

# PREGO

## Antipasti

<b>Marinated Olives</b> home-marinated in a variety of tasty and spicy ingredients	<b>£2.50</b>	<b>Bruschetta con Parma</b> ciabatta bread covered in rocket, Parma ham and parmesan	<b>£4.95</b>
<b>Dough Balls</b> baked to order mini bread balls with garlic butter dip	<b>£2.60</b>	<b>Funghi Con Pomodoro</b> mushrooms baked in a tomato and garlic sauce	<b>£4.95</b>
<b>Garlic Bread</b> baked to order and smothered in garlic butter	<b>£2.95</b>	<b>Affettato Misto £6.85 or as a platter to share for 2</b> cured continental meats served with olives, sun-dried tomato and shaved parmesan	<b>£10.00</b>
<b>Uovo al Asparagi</b> asparagus and an egg baked with tomato and cheese	<b>£4.95</b>	<b>Asparagi Al Prosciutto</b> asparagus wrapped in ham, baked with tomato and cheese, served with parmesan	<b>£4.95</b>
<b>Dough Sticks with Dips</b> baked to order. Choose 2 dips : olive tapenade or sun-dried tomato pesto or garlic butter	<b>£3.95</b>	<b>Bruschetta con Pomodoro</b> ciabatta bread, covered with tomato, red onion and basil pesto	<b>£4.95</b>
<b>Gambero</b> whole Tiger prawns baked in garlic oil	<b>£6.60</b>	<b>Capra Salad</b> warm goats cheese with rocket and caramelised red onion	<b>£5.00</b>
<b>Ciabatta con olio</b> ciabatta loaf, warmed, with olive oil and balsamic vinegar dips	<b>£2.95</b>	<b>Any salad from the main insalate section as a starter</b>	<b>£5.00</b>

## Prego Specialita

<b>8oz Rump Steak</b> locally sourced succulent steak, served with potato wedges, caramelised onions and a tomato salsa	<b>£13.95</b>	<b>Frittata</b> fluffy oven baked omelette with your choice of fillings. We suggest smoked salmon with spinach or pepperoni and mozzarella, but it's your choice of any two!	<b>£7.95</b>
<b>Pollo Con Prosciutto</b> farm assured breast of chicken cooked with Parma ham served in a wholegrain mustard and white wine sauce, accompanied by green beans and oven roasted new potatoes	<b>£12.95</b>	<b>Pollo con Funghi</b> farm assured breast of chicken in a mushroom sauce with oven roasted new potatoes and sautéed mushrooms	<b>£12.95</b>
<b>Paella Prego</b> traditional Spanish rice dish baked in the oven with prawns, mussels, squid, chicken and chorizo	<b>£11.50</b>	<b>Sea Bass</b> fillets of sea bass cooked in a basil pesto crust served with patatas bravas	<b>£12.95</b>
<b>Polpette Al Forno</b> homemade beef meatballs with pureed tomato, red onion and mushrooms, baked under a layer of rich macaroni and cheese sauce	<b>£9.35</b>	<b>Gnocchi Bolognese</b> mini potato and wheat dumplings baked with minced beef, tomato, mushrooms and onion topped with fresh rocket	<b>£9.35</b>
<b>Prego Burger</b> locally sourced, served in a foccacia bun with seasoned potato wedges and salad. Topped with choice of either goats cheese and caramelised onions or mozzarella and sun dried tomatoes	<b>£9.75</b>		

