



EstCaffe.

Why not add bread and olives to your meal?

STARTERS *antipasti*

- ANTIPASTO MISTO** prosciutto, salami napoli & salami milano, olives, pickles, rocket, grana padano & ciabatta £6.35
BRUSCHETTA CLASSICA fresh tomato with basil & red onion on grilled garlic ciabatta £5.45
CALAMARI FRITTI golden fried squid with rocket, lemon & garlic mayonnaise £5.95
GAMBERONI PICANTE spiced tiger prawns, roasted tomato sauce & grilled ciabatta £6.95
POLPETTE herby pork & beef meatballs, roasted tomato sauce & grilled ciabatta £6.25
ZUCCHINI FRITTI grana padano dusted crisp fried courgettes with spicy tomato sauce £3.95
MARINATED OLIVES £2.50
PANE CON OLIVE focaccia & ciabatta with marinated olives & balsamic olive oil. £3.95
STONE BAKED PIZZA BREAD with garlic & parsley butter £3.95 garlic and mozzarella £4.25
 garlic and pomodoro sauce £4.25
ZUPPA DEL GIORNO soup of the day with grilled ciabatta. Ask for today's choice £4.60
INSALATA POMODORO E MOZZARELLA fresh plum tomato, mozzarella and marinated olives drizzled with olive oil. £5.45
Est **SHARING PLATTER** all of your favourites; smoked salmon, a selection of Italian meats, calamari fritti, rosemary roasted potatoes, mixed marinated olives, grilled ciabatta, rocket leaves & grana padano shavings £11.25
INSALATA SPINACI spinach, roasted peppers, artichoke, seasonal leaves, tomato, pine nuts, marinated olives & avocado £5.75
INSALATA POLLO warm sauteed chicken, wild mushrooms, mixed greens, avocado & tomato with balsamic dressing £5.95

BRUNCH *colanzo*

- Est* **CLASSIC** two free range eggs, fried or scrambled, bacon, Cumberland sausage, roasted plum tomato, grilled flat mushroom & seasoned pan fried red onion and crispy potatoes £6.95
Est **CLASSIC VEGETARIAN** two free range eggs, fried or scrambled, roasted red & yellow peppers, roasted plum tomato, grilled flat mushroom & seasoned pan fried red onion and crispy potatoes £6.75
FREE RANGE SCRAMBLED EGGS & SMOKED SALMON free range scrambled egg & smoked salmon on toasted ciabatta bread £7.75
BREAKFAST FRITTATA open faced three free range egg omelette with bacon, grilled flat mushrooms, Cumberland sausage, crispy potato, roasted plum tomato & grana padano £7.25
VEGETARIAN BREAKFAST FRITTATA open faced 3 free range egg omelette with grilled flat mushrooms, crispy potatoes, roasted red & yellow peppers, dolcelatte cheese & grana padano. £6.95
BLOOMER TOAST with butter £1.95 add preserves £2.60

DELI SANDWICHES *pane*

Warm rosemary focaccia served with rocket & sun blushed tomatoes

Add fries to your focaccia £1.95

- SMOKED SALMON** with spring onion, cream cheese, cucumber salad & cracked black pepper £7.45
PROSCIUTTO grilled pepper, basil nut pesto & rocket £7.45
Est **CLASSIC** roast chicken, bacon, slow roasted tomato, basil mayonnaise & rocket £7.75
ROAST VEGETABLE & MOZZARELLA MELT aubergine, courgettes, peppers, red onions, sundried tomatoes, melting mozzarella & basil mayonnaise £6.95

PANINI

A toasted ciabatta served with rocket & sun blushed tomatoes

Add fries to your panini £1.95

- ROAST HAM & MOZZARELLA** £5.45
FLAKED TUNA* & SPRING ONION MAYONNAISE £5.45 *we use pole and line caught tuna to ensure sustainability
TOMATO, BASIL, MOZZARELLA & PESTO £5.25

SALADS *insalate*

- CAESAR SALAD** romaine lettuce, focaccia croutons, grana padano & Caesar dressing £7.95
GRILLED CHICKEN caesar salad with a whole grilled chicken breast, romaine lettuce, focaccia croutons, grana padano & Caesar dressing £9.75
Est **INSALATA** a mixed leaf salad with goat's cheese, avocado, roasted peppers, cherry tomatoes & roasted pine nuts £8.25
INSALATA SPINACI spinach, roasted peppers, artichoke, seasonal leaves, tomato, pine nuts, marinated olives & avocado £9.25
INSALATA VEDURA mixed roast vegetables, dolcelatte, seasonal leaves & butternut squash £9.50
Est **NICOISE** grilled salmon fillet marinated in lime, coriander & garlic and served on a bed of rocket, gem lettuce, cherry tomatoes, red onion, green beans, black olives, free range egg and roasted new potatoes in a balsamic dressing £10.95
INSALATA DI POLLO warm sauteed chicken, mushrooms, mixed greens, avocado & tomato with balsamic dressing £9.25

SPECIALS *specialita*

- SALMONE E PROSCIUTTO** grilled salmon fillet wrapped in prosciutto, sautéed green beans, rosemary roasted new potatoes, tomato & balsamic dressing £12.50
ROASTED VEGETABLE & GOATS CHEESE RISOTTO white wine, asparagus, butternut squash & sundried tomatoes £9.50
GRILLED 10oz RIB EYE STEAK prime beef steak, served with slow roast vine tomatoes, grilled mushroom, sautéed spinach, rosemary roasted new potatoes & either peppercorn sauce or dolcelatte butter £17.65
POLLO ROSMARINO chargrilled chicken breast marinated in rosemary, garlic & lemon juice. Served with rosemary roasted new potatoes & fine green beans £12.75
POLLO COSA NOSTRA grilled chicken breast, roast peppers & mushrooms in a tomato & chilli cream sauce. Served with rice & grilled ciabatta £12.75

