

# EstBAR

M E N U



# BREAKFAST

SERVED UNTIL 11AM

## HOT BREAKFAST BAPS

GLAZED, BREAD ROLL SERVED  
WITH YOUR CHOICE OF FILLING

**Delicious bacon or  
Cumberland sausage** £4.25

**Full English** £5.50

A breakfast in a bap: sausage,  
bacon and chopped egg mayonnaise

**Herby omelette with roasted  
vegetables and Manchego cheese** £4.75

## EST BAR BREAKFAST PLATE

THE FULL WORKS, FOR HEARTY APPETITES

**Cumberland sausage, bacon, slow-roasted  
tomato, roasted vegetable and Manchego  
cheese omelette, with crispy baked  
baguette and butter** £6.95

## LIGHTER BREAKFAST

GET YOUR DAY OFF TO A LIGHTER START

**Fresh fruit salad**  £5.25




**Est breakfast sundae**  £6.25

Crunchy granola, yoghurt and fresh fruit  
with fresh strawberries, blueberries  
and bananas, drizzled with honey

**Porridge**  
*Drizzled with honey* £2.55

*Topped with chopped pistachios*  £3.55

*Topped with bananas, strawberries and blueberries*  £3.95

Choose how you would like your porridge made:  
with semi-skimmed milk , soya milk  or water 

## MAKE YOUR BREAKFAST EXTRA SPECIAL

**Bloody Mary** £6.95

Vodka and tomato juice over ice,  
with a blend of spices to suit your taste

**Buck's Fizz** £6.95

Freshly squeezed orange juice and Champagne

**Bellini** £6.95

A classic: Champagne with peach purée

## MORNING PASTRIES

DELICIOUS AND BAKED FRESH EVERY DAY

**Croissant** £1.80

**Croissant with butter and preserve** £2.40

**Pain au chocolat** £2.25

Your favourite chocolate croissant treat

**Pain aux raisins** £2.25

Croissant with plump and juicy raisins

**Danish pastries** £2.25

**Portuguese-style custard tart** £2.25

*Add orange juice from freshly squeezed oranges* £2.80

## FILLED CROISSANTS

FLAKY, BUTTERY AND SERVED HOT OR COLD

**Emmental cheese and freshly sliced tomato** £3.65


**Wiltshire ham and Emmental cheese** £3.85




# HOT & COLD SANDWICHES

## FLATBREAD WRAPS

FILLED, FOLDED AND GRILLED TO PERFECTION

Serrano ham and mozzarella, with roasted tomato and fresh basil  £6.95

Roast chicken, spicy chorizo, Manchego cheese, rocket and tangy salsa £6.75

Spinach, roasted Mediterranean vegetables, houmous and Manchego cheese  £6.25

## PANINI


SEEDED AND SERVED HOT

Sweet red peppers, roasted tomato, red onion, rocket and mozzarella £5.75

Wiltshire ham, Emmental cheese and tomato £5.95

## BAGUETTES

CRUSTY FRENCH-STYLE BREAD, WITH YOUR CHOICE OF FILLING

Tuna and spring onion mayo mix, with crunchy cucumber  £3.75


BRT, a winning combination of bacon, rocket and roasted tomato £3.75

Free-range egg mayonnaise with cress £3.25

Finest smoked salmon, rocket leaves and herby cream cheese  £4.75

*Why not try a glass of Vendange White Zinfandel rosé to complement one of our crusty baguettes?*

 Calorie values are approximate based on a typical serving size.

 We purchase fish responsibly and where possible from sustainable sources. Our tuna is responsibly caught by the sustainable 'pole and line' method.

Our eggs are all free-range.

### ADD ONE OR TWO SALADS & DIPS TO COMPLEMENT YOUR SANDWICH £1.25 EACH

#### Houmous

A tasty blend of chickpeas, sesame seeds and olive oil

#### Minted broad bean dip

Shot through with chilli and lime pepper

#### Taramasalata

A rich and creamy blend of cod roe, olive oil and lemon juice

#### Chopped salad

Juicy tomato, cucumber, red peppers and red onions

#### Mixed grains and roasted vegetables

Cracked wheat, lentils, quinoa seeds and soya flakes



# MAINS

## MEZZE PLATE

THE PERFECT PRE-FLIGHT SELECTION

### Houmous, taramasalata and minted broad bean dip

With grissini breadsticks and warm oregano flatbread

*We recommend a glass of Pinot Grigio Marchesini*

£6.25

## FOCACCIA FLATBREAD PIZZAS

FRESHLY MADE TODAY

### Margherita

£6.95

Mozzarella, slow-roasted tomatoes, rocket and Italian Grana Padano cheese

*Keep it Italian with a glass of Sauvignon del Veneto*

### Giardiniera

£7.65

Roasted Mediterranean vegetables, mozzarella, slow-roasted tomatoes, rocket and Italian Grana Padano cheese

