

EST EST EST

restaurant · bar · pizzeria

Breads and Nibbles

Marinated artichokes, sundried tomatoes, pickled garlic, capers, pickled chillies and marinated olives ✓	£3.75
Bowl of mixed olives ✓	£2.75
Tuscan bread topped with vine tomatoes, garlic, basil and red onion ✓	£3.20
A selection of traditional Italian breads ✓	£2.95
Plain garlic bread with rosemary ✓	£2.95
Garlic bread with tomato	£3.75
Garlic bread with cheese	£3.75

Starters

Roasted red pepper and goat's cheese soup ✓	£3.95
Field mushrooms roasted with Italian sausage	£4.95
Cured Tuscan ham and melon	£5.95
Grilled asparagus with cherry tomatoes and flaked almonds	£5.50
Aubergine bake layered with tomato and mozzarella ✓	£4.95
Goat's cheese, red onion and savoy cabbage served on toasted ciabatta drizzled with balsamic reduction ✓	£4.95
Deep fried calamari served with lemon mayonnaise	£5.50
Deep fried rice balls filled with bolognese and pepperoni served on sweet pepper compôte	£4.95
Selection of Italian cured meat served with warm dough	£4.95
King prawns pan-fried with garlic, tomato and white wine cream sauce	£5.95
Steamed mussels with white wine, garlic and parsley	£5.95
Smoked duck breast carpaccio served on crunchy chicory and fennel salad	£5.95
Antipasta of melon, cured Tuscan ham, crispy rice balls, tomato and mozzarella salad, mussels and garlic bread	£9.95

Salads

Cold pasta salad with smoked salmon, roasted sweet potato and roasted onion	£4.95 / £8.95
Vine tomato, buffalo mozzarella and basil ✓	£4.75 / £7.95
Spinach, asparagus, pancetta and goat's cheese on a baked crunchy flat bread	£4.95 / £8.95
Tuna, cannellini beans and red onion	£4.75 / £7.95
Apple, gorgonzola, walnut and mixed leaf salad	£4.95 / £6.95
Caesar salad	£3.95 / £7.50
Caesar salad with chicken	£8.95

Pasta and Risotto

Garganelli pasta in a chilli, tomato and herb sauce ✓	£6.95
... with pepperoni	£7.95
Baked three cheese and leek cannelloni served in a home made tomato sauce ✓	£8.50
Spaghetti with buttered king prawns, cherry tomato, garlic and parsley	£7.95
Penne pasta in a creamy carbonara sauce	£7.75
Homemade oven-baked lasagne ♥	£7.95
Spaghetti bolognese	£7.95
Penne pasta with salmon, peas and baby spinach in a creamy sauce	£8.75
Fresh tagliatelle tossed with prawns and wild mushrooms	£8.75
Spinach ricotta ravioli served with parmesan and glazed savoy cabbage ✓	£4.95 / £8.95
Spaghetti with chicken, pesto, green beans and sun dried tomatoes	£7.95
Tomato braised meatballs with fresh tagliatelle	£7.95
Seafood and saffron risotto with prawns, mussels and calamari	£7.95
Tomato and basil risotto ✓	£4.95 / £7.95
Traditional porcini mushroom risotto ✓	£4.95 / £7.95

Pizza

MARGHERITA: tomato and mozzarella ✓	£5.95
QUATTRO STAGIONI: tomato, mozzarella, mushrooms, artichokes, olives and cured Tuscan ham	£7.75
DIAVOLA: tomato, mozzarella and pepperoni ♥	£7.75
MATTINA: tomato, mozzarella, Italian sausage, pancetta, mushroom and egg	£7.95
RUSTICA: tomato, mozzarella, courgettes, aubergines, parmesan cheese and rocket leaves ✓	£6.95
FIorentina: tomato, spinach, gorgonzola cheese, egg, red onion and mushroom ✓	£7.45
CHECCA: vine tomatoes, buffalo mozzarella, cured Tuscan ham and basil	£7.75
TONNO: Tomato, mozzarella, tuna, red onion and olives	£7.50
POLLO: Sliced fillet of chicken, smoked provola and asparagus	£7.95
NAPoletana: tomato, mozzarella, garlic, anchovies and capers	£6.50
Additional toppings	£1.25 each

Fish

Chargrilled swordfish steak served on sweet pepper compôte	£13.95
Steamed sea bass with roasted sweet potato, chilli, lemon and thyme	£15.95
Pan-fried organic salmon fillet with crushed potatoes, olives and sundried tomatoes	£14.95
Pan-fried rockcod on bruschetta and diced artichoke dressing	£13.95
Selection of chargrilled seabass, king prawns, squid and swordfish	£15.95

