















Ego Restaurants  
Allergens June 2022 revised

														
<b>Appetisers</b>														
Olives														
Pitta & Dips (Tzat/Avo Hummus/Mojo)	x					x				x	x			
Chorizo + Manchego	x		x			x								
Rustic Breads	x				x						x			
Halloumi Fries with Spicy Lemon Dip						x					x			
Garlic Bread	x				x	x								
Garlic Bread + Cheese	x				x	x								
Garlic Bread + Tomato	x				x	x								
Ego Sharing Board	x				x	x	x			x	x		x	
<b>Starters</b>														
Soup	x				x	x		x						
Salmon Fishcake	x		x			x			x		x			x
Chorizo Frito al Vino	x				x						x			
Goats Cheese	x		x			x			x		x			
Gambas Al Pil Pil	x	x			x				x		x			
Calamari	x		x			x			x		x		x	
Pate	x				x	x			x		x			
Lamb Kofte						x	x				x			
Camembert	x		x			x					x			
Garlic Mushrooms with parsley cream	x				x	x								
<b>Pasta/ Risotto</b>														
Prawn Linguine	x	x				x					x			
Carbonara	x		x			x								
Smoked Haddock Risotto			x			x		x			x			x
Paella Mixta		x				x		x			x		x	
Paella Chicken & Chorizo						x		x			x			
Paella Veg						x		x			x			
<b>Pizza</b>														
Margherita	x				x	x								
Chargrilled Chicken	x				x	x								
Goats Cheese	x				x	x					x			
Pepperoni	x				x	x								
Create own with King prawns	x	x			x	x								
Create own with black olives	x				x	x								
Create own with chorizo	x				x	x								
Create own with pancetta	x				x	x								
Create own with Mushrooms	x				x	x								
Create own with Piquillio peppers	x				x	x					x			
Create own with artichokes	x				x	x								
<b>Main Courses</b>														
Chicken Supreme with mustard sauce						x			x		x			
Lamb Rump with risotto verde	x		x			x		x	x		x			
Belly Pork	x					x		x			x			
Andalucian Pork Fillet			x			x					x			
Lemon Milanese	x		x			x					x			
Sea Bass Fillets						x					x			x
Moroccan Lamb	x					x	x				x			
Moroccan Falafel	x					x	x				x			
Courgette sweetcorn fritters										x	x			
Greek Salad with salmon						x					x			x
Greek Salad with kofte						x					x			
Greek Salad						x					x			
Steak Frites											x			
Prawn Skewers		x												
Garlic Butter						x								
Peppercorn Sauce						x					x			
Mojo Sauce											x			
<b>Kebabs</b>														
Mixed	x					x					x			
Piri Chicken	x					x					x			
Piri Chicken & Chorizo	x					x					x			
Halloumi	x					x					x			
Lamb with apricot	x					x					x			
Steak	x					x					x			
<b>Sides</b>														
Fries														
Sweet potato fries														
Dauphinoise			x			x					x			
Halloumi Fries with Spicy lemon dip						x					x			
Green Beans						x								
Broccoli						x								
Roasted Med Veg														
Rocket & Grana Padano Salad			x			x					x			
Greek Salad						x					x			
Cauliflower Cheese	x		x			x								
<b>Desserts</b>														
Brulee			x			x								
Cheesecake			x			x								
Sticky Toffee	x		x			x								
Brownie			x			x								
Sundae	x		x			x								
Eton Mess			x			x								
Frangipane Tart					x	x	x							
Lemon Tart			x			x								
Salted Caramel & Chocolate Tart	x		x			x								
Ice Cream (Vanilla/chocolate/strawberry/honeycomb)						x								
Pistachio Ice Cream					x	x	x							
Mini Brulee			x			x								
Mini Sticky Toffee	x		x			x								
Mini Brownie			x			x								
Mini Mess			x			x								
Mini Ice Cream						x								
Mini Pistachio Ice Cream					x	x	x							
Soya Milk					x									
Oat Milk														
Almond Milk							x							
Skimmed/Semi-skimmed Milk						x								
<b>Vegan Menu</b>														
Garlic Bread + Vegan Cheese	x				x									
Med Veg Linguine	x										x			
Pitta & Crudites w/avo hummus & mojo	x									x	x			
Margherita Pizza	x				x									
Med Veg Pizza	x				x						x			
Moroccan Falafel	x						x			x	x			
Courgette sweetcorn fritters										x	x			
Frangipane Tart					x	x	x							
Vegan Vanilla Ice Cream					x									
Vegan Chocolate Ice Cream					x									
<b>Lunch Menus</b>														
Steak Pie	x		x			x					x			
Fish & Chips (GF Batter)			x					x	x		x			x
Fishcakes	x		x			x			x		x			x
Mini Lemon Milanese	x		x			x					x			
Moroccan Chicken Wrap	x					x				x	x			
Lamb kofte Wrap	x					x				x	x			
Falafel Wrap	x									x	x			
Moroccan Chicken Lettuce Cup						x				x	x			
Lamb kofte Lettuce Cup						x				x	x			
Falafel Lettuce Cup										x	x			

