRED SPICED CARROTS, HUMMUS, PICKLED GOLDEN SHALLOTS ve 5.50

Sweet, spiced carrots served with hummus and tangy pickled golden shallots 235 Kcal

HALLOUMI FRIES & CALABRIAN CHILLI HONEY v 504 Kcal 5.95

GRATIN DAUPHINOISE 533 Kcal 5.75

PAELLA

Inspired by the vibrant flavours of Spain, our paella is rich with flavour and tradition. Available as a meal for one or perfect for sharing between two.

PAELLA FOR ONE / FOR TWO

PAELLA CARNE ^ 18.50 / 36.95

Classic Spanish-style paella with chicken, chorizo, mixed peppers, green beans and peas 784 Kcal / 1557 Kcal

PAELLA VERDURAS ^ ve 16.95 / 33.75

Classic Spanish-style paella with artichoke, charred courgette, onion, peppers, green beans and peas 442 Kcal / 868 Kcal

PAELLA MIXTA ^ 19.50 / 38.95

A vibrant Spanish classic with chicken, chorizo, king prawns, squid, fresh mussels, mixed peppers, green beans and peas 725 Kcal / 1438 Kcal

CHARGRILLED KEBABS

All served with home-made tzatziki, a warm flatbread and your choice of a Greek-style salad or chargrilled vegetables.

SEASONED CHICKEN 754 Kcal 20.50

CYPRLOT HALLOUMI * v 20.50

With lemon, caper & chilli dressing 946 Kcal

PIRI-PIRI PORK & CHORIZO 1098 Kcal 21.50

MIXED KEBAB 25.50

Chicken, Piri-Piri pork loin, chorizo & spiced lamb rump 1161 Kcal



MEZZE GRILL FOR TWO 49.95

Marinated Chicken, Piri-Piri Pork & Chorizo, and Lamb Merguez Kebabs – served with warm flatbreads, rosemary and smoked paprika potatoes, Greek-style salad, and charred vegetables, served with home-made tzatziki and spiced mojo rojo for dipping 2748 Kcal

Add Skin-On Fries ve 445 Kcal 4.25

Add Sweet Potato Fries v 352 Kcal 5.25

Add Truffle & Grana Padano Fries 505 Kcal 5.25

Add Halloumi Fries with Calabrian Chilli Honey v 504 Kcal 5.95

Add Calabrian Chilli Honey Sauce v 222 Kcal 1.00

Add Roasted Garlic Aioli v 163 Kcal 1.00

Add Mojo Rojo Sauce ve 175 Kcal 1.00

STONEBAKED SOURDOUGH PIZZA

Hand-stretched sourdough pizza, with a rich Mutti tomato sauce, topped with flavourful ingredients, stonebaked and made to order.

MARGHERITA v 13.95

Tomato, mozzarella, and fresh basil 793 Kcal

CALABRESE 15.95

A fiery mix of chorizo, pepperoni, spicy nduja, Calabrian chillies. Drizzled with hot honey 1429 Kcal

PEPPERONI 15.50

Classic pepperoni pizza 1126 Kcal

WHIPPED RICOTTA & CARAMELISED ONION * v 14.50

With roasted red and Roquito® peppers, topped with fresh rocket 1035 Kcal



BIANCA * 14.95

Whipped ricotta base with mozzarella, Prosciutto, mushrooms, caramelised onions, and a hint of truffle 928 Kcal Vegetarian option available

CREATE YOUR OWN PIZZA v 15.95

Add any 3 pizza toppings from above or below to a Margherita 792 Kcal

Pancetta 126 Kcal / Artichokes v 20 Kcal

/ Pineapple v 20 Kcal / Black olives ve 41 Kcal

Add Roasted Garlic Aioli v 163 Kcal 1.00

Add Calabrian Chilli Honey Sauce v 222 Kcal 1.00

Add Mojo Rojo Sauce ve 175 Kcal 1.00

Sunday Feast Menu

Enjoy our roasts in our Sunday set menu
2 Courses for £22.95 or 3 Courses for £26.95

STARTERS

SOUP DU JOUR **v**

Soup of the day served with baked sourdough 254 Kcal

DUCK LIVER PATE *

With a fig & honey chutney, rosemary focaccia and golden saffron shallots 542 Kcal

GAMBAS AL PIL PIL + 2.00

King prawns pan-fried with garlic & chilli olive oil, with grilled sourdough 862 Kcal

GARLIC MUSHROOMS **v**

Sautéed chestnut, oyster & flat mushrooms with roasted garlic, lemon & parsley cream and grilled sourdough 520 Kcal

CALAMARI FRITTI

Paprika floured, pineapple scored squid, roasted garlic aioli & fresh lemon 290 Kcal

CHARGRILLED MERGUEZ SPICED LAMB KÖFTAS

Served with charred carrot, orange & chickpea salad, tzatziki & toasted pitta 461 Kcal

MAIN COURSES

150 DAY GRAIN-FED ROAST BEEF

Served pink with horseradish sauce 1090 Kcal

ROAST LAMB RUMP + 4.00

Served pink with mint sauce 1096 Kcal

NUT ROAST **v n**

Walnut, hazelnut, almond mushroom, root vegetable & pumpkin seed nut roast 866 Kcal **Vegan option available**

TRIO OF ROASTS **v** + 4.00

150 day grain-fed roast beef, pork fillet and roast chicken with pork, sage & onion stuffing and horseradish sauce 1352 Kcal

PAN-ROASTED CHICKEN SUPRÊME

With pork, sage & onion stuffing, & cranberry sauce 1197 Kcal

PAN-ROASTED PORK FILLET

Wrapped in Prosciutto, served with sage & onion stuffing and apple sauce 1131 Kcal

SIDES

YORKSHIRE PUDDING **v** 143 Kcal 1.00

GRATIN DAUPHINOISE **v** 534 Kcal 5.75

CAULIFLOWER CHEESE **v** 230 Kcal 5.25

PIGS IN BLANKETS

with calabrian hot honey 447 Kcal 5.25

SEASONED ROAST POTATOES **ve** 312 Kcal 4.25

TENDERSTEM® BROCCOLI **v n** 5.25

With whipped ricotta & almonds 239 Kcal

DESSERTS

TRIO OF DESSERTS **v n** + 2.00

Pistachio & sour cherry Eton Mess, classic crème brûlée with amaretti biscuit and apple & fig crumble with vanilla flavour ice cream 719 Kcal

STICKY TOFFEE PUDDING **v**

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

TRIPLE CHOCOLATE BROWNIE **v**

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

CLASSIC CRÈME BRÛLÉE **v**

Silky vanilla custard topped with a crisp caramelised sugar crust, served with amaretti biscuits 407 Kcal

APPLE, FIG & GINGER CRUMBLE **v**

Served with vanilla flavour ice cream or custard 558 Kcal

JUDE'S FARM SORBET **ve**

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

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

Choice of 3 scoops 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

**SINGLE COURSE ROASTS ARE AVAILABLE ON REQUEST -
ASK YOUR SERVER FOR MORE DETAILS**

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. **Δ** = 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  