## SALADS

FRESH SALADS WITH A TWIST

### Est salad bowl with chicken

£9.75

Fresh chopped salad with mixed grains, roasted vegetables, rocket, harissa and a lemon-spiced chicken skewer, served with warm flatbread

### Est salad bowl with roast vegetable omelette

£9.75

Chopped salad and mixed grains with a roasted vegetable and Manchego cheese omelette, served with warm flatbread

## HOW ABOUT A LITTLE SQUARE OF NAUGHTINESS?

Home-made chocolate and pistachio brownie 70p

A small but sensational bite of delicious, chocolate stickiness!

## CAFFÈ

SERVING LAVAZZA, ITALY'S FAVOURITE COFFEE

Americano £2.00 | £2.25

One shot of espresso topped with hot water

Cappuccino £2.25 | £2.55

Espresso, steamed milk and foamed milk

Caffè latte £2.25 | £2.55

Espresso and steamed milk

Mocha with cream £2.25 | £2.55

Espresso, cocoa, steamed milk and foamed milk

Espresso £1.75 | £2.15

Short and black

Macchiato £1.75 | £2.15

A shot of espresso with a touch of frothed milk

Espresso con panna £1.75 | £2.15

A shot of espresso topped with whipped cream

*Extra shot or soya milk*

40p

*Decaffeinated available on request*

 Calorie values are approximate based on a typical serving size.

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.

We accept Visa, MasterCard, Maestro, American Express and all major currencies.

We welcome your feedback: write to us at Est Bar, TRG Concessions, 5-7 Marshalsea Road, London SE1 1EP or email [concessions@trgplc.com](mailto:concessions@trgplc.com)

VAT is included in all our prices.

[www.trgconcessions.co.uk](http://www.trgconcessions.co.uk)

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# EstBAR

DRINKS



# COCKTAILS

## DID YOU KNOW?

The Bellini was created at Harry's Bar in Venice to celebrate an art exhibition by the Venetian painter Bellini.

### Bellini £6.95

Our signature recipe of Champagne and peach purée

### Moscow Mule £6.95

Russian vodka and fresh lime juice with a fiery ginger beer kick!

### Bloody Mary £6.95

Vodka and tomato juice over ice, with a blend of spices to suit your taste

### Cosmopolitan £6.95

A classic cocktail: vodka and triple sec shaken with cranberry and lime juice

### Est Presso Martini £6.95

Shake up your usual Est Presso with vanilla vodka and Kahlúa for that bitter-sweet symphony

### Pink G&T £6.95

Gin and tonic with an added twist of Campari and lime juice

### Lynchburg Lemonade £6.95

Jack Daniel's, triple sec and a splash of lemonade topped with a slice of lemon

### Mojito £6.95

A Cuban classic of rum, mint, sugar and lime, one of the most renowned cocktails the world over

### Goodnight Kiss £6.95

A cocktail for that special someone with Champagne, Campari and an added extra ingredient...

### Buck's Fizz £6.95

Freshly squeezed orange juice and Champagne

# BOTTLED BEER

### Peroni Nastro Azzurro 330ml 5.3% £4.10

Italian premium lager, refreshing and dry with a delicate aroma and crisp taste

### Budweiser 330ml 5.0% £4.10

### Corona 330ml 4.6% £4.10

### Leffe Blonde 330ml 6.6% £4.95

### Magners original or pear 568ml 4.6% £5.15

### Beck's Blue 275ml 0.05% £3.00

WE HAVE A RANGE OF DRAUGHT BEERS AND CIDERS: PLEASE ASK FOR DETAILS

## SNACKS & NIBBLES

PICK A JAR, ANY JAR

Marinated olives £2.75

Mixed salted and roasted nuts £2.25

Pistachios in their shells £2.25

Chilli-spiced rice crackers £2.25

IF YOU FANCY  
SOMETHING  
DIFFERENT SIMPLY  
ASK ONE OF OUR  
TALENTED BAR STAFF



# WINE

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## WHITE WINE

### Monte Verde Sauvignon Blanc – Chile

Crisp, zesty freshness – perfect with a fresh salad

125ml **£3.10** 175ml **£4.05** 250ml **£5.40** Bottle **£15.95**

### Sauvignon del Veneto Collezione Marchesini – Italy

Light, crisp gooseberry style to this wine, made in the foothills of the area to the west of Soave