## Pasta

<b>Spaghetti Bolognese</b> minced beef, tomato, mushrooms, red wine and onion sauce served with parmesan	<b>£8.25</b>	<b>Lasagne</b> classic Italian dish with layers of minced beef, béchamel sauce, tomato and parmesan cheese	<b>£8.95</b>
<b>Spaghetti Marinara</b> mixed seafood, olives and capers in a spicy tomato sauce	<b>£11.35</b>	<b>Tagliatelle Carbonara</b> a creamy white wine sauce with ham, mushrooms and parmesan	<b>£8.85</b>
<b>Tagliatelle Polpette</b> homemade beef meatballs in a spicy tomato sauce	<b>£10.50</b>	<b>Spaghetti Arrabiata</b> spicy tomato and pepper sauce <b>Add chicken for an extra £1.50</b>	<b>£8.60</b>
<b>Spaghetti Al Salmone</b> smoked salmon flaked into a creamy white wine and dill sauce	<b>£9.85</b>	<b>Pollo e Chorizo Tagliatelle</b> chicken and chorizo with mixed peppers in a tomato and garlic sauce	<b>£10.95</b>

## Risotto

<b>Risotto con Verdure</b> mixed peppers, onions, spinach, parmesan and garlic risotto	<b>£9.75</b>	<b>Risotto Frutti di Mare</b> mixed seafood, dill, caper and olives risotto	<b>£9.95</b>
<b>Risotto con Funghi</b> sautéed mushrooms in a creamy risotto	<b>£9.50</b>	<b>Chorizo and Pepper Risotto</b> chorizo, pepperoni and mixed peppers in a tomato risotto.	<b>£9.95</b>
<b>Smoked Salmon Risotto</b> smoked salmon and asparagus in a creamy risotto	<b>£9.95</b>		

## Insalate

<b>Prego Chicken</b> mixed lettuce, chicken, avocado, peppadew, croutons and parmesan with a creamy dressing	<b>£8.95</b>	<b>Caprese</b> tomatoes, baby mozzarella, black olives, sun dried tomatoes and basil pesto dressing	<b>£8.25</b>
<b>Tegamaccio</b> mixed lettuce, prawns, mussels and squid salad with peppadew in a sweet chilli dressing	<b>£9.60</b>	<b>Caesar Salad</b> mixed lettuce, anchovies, shaved parmesan, croutons and Caesar dressing <b>Add chicken for an extra £1.50</b>	<b>£7.50</b>
<b>Caponata</b> mixed lettuce, goats cheese, peppadew, avocado, red onion, olives, and croutons with a creamy dressing	<b>£8.75</b>		

## Calzone

A variety of fillings cooked within folded dough, served with a side salad

<b>Napoli</b> chicken, pepperoni, mozzarella and tomato	<b>£9.75</b>	<b>Al Salmone</b> smoked salmon, spinach and mascarpone	<b>£9.75</b>
<b>Spinaci</b> spinach, goats cheese, mascarpone, black olives and pine kernels	<b>£9.30</b>	<b>Verdure</b> peppers, red onions, goats cheese, rocket, basil pesto and tomato	<b>£9.25</b>
<b>Toscana</b> ham, mushrooms, mozzarella and tomato	<b>£9.25</b>	<b>Rosso</b> chorizo, chicken, red onion, peppadew, tomato and mozzarella	<b>£9.95</b>

## Pizza

All made with tomato sauce and mozzarella, served with a side salad

<b>Margarita</b> the original perfect pizza; just mozzarella and tomato	<b>£6.45</b>	<b>Marinara</b> prawns, squid, mussels, garlic, olives and capers	<b>£9.15</b>
<b>Calore Della Carne</b> salami, pepperoni, mixed peppers, Tabasco and garlic	<b>£8.95</b>	<b>Asparagi</b> asparagus and egg topped with Parma ham and shaved parmesan	<b>£8.95</b>
<b>Stromboli</b> pepperoni and olives	<b>£8.25</b>	<b>Quattro Stagioni</b> pepperoni, mushrooms, mozzarella, marinated olives and peppers	<b>£8.65</b>
<b>Cacciatore</b> chicken, salami, ham, egg and jalapeno peppers	<b>£9.30</b>	<b>Di Rucola</b> margarita topped after cooking with rocket, parmesan, sun-dried tomato garlic and avocado	<b>£8.80</b>
<b>Napoletana</b> olives, capers, red onion and anchovies	<b>£7.75</b>	<b>Romana</b> ham and mushrooms	<b>£7.95</b>
<b>Funghi</b> mushrooms, mushrooms, mushrooms!	<b>£7.45</b>	<b>Bianco</b> <u>a bit different</u> ...cream instead of tomato sauce, topped with chicken, mushrooms and mozzarella	<b>£8.60</b>
<b>Trio Formaggi</b> parmesan, mozzarella, goats cheese and olives	<b>£7.50</b>	<b>Diavolo</b> chicken, peppadew, goats cheese (no mozzarella) garlic, Tabasco and red onions	<b>£8.95</b>
<b>Fiorentina</b> spinach, olives, garlic, parmesan and egg	<b>£8.25</b>		

