



*est est est*

ITALIAN RESTAURANT AND BAR



## APERITIVI

**OLIVE MARINATE DELLA CASA | £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.

## CONDIVIDI

TRADITIONAL ITALIAN SHARING PLATES

**SELEZIONE DELLA CASA | £14.25**  
Cured prosciutto, crispy calamari, golden zucchini fritte, Grana Padano, toasted focaccia, rocket and aioli.

**MISTO DI VERDURA | £13.95**  
Zucchini fritte, funghi e mozzarella arancini, mozzarella & tomato salad, olive marinate della casa, toasted focaccia.

## RISOTTO

RICH AND DELICIOUS, MADE FROM ARBORIO RICE, WHITE WINE, GARLIC AND HERBS

**RISOTTO CON VERDURE E FORMAGGIO DI CAPRA | £11.25**  
Goats' cheese, roasted Mediterranean vegetables, slow-roasted tomatoes and besciamella sauce.

**RISOTTO CON GAMBERONI E CALAMARI PICANTE | £12.95**  
Tiger prawns and calamari, cooked in white wine, and mixed with arrabbiata sauce and besciamella sauce.

## ALFORNO

OVEN BAKED, AUTHENTIC PASTA DISHES

**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.

**PENNE CON FUNGHI FORNO | £9.95**  
Penne with sautéed mixed mushrooms, sweet garden peas, mozzarella, Grana Padano and arrabbiata sauce.  
*Add chicken | £10.95*

## CALZONE

AUTHENTIC FOLDED PIZZAS FROM THE STREETS OF NAPLES

**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 and Grana Padano.

**CALZONE CON POLLO | £11.95**  
Chicken, pancetta, sautéed mushrooms, slow-roasted tomatoes, mozzarella and Grana Padano, in a creamy pomodoro and besciamella sauce.

**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 A VEDURA | £11.25**  
Roasted Mediterranean vegetables, mushrooms, mozzarella and goats' cheese in pomodoro 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 PULGIA TO VENETO

**EST BISTECCA | £18.50**  
8oz beef sirloin steak, roasted plum tomato, grilled flat mushroom and sautéed spinach. *Choose from:* Rosemary roasted baby potatoes or house salad, peppercorn sauce or Dolcelatte butter.

**POLLO ALLA CARBONARA | £13.95**  
Pappardelle with rocket, sliced chicken breast and pancetta, in besciamella sauce. Topped with rocket.

**POLLO MILANESE | £13.50**  
Pan-fried chicken breast in golden breadcrumbs with spaghetti pomodoro.

**SALMONE AROSTO | £13.95**  
Grilled salmon fillet marinated in garlic and herbs, with lentils and spinach.

## ANTIPASTI

TRADITIONAL ITALIAN SMALL PLATES TO START YOUR MEAL

**PIZZA CON AGLIO | £4.95**  
Authentic crispy pizza dough brushed with garlic & herbs.  
*Choose from:* Mozzarella or Pomodoro sauce | £5.45

**POLPETTE DELLA CASA | £7.25**  
Homemade pork & beef meatballs spiced with fennel seeds, served in pomodoro sauce, with toasted focaccia.

**CALAMARI FRITTE | £7.75**  
Crispy fried squid with rocket and aioli.

**ZUPPA DEL GIORNO | £5.45**  
Ask your server for today's freshly made soup, served with grilled focaccia.

**GAMBERI PICANTE | £7.95**  
Shell-on tiger prawns, flash-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.

**BRUSCHETTA CLASSICA | £5.95**  
Garlic infused focaccia, cherry tomatoes, red onion and basil infused oil.

**FUNGHI MOZZARELLA ARANCINI | £6.50**  
Hand-rolled risotto balls stuffed with mushroom & mozzarella, served with arrabbiata sauce and topped with rocket.

**ANTIPASTO MISTO DELLA CASA | £7.45**  
Selection of prosciutto, Napoli & Milano salamis, toasted focaccia, olive marinate della casa, rocket and Grana Padano.

**ZUCCHINE FRITTE | £4.95**  
Golden fried courgettes in a crunchy semolina & Grana Padano crumb, served with arrabbiata sauce.

## PASTA

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

**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 | £10.75

**LINGUINE AL PESTO | £8.95**  
Linguine with basil pesto, pine nuts, sweet roasted tomatoes and Grana Padano shavings  
*Add chicken | £10.75*

**PAPPARDELLE ALLA CARBONARA | £10.25**  
Pappardelle tossed with pancetta, besciamella sauce, finished with Grana Padano shavings.

**RIGATONI CON POLPETTE | £10.95**  
Rigatoni with our homemade pork & beef meatballs, served in arrabbiata sauce.

**ZUCCHINI 'SPAGHETTI' | £9.75**  
Spiralized courgettes with goats' cheese, Mediterranean roasted vegetables, fresh basil and olive oil.

**LINGUINE CON GAMBERONI PICANTE | £11.95**  
Linguine with tiger prawns, peppers and sweet 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 oil, basil and crispy sage.

**PAPPARDELLE CON SALMONE AFFUMICATO | £11.25**  
Pappardelle, smoked salmon and sweet garden peas in besciamella sauce.

**FUSILLI CON QUATTRO FORMAGGI | £10.25**  
Fusilli stirred through with Grana Padano, mozzarella, goats' cheese, Dolcelatte and topped with rocket.

## 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 | £8.95**  
Mozzarella, Grana Padano and fresh basil.

**VESUVIO | £10.25**  
Pepperoni, red chillies, chilli oil and mozzarella.

**FIORENTINA BIANCA | £9.95**  
Besciamella sauce, asparagus, spinach, free-range egg with dried chilli, olives, mozzarella and Grana Padano.

**POLLO PEPERONATA | £10.45**  
Chicken, peppers, red onion and mozzarella.

**QUATTRO STAGIONI | £10.95**  
Roasted 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.

**SALUMI | £10.25**  
Prosciutto ham, Milano & Napoli salamis and mozzarella.

**GIARDINIERA RUSTICA | £9.95**  
Roasted sweet peppers, artichoke, goats' cheese, sautéed mushrooms, rocket, mozzarella and Grana Padano, drizzled with basil pesto.

**FORMAGGIO DI CAPRA | £10.45**  
Goats' cheese, mozzarella, roasted sweet peppers, pine nuts and basil pesto.

**QUATTRO FORMAGGI | £9.95**  
Goats' cheese, Dolcelatte, mozzarella, Grana Padano and topped with rocket.

**FUNGHI | £9.95**  
Sautéed mixed mushrooms, mozzarella and Grana Padano.

*Please ask your server for extra toppings:*

*Salami, chicken, pepperoni, prosciutto, king prawns, ham, calamari | 1.75*  
*Mushroom, spinach, olive, chilli, pineapple, goats' cheese | 1.25*

## CONTORNO

**ROCKET & GRANA PADANO SALAD | £3.95**

**TOMATO & RED ONION SALAD | £2.95**

**EST INSALATA BAMBINI | £3.95**  
*Small mixed salad*

**ROSEMARY ROASTED BABY POTATOES | £3.75**

**MEDITERRANEAN VEGETABLES | £3.75**

**SAUTÉED GREEN BEANS & RED ONION | £3.75**

**CHUNKY HOUSE CHIPS | £3.50**