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ITALIAN RESTAURANT AND BAR

EVENING SET MENU

2 COURSES AND A DRINK | ONLY £12.95

ANTIPASTI

PIZZA CON AGLIO

Authentic crispy pizza dough brushed with garlic & herbs.
Choose from: mozzarella or pomodoro sauce | 50p

BRUSCHETTA CLASSICA

Garlic infused focaccia, cherry tomatoes, red onion and basil infused oil.

FUNGHIE MOZZARELLA ARANCINI

Hand-rolled risotto balls stuffed with mushroom & mozzarella, served with arrabbiata sauce and topped with rocket.

ZUCCHINE FRITTE

Golden fried courgettes in a crunchy semolina & Grana Padano crumb, served with arrabbiata sauce.

ZUPPA DEL GIORNO

Ask your server for today's freshly made soup, served with grilled focaccia.

INSALATA CON POMODORO E MOZZARELLA

Slices of fresh tomato & mozzarella, with basil infused olive oil.

PASTA

CLASSIC PASTA DISHES FROM ALL OVER ITALY, TOSSED WITH HERB & GARLIC OIL AND USING ONLY THE FRESHEST INGREDIENTS

FUSILLI CON POLLO PRIMAVERA

Fusilli with sliced chicken breast, mixed vegetables and mozzarella, topped with toasted pine nuts and Grana Padano.

PENNE ALL' ARRABBIATA

Penne with spicy tomato, chilli and black olives.
Add peperoni, pancetta or chicken | £1.50

LINGUINE AL PESTO

Linguine with basil pesto, pine nuts, sweet roasted tomatoes and Grana Padano shavings.
Add chicken | £1.80

PAPPARDELLE ALLA CARBONARA

Pappardelle tossed with pancetta, besciamella sauce, finished with Grana Padano shavings.

RIGATONI CON POLPETTE

Rigatoni with our homemade pork & beef meatballs, served in arrabbiata sauce.

ZUCCHINI "SPAGHETTI"

Spiralized courgettes with goats' cheese, Mediterranean roasted vegetables, fresh basil and olive oil.

SPAGHETTI ALLA BOLOGNESE

Spaghetti with our house made Bolognese sauce of slow-cooked beef, tomatoes, red wine, garlic and basil.

GNOCCHI CON VERDURE

Fried gnocchi dumplings, artichoke, rocket, peppers and courgettes, topped with Grana Padano, garlic oil, basil and crispy sage.

PAPPARDELLE CON SALMONE AFFUMICATO

Pappardelle, smoked salmon and sweet garden peas in besciamella sauce.

FUSILLI CON QUATTRO FORMAGGI

Fusilli stirred through with Grana Padano, mozzarella, goats' cheese, Dolcelatte and topped with rocket.

AL FORNO

OVEN BAKED, AUTHENTIC PASTA DISHES

LASAGNE AL FORNO

Our house made classic. Pasta sheets layered with besciamella sauce and Bolognese of slow-cooked beef, tomatoes, red wine and garlic, topped with mozzarella.

FUSILLI CON POLLO FORNO

Fusilli with sliced chicken breast, mushroom and spinach in besciamella sauce, topped with breadcrumbs.

PENNE CON FUNGHI FORNO

Penne with sautéed mixed mushrooms, sweet garden peas, mozzarella, Grana Padano and arrabbiata sauce.
Add chicken | £1.80

INSALATE

FRESH & LIGHT MEDITERRANEAN FLAVOURS

INSALATA CAESAR CON POLLO

Little gem leaves drizzled with Caesar dressing, focaccia croutons and shavings of Grana Padano.
Add chicken | £3

EST INSALATA

Goats' cheese, avocado, roasted sweet peppers, cherry tomatoes, rocket, spinach, baby gem, toasted pine nuts and balsamic glaze.

INSALATA CON POLLO

Warm salad of pan-fried chicken, mixed mushrooms, salad leaves, avocado and tomato, finished with balsamic dressing.

INSALATA CON VERDURE

Roasted Mediterranean vegetables, Dolcelatte and mixed leaves.

PIZZA

OUR DOUGH IS MADE FRESH EVERY SINGLE DAY, RUSTIC HAND STRETCHED CRISPY BASE, HOMEMADE SAUCE AND SOME OF THE FINEST INGREDIENTS ITALY HAS TO OFFER

ALLEGGERITO...

Choose to have any of our pizzas as an *alleggerito*; a little less pizza with a delicious house salad. Fewer calories than our regular pizza.

MARGHERITA

Mozzarella, Grana Padano and fresh basil.

VESUVIO

Pepperoni, red chillies, chilli oil and mozzarella.

FIorentina Bianca

Besciamella sauce, asparagus, spinach, free-range egg with dried chilli, olives, mozzarella and Grana Padano.

POLLO PEPERONATA

Chicken, peppers, red onion and mozzarella.

QUATTRO STAGIONI

Roasted sweet peppers, ham, mushrooms and pepperoni, with mozzarella and Grana Padano.

SALUMI

Prosciutto ham, Milano & Napoli salamis and mozzarella.

GIARDINIERA RUSTICA

Roasted sweet peppers, artichoke, goats' cheese, sautéed mushrooms, rocket, mozzarella and Grana Padano, drizzled with basil pesto.

FORMAGGIO DI CAPRA

Goats' cheese, mozzarella, roasted sweet peppers, pine nuts and basil pesto.

QUATTRO FORMAGGI

Goats' cheese, Dolcelatte, mozzarella and Grana Padano.

FUNGHI

Sautéed mixed mushrooms, mozzarella and Grana Padano.

DRINKS

PINT OF PORETTI

MERLOT, BONAVITA *Australia*
Glass of wine 250ml

SAUVIGNON BLANC, MONTE VERDE *Chile*
Glass of wine 250ml

DOLCI

EST TIRAMISU

Layers of vanilla mascarpone, marsala wine and coffee soaked sponge fingers.

L'AMBASCIATORE

Our signature sundae of vanilla and chocolate ice cream, hazelnut praline, chocolate wafer and hazelnuts.

AFFOGATO

Meaning "drowned", this dessert is the tantalising combination of cool and warm. Three scoops of vanilla ice cream served with a shot of espresso for you to pour over

Vegetarian These dishes are made from ingredients that do not contain meat or fish. However we do not have a dedicated preparation or cooking area within our kitchen for vegetarian food.
Our Eggs All of our eggs are free range. **Sustainability** We purchase fish and seafood responsibly and where possible from sustainable sources. **Allergies** to view our full list of allergens and dietary information please visit www.restaurantallergens.com/estestest. VAT is included at the current rate. We are happy to accept Visa, Mastercard & American Express.
We welcome your feedback write to us at Est Est Est, 5-7 Marshalsea Road, London SE11EP or Email: concessions@trgplc.com www.trgconcessions.co.uk - 0218