Add any extra toppings to a menu listed pizza or calzone for £1.30

## Go Deluxe all £9.95

All served with a side salad

<b>Milano Pizza (a meaty feast)</b> chicken, pepperoni, salami, chorizo, ham, mixed peppers, mozzarella and tomato		<b>Giardino Pizza (vege overload)</b> mixed vegetables, olives, tomato, onions, basil pesto and mascarpone	
<b>Piccante Pizza (spicy treat)</b> spicy arrabiatta sauce, jalapenos, marinated olives, pepperoni, mozzarella and tomato		<b>Mostro Calzone (very, very meaty feast)</b> beef Bolognese, meatballs, pepperoni, onion, mushroom, tomato and mozzarella	
<b>Cre moso Pizza (pure luxury)</b> a cream base (instead of tomato), asparagus, mascarpone, smoked salmon and dill		<b>Volpe Pizza (mighty mixture)</b> chicken, pepperoni, tomato, garlic, goats cheese and topped after cooking with rocket and caramelised onions	

## Tapas/Side dish

Any 3 for £8.75

<b>Spinaci Parmaggiano</b> spinach leaves cooked in garlic butter and parmesan	<b>£2.60</b>	<b>Gnocchi</b> mini potato and wheat dumplings baked with sun-dried tomato pesto and goats cheese	<b>£3.95</b>
<b>Oven Roasted New Potatoes</b>	<b>£2.95</b>	<b>Speziato Polpette</b> homemade beef meatballs in a spicy tomato and pepper sauce	<b>£4.25</b>
<b>Sautéed Mushrooms</b>	<b>£2.85</b>	<b>Chorizo al Vino</b> chorizo sausage cooked in red wine and tomato	<b>£3.95</b>
<b>Patatas Bravas</b> potatoes in a spicy tomato sauce	<b>£3.50</b>	<b>Pollo al Vino</b> chicken in white wine, garlic and cream	<b>£3.95</b>
<b>Paella</b>	<b>£3.95</b>		
<b>Potato Wedges</b>	<b>£2.75</b>		
<b>Potato Chips</b>	<b>£2.75</b>		

## For the Children (ideal for the under 8's)

<b>Pizzatini</b> margarita with a choice of two toppings	<b>£4.75</b>	<b>Spaghetti Bolognese</b>	<b>£4.75</b>
<b>Macaroni Cheese</b>	<b>£4.75</b>	<b>Mini Omelette</b> with or without cheese and a filling	<b>£4.75</b>

**Children's meal deal £5.75** (starter or dessert with one of above and a drink)  
**Starter:** dough balls with garlic butter **Dessert:** ice cream **Drink:** orange or blackcurrant cordial

## Desserts

Please ask a waiter for our dessert menu

Thank you for visiting Prego. We hope to see you again soon.

Prices include VAT. No service charge is added except for tables of seven or more adults when an optional 10% will be added to your bill. Advance bookings of seven or more require a £5 per head non-refundable deposit. We cannot guarantee any items will be completely free of nuts.

All Gratuities go directly to the waiter