PIZZA

- MARGHERITA** rich & herby sauce, cherry tomatoes, mozzarella & grana padano with fresh basil £7.25
FUNGHI rich & herby sauce, mozzarella, grana padano & field mushrooms £8.25
QUATTRO FORMAGGIO goat's cheese, dolcelatte, grana padano & mozzarella £8.25
FIORENTINA BIANCA asparagus, spinach, mozzarella, grana padano, free range egg & olives on a creamy béchamel sauce base £8.35
BREAKFAST PIZZA pancetta, button mushrooms, tomato, Cumberland sausage, mozzarella, free range egg & grana padano £8.45
VESUVIO pepperoni, tomato, fiery red chilli & mozzarella £8.65
POLLO PEPERONATA roast chicken, tomato & fresh herbs, roasted peppers, red onion & mozzarella £8.75
GIARDINERA RUSTICA roasted peppers, artichokes, goats cheese, rocket, mushrooms, mozzarella & grana padano £8.25
QUATTRO STAGIONI roasted peppers, ham, mushrooms, pepperoni, mozzarella & grana padano £8.75
SALUMI prosciutto, salami Milano, salami Napoli & mozzarella. £8.95
FORMAGGIO CAPRINO goat's cheese, roasted red pepper, pine nuts & nut pesto £8.50
BUFFALA tomato sauce, buffalo mozzarella & fresh torn basil £8.75

CALZONE

- CALZONE AL POLLO** roast chicken, mushrooms, pancetta, slow roast tomatoes, fresh herbs, mozzarella & grana padano in a creamy tarragon & white wine sauce £9.25
CALZONE POLPETTE meatballs, slow roast tomatoes, red onions, mozzarella & grana padano in a herby tomato & béchamel sauce £9.75
(Our calzone, take up to 20 minutes to cook to perfection)

PASTA *pasta e al forno*

- PENNE ALL' ARRABIATA** penne pasta with chilli & garlic tomato sauce, olives & onion. £7.75
 add pepperoni or pancetta £8.25
PENNE FUNGHI wild mushrooms, asparagus, white wine, cream sauce & rocket leaves £8.50
LINGUINE PESTO roasted tomatoes, basil nut pesto & grana padano £7.95 add chicken £8.95
FETTUCCINE ALLA CARBONARA fettuccine verde, crispy pancetta, white wine & cream. Garnished with prosciutto & grana padano shavings £8.95 add chicken £9.75
LINGUINE CON GAMBERONI PICANTE tiger prawns, red chilli, parsley, garlic, white wine, red pepper & roasted tomato £10.75
SPAGHETTI ALLA BOLOGNESE beef ragu with a rich tomato, red wine & garlic sauce. Garnished with fresh basil £8.45
SPAGHETTI CON POLPETTE herby pork & beef meatballs, rich tomato, red wine & garlic sauce with fresh basil £9.25
FUSILLI CON POLLO PRIMAVERA chargrilled chicken, seasonal vegetables, mozzarella, pine nuts & grana padano shavings £8.95
MELANZANA AL FORNO grilled marinated aubergines, vine tomatoes, mozzarella, basil & grana padano bake dressed in a tomato & balsamic dressing with zucchini fritti. £8.50
LASAGNE AL FORNO deep baked with beef, mushrooms, béchamel, mozzarella, red wine & fresh herbs. £8.95
FUSILLI QUATTRO FORMAGGIO fusilli pasta with grana padano, mozzarella, goat's cheese & dolcelatte. Topped with rocket £8.60

SIDES *contorni*

- MARINATED OLIVES** £2.50
BREAD BASKET £2.50
Est **SALAD BAMBINI** small mixed salad £3.50
SKIN ON FRIES £2.95
ROASTED ROSEMARY NEW POTATOES £3.25
ROASTED VEGETABLES £2.95
SAUTÉED GREEN BEANS WITH RED ONION £2.75
ROCKET & PARMESAN SALAD £3.95
TOMATO & RED ONION SALAD £2.95

DESSERTS *dolci*

- GELATO MISTO** a choice of luxury ice cream £3.95
TIRAMISU espresso & liqueur sponge layered with mascarpone and cocoa £4.45
SICILIAN CASSATA vanilla & chocolate ice cream, candied fruit & toasted nuts - raspberry coulis £4.50
TORTA VANIGLIA baked vanilla cheesecake with strawberries £4.50
BUDINO AL CIOCCOLATO warm melting chocolate pudding with amaretto cream £4.50
PANNA COTTA vanilla & blueberry compote £4.95

ALLERGIES There is a small possibility that nut traces may be found in any menu item. We advise you to speak to a member of staff if you have food allergies or intolerances.

VAT is included at the current rate. **WE ARE HAPPY TO ACCEPT** Visa, Mastercard, Diner's Club & American Express.

WE WELCOME YOUR FEEDBACK write to us at Est, TRG Concessions, 5-7 Marshalsea Road, London SE1 1EP.

email: concessions@trgplc.com www.trgconcessions.co.uk