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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

#### 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* pepperoni, pancetta or chicken

#### LINGUINE AL PESTO

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

#### 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.

### ALFORNO

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

### 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

#### 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 PEPPERONATA

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 PERONI

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](http://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 SE1 1EP or Email: [concessions@trgplc.com](mailto:concessions@trgplc.com) [www.trgconcessions.co.uk](http://www.trgconcessions.co.uk) - 0717