

# MAINS



# ANTIPASTI

TRADITIONAL ITALIAN SMALL PLATES TO START YOUR MEAL

## WHILE YOU WAIT...

### OLIVE MARINATE | 3.50

Mixed olives, pickles and silverskin onions, marinated in-house in olive oil, herbs and lemon zest

### PANE FRESCO | 2.95

A selection of focaccia and freshly baked grissini breadsticks, served with balsamic vinegar and olive oil

### GARLIC BREAD | 4.95

Authentic crispy pizza dough brushed with garlic & herbs

ADD MOZZARELLA OR POMODORO SAUCE | 0.50

### POLPETTE DELLA CASA | 7.25

Homemade pork & beef meatballs spiced with fennel seeds, served in pomodoro sauce, with toasted focaccia

### CALAMARI FRITTI | 7.75

Crispy fried squid with rocket and aioli

### ZUPPA DI POMODORO | 5.45

Tomato & basil soup

### GAMBERI PICCANTI | 7.95

Shell-on tiger prawns, pan-fried with chilli, butter and white wine, served with toasted focaccia

### FRITTO MISTO | £8.25

Whitebait, king prawns, calamari & mussels, coated in crispy batter and served with aioli

### FUNGI E MOZZARELLA ARANCINI | 6.50

Hand-rolled risotto balls stuffed with mushrooms & mozzarella, served with arrabiata sauce and topped with rocket

### ANTIPASTO MISTO DELLA CASA | 7.45

Selection of prosciutto, Napoli & Milano salamis, toasted focaccia, olive marinate, rocket and Grana Padano

### INSALATA CON POMODORO E MOZZARELLA | 5.95

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

### BURRATA BRUSCHETTA | 5.95

Garlic infused focaccia topped with burrata, cherry tomatoes, olives, roasted red peppers, marjoram and olive oil

### GOATS' CHEESE RAVIOLI | 6.25

Classic ravioli filled with goats' cheese, served in a creamy lemon & tarragon sauce

# INSALATE

### INSALATA CAESAR | 8.75

Little gem leaves drizzled with Caesar dressing, focaccia croutons and shavings of Grana Padano

ADD CHICKEN | 3.00

### EST INSALATA | 9.95

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

### INSALATA NIZZARDA | 13.95

Freshly grilled tuna steak on a bed of baby gem lettuce, rocket, French beans, cherry tomatoes, rosemary potatoes, olives and soft boiled egg

### INSALATA CON POLLO

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

LARGE | 12.45 SMALL | 8.50

# PASTA

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

### FUSILLI CON POLLO PRIMAVERA | 10.25

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

### PENNE ALL' ARRABBIATA | 9.25

Penne with spicy tomato, chilli and black olives

ADD PEPPERONI, PANCETTA OR CHICKEN | 1.80

### LINGUINE AL PESTO | 8.95

Linguine with basil pesto, pine nuts, slow-roasted tomatoes and Grana Padano shavings

ADD CHICKEN | 1.80

### LINGUINE ALLA CARBONARA | 10.25

Linguine tossed with pancetta and Besciamella sauce, finished with Grana Padano shavings

### RIGATONI CON POLPETTE | 10.95

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

### LINGUINE CON GAMBERONI PICCANTI | 11.95

Linguine with tiger prawns, peppers and slow-roasted tomatoes in chilli, garlic and white wine

### SPAGHETTI ALLA BOLOGNESE | 9.95

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

### GNOCCHI CON VERDURE | 10.25

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

### LASAGNE AL FORNO | 9.95

Our house made classic. Pasta sheets layered with Besciamella sauce and Bolognese of slow-cooked beef, tomatoes, red wine and garlic, topped with melting Cheddar cheese and Grana Padano

### FUSILLI CON POLLO FORNO | 10.50

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

### GOATS' CHEESE RAVIOLI | 9.95

Classic ravioli filled with goats' cheese, in a creamy lemon & tarragon sauce

### LINGUINE CON POLLO | 11.75

Linguine with sliced chicken breast, pancetta, rocket, Grana Padano and Besciamella sauce

# RISOTTO

### RISOTTO CON GAMBERONI E CALAMARI PICANTE | 12.95

Tiger prawns and calamari, cooked in white wine & chilli oil, and mixed with arrabiata and Besciamella sauces

### GOATS' CHEESE E PESTO RISOTTO | 12.95

Creamy risotto with rich goats' cheese, olive crumb, pesto and fresh basil

# PIZZA

OUR DOUGH IS MADE FRESH EVERY SINGLE DAY,  
HAND STRETCHED AND TOPPED WITH HOMEMADE SAUCE

## ALLEGGERITO

Choose to have any of our pizzas as an alleggerito,  
a little less pizza with a delicious house salad