125ml **£3.50** 175ml **£4.35** 250ml **£5.95** Bottle **£17.95**

### Berri Estates Unoaked Chardonnay – Australia

Fresh and lemony with crisp, ripe acidity and good weight

125ml **£3.65** 175ml **£4.85** 250ml **£6.55** Bottle **£18.75**

### Kleine Zalze Bush Vines Chenin Blanc Stellenbosch – South Africa

Soft and creamy with a hint of tropical fruit flavours on the finish – great with mezze

125ml **£3.65** 175ml **£4.85** 250ml **£6.55** Bottle **£18.75**

### Pinot Grigio Marchesini – Italy

Soft and approachable with a touch of nuttiness on the finish

125ml **£3.75** 175ml **£5.00** 250ml **£6.65** Bottle **£19.75**

## ROSÉ WINE

### Vendange White Zinfandel California – USA

A beautiful salmon-pink, off-dry rosé with attractive strawberry aromas and fresh zingy acidity

125ml **£3.65** 175ml **£4.70** 250ml **£6.85** Bottle **£19.25**

### Belvino Pinot Grigio Rosato – Italy

A blush Pinot Grigio with good fruit flavours and light and airy notes – try it with a tuna baguette

125ml **£3.65** 175ml **£4.70** 250ml **£6.85** Bottle **£19.25**

## RED WINE

### Monte Verde Merlot – Chile

A full-bodied red, bursting with juicy blackberries

125ml **£3.10** 175ml **£4.05** 250ml **£5.40** Bottle **£15.95**

### Cabernet del Veneto Collezione Marchesini – Italy

Lovely berry fruit style with hints of tobacco and a spicy finish

125ml **£3.50** 175ml **£4.50** 250ml **£6.30** Bottle **£18.25**

### Berri Estate Shiraz – Australia

Ripe fruit flavours with a spicy dimension – try it with a pizza

125ml **£3.80** 175ml **£4.60** 250ml **£6.70** Bottle **£19.45**

### Chianti Piccini – Italy

Fabulous, opulent fruit baked under a hot sun with spice and pepper on the back end

125ml **£3.75** 175ml **£5.00** 250ml **£6.65** Bottle **£19.75**

## SPARKLING WINE

### Piper-Heidsieck, Brut – France

Young, lively fruit flavours and a fresh, vivid aroma characterise this attractive Champagne

125ml glass **£8.25** Mini-bottle **£9.95**

Half-bottle **£19.95** Bottle **£40.95**

### Prosecco Extra Dry Fantinel – Italy

A fresh, dry, fruity sparkler made using the Prosecco grape

125ml **£6.25** Bottle **£23.25**

ABV MAY VARY ACCORDING TO VINTAGE: PLEASE ASK YOUR SERVER IF YOU REQUIRE MORE DETAILS



# DRINKS

## CAFFÈ

SERVING LAVAZZA, ITALY'S FAVOURITE COFFEE

**Americano** £2.00 | £2.25

One shot of espresso topped with hot water

**Cappuccino** £2.25 | £2.55

Espresso, steamed milk and foamed milk

**Caffè latte** £2.25 | £2.55

Espresso and steamed milk

**Mocha with cream** £2.25 | £2.55

Espresso, cocoa, steamed milk and foamed milk

**Espresso** £1.75 | £2.15

Short and black

**Macchiato** £1.75 | £2.15

A shot of espresso with a touch of frothed milk

**Espresso con panna** £1.75 | £2.15

A shot of espresso topped with whipped cream

*Extra shot or soya milk*

40p

*Decaffeinated available on request*

## HOW ABOUT A LITTLE SQUARE OF NAUGHTINESS?

**Home-made chocolate and pistachio brownie** 70p

A small but sensational bite of delicious, chocolate stickiness!

Perfect with your coffee

## SOFT DRINKS

**Orange juice from freshly squeezed oranges** £2.80

**Apple, tomato or cranberry juice** £2.45

**Coca-Cola, Diet Coke, lemonade, Fanta** £2.55

**Coca-Cola, Diet Coke 330ml in the classic 'profile' bottle** £2.60

**Appletiser** £2.50

**Red Bull** £2.95

**Mineral water: still or sparkling** £2.10

