

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

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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. 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 - www.trgconcessions.co.uk 0418