### MARGHERITA | 8.95

Mozzarella and fresh basil

### VESUVIO | 10.25

Pepperoni, red chillies, chilli oil and mozzarella

### POLLO PEPERONATA | 10.45

Chicken, peppers, red onion and mozzarella

### QUATTRO STAGIONI | 10.95

Sweet peppers, ham, mushrooms and pepperoni,  
with mozzarella and Grana Padano

### MARINARA | 10.95

Calamari, king prawns, mussels, black olives, garlic and thyme.  
*This pizza is served without mozzarella*

### GIARDINIERA RUSTICA | 9.95

Sweet peppers, artichoke, goats' cheese, sautéed mushrooms,  
rocket and mozzarella, drizzled with basil pesto

### QUATTRO FORMAGGI | 9.95

Goats' cheese, Dolcelatte, mozzarella, Grana Padano,  
all topped with rocket

### SALUMI | 10.25

Prosciutto ham, Milano & Napoli salamis and mozzarella

## CHARCOAL PIZZA

OUR NEW BLACK PIZZAS ARE MADE WITH  
ACTIVATED CHARCOAL DOUGH, PUTTING A  
MODERN TWIST ON OUR FAVOURITE FLAVOURS

### TRICOLORE | 12.95

Goats' cheese, mozzarella, roasted peppers, sautéed mushrooms  
and black olives, topped with pesto and fresh rocket

### N'DUJA PICCANTA | 12.95

Spicy N'Duja, mozzarella, roasted peppers & red onions,  
red chillies, topped with fresh basil and rocket

### SUPREMA | 13.95

Besciamella sauce, pepperoni, spicy N'Duja, meatballs,  
prosciutto, mozzarella, parmesan and burrata, all topped  
with fresh rocket

### FIORENTINA NERA | 12.95

Besciamella sauce, asparagus, spinach, free-range egg,  
olives and mozzarella

### PLEASE ASK YOUR SERVER FOR EXTRA TOPPINGS:

SALAMI, CHICKEN, PEPPERONI, PROSCIUTTO,  
HAM, KING PRAWNS, CALAMARI | 1.75

SPINACH, OLIVES, ARTICHOKE, SWEETCORN,  
CHILLI, GOATS' CHEESE | 1.25

# CALZONE

### EST EST EST CATAMARANO® | 12.50

Unique to Est Est Est, this ground-breaking pizza is our  
take on a recipe hailing from Florence. It is a twin-folded  
calzone; the first packed with homemade polpetta meatballs,  
spinach, roasted peppers and red chillies; the second packed  
with chicken, ham and pepperoni; filled with our homemade  
arrabbiata sauce and topped with rocket, mozzarella  
and Grana Padano

### CALZONE CON POLPETTE | 11.95

Homemade polpetta meatballs, red onion, slow-roasted  
tomatoes, mozzarella and Grana Padano, in a creamy  
pomodoro and Besciamella sauce

### CALZONE DI VERDURE | 11.25

Roasted Mediterranean vegetables, mushrooms, mozzarella,  
basil and goats' cheese in pomodoro sauce

### ADD A SIGNATURE SAUCE

Add one of our signature freshly made sauces on the side  
CHOOSE FROM: BOLOGNESE, ARRABBIATA OR POMODORO | 2.75

# GRIGLIA

REGIONAL TWISTS ON DISHES FROM PUGLIA TO VENETO

### TUNA GRIGLIATO | 13.95

Freshly grilled tuna steak on a bed of black lentils and buttery  
sautéed spinach, topped with fresh rocket and salsa verde

### POLLO AL ROSMARINO | 13.95

Grilled chicken marinated in rosemary, garlic & lemon,  
served with rosemary roasted baby potatoes and green beans

### GNOCCHI E POLLO RUSTICO | 13.50

Marinated chicken breast on a bed of gnocchi and creamed leeks,  
topped with crispy prosciutto, salsa verde and fresh rocket

### EST BURGER | 12.95

Foxham Farm beef patty topped with Italian salami, melting  
Dolcelatte, sautéed rosemary mushrooms, arrabbiata mayo  
and fresh basil, served with chunky chips

UPGRADE TO TRUFFLE CHIPS | 2.00

### EST BISTECCA | 18.50

8oz beef sirloin steak, roasted plum tomato, grilled flat  
mushroom and sautéed spinach. Served with:

ROSEMARY ROASTED BABY POTATOES OR HOUSE SALAD AND  
PEPPERCORN SAUCE OR DOLCELATTE BUTTER

# SIDES

ROCKET &  
GRANA PADANO  
SALAD | 3.95

TOMATO & RED ONION  
SALAD | 2.95

EST INSALATA  
PICCOLA | 3.95  
Small mixed salad

ROSEMARY ROASTED  
BABY POTATOES | 3.75

MEDITERRANEAN  
VEGETABLES  
3.75

SAUTÉED GREEN BEANS  
& RED ONION | 3.75

HOUSE CHIPS  
3.50

TRUFFLE CHIPS  
4.50

# *est est est*

ITALIAN RESTAURANT AND BAR

**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. **Our Meat** Where possible we purchase red meat from the UK and Ireland. **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) 0418