Grills and Mains

Pan-fried chicken breast served with polenta and a creamy mushroom sauce ♥	£11.95
Skewered beef, chicken and sausage with saffron risotto	£11.95
Pan-fried calves liver served with sage, onion and red wine sauce	£15.95
Chargrilled chicken breast with lemon and garlic	£11.95
Slowly braised lamb shoulder served with grilled polenta, braised vegetables and red wine jus	£12.95
Veal cutlet with cured Tuscan ham and sage served with baked rosemary potatoes	£17.95
Chargrilled rib-eye steak	£13.95
Flattened fillet steak chargrilled in garlic, air dried chilli, peppercorn and sea salt	£17.95
Chargrilled fillet steak with chips	£17.95
Pan-fried fillet steak in red wine and herb sauce	£18.95

Vegetables and Potatoes

Italian fried courgette	£2.75
Chargrilled aubergine	£2.50
Spinach tossed in olive oil	£3.25
Fine green beans with shallots	£2.75
Steamed broccoli	£3.75
Roasted red peppers	£2.95
Rocket lettuce and parmesan shavings	£3.75
EST house mixed salad	£3.25
Tomato and red onion salad	£2.95
Potatoes baked in olive oil and rosemary	£2.75
Chips	£2.25
Peppercorn sauce	£1.45

Discretionary 10% Service Charge will be added to your bill for parties of 6 or more. All prices include VAT at the current rate. ✓ = suitable for vegetarians not suitable for vegans, cheese may not be made with vegetable rennet. Our dishes may contain nuts or nut traces.

Champagnes and Proseccos

Asti Spumante, S. Orsola <i>Characteristically aromatic, light and grapey with a distinct sweetness.</i>	£15.75	Duval Leroy Fleur de Champagne, Brut NV (House) <i>Balanced acidity keeps the rich flavours of baked apple and creamy vanilla in harmony.</i>	£35.00 glass 125ml £6.50	Duvay-Leroy Femme de Champagne, Vintage Brut 1995/96 <i>This is a very serious Champagne, long, complex and classy it is concentrated elegance and finesse.</i>	£100.00
Prosecco di Valdobbiadene, Brut Ca' Montini <i>Touch of pear and melon on a very aromatic nose, crisp and clean, just off-dry finish.</i>	£18.50 glass 125ml £4.00	Veuve-Clicquot, Yellow Label NV <i>Great mouth-feel champagne – full-bodied, biscuity style with great consistency of quality; its popularity continues to grow and grow.</i>	£50.00 glass 125ml £7.50	Dom Perignon Brut 1998/99 <i>Full and rich yet truly elegant combining a lively citrus-lemon and brioche nose with flavours of musky yellow plum and ripe pear.</i>	£140.00
Prosecco Extra Dry, Fantinel Magnum <i>A refreshing, dry and fruity sparkler.</i>	£32.00	Moët & Chandon Brut Rose <i>A deep pumpkin hue, zingy with lemon, orange and mineral flavours with a crisp and dry-brut finish.</i>	£60.00	Krug Vintage Brut 1990/95 <i>Immense and complex, smokey lemony-fruit character with hints of brioche, mineral and honeyed ripe fruit. Vibrant length; rich and luxurious – a masterpiece.</i>	£240.00

Italian White Wines

Castelli Romani, Collezione Marchesini, LAZIO <i>A soft and refreshing wine made from Trebbiano and Malvasia grapes grown on the hills to the south of Rome.</i>	£12.00 glass 175ml £3.00 glass 250ml £4.30	Terre Dei Grifi, Malvasia del Lazio, Fontana Candida, LAZIO <i>Rare, 100% 'Malvasia del Lazio' grapes. Tones of honeydew and watermelon, citrus and herbs.</i>	£20.00	Soave Classico Superiore, Le Maddalene, VENETO <i>From the heart of the Classico region, richly flavoured with complex honey, nut, vanilla and spice flavours.</i>	£27.00
Est Est Est, Montefiascone, LAZIO <i>Smooth with light aromas of peach, pear and hints of almond, very Italian.</i>	£15.50	Domini Villa Lanata Chardonnay Langhe, PIEMONTE <i>Rich with peaches and apricots, an excellent acidity enhanced with a hint of oak.</i>	£22.00	Vigneti Sant' Helena Pinot Grigio Collio, Vigneti Fantinel, FRIULI <i>Rich and supple with complex aromas of blossoms, fruits and aromatic herbs – great length.</i>	£30.00
Pinot Grigio Grave del Friuli <i>Light spice notes with floral aromas, ripe fruit flavours and crisp finish.</i>	£19.00 glass 175ml £4.50 glass 250ml £6.50				

Old World White Wines

Domaine Toulet, Vin de Pays, des Cotes de Gascogne, FRANCE <i>Fresh and zesty with hints of citrus and gooseberry with an edge of softer, riper fruits. Crisp acidity on the finish.</i>	£14.00	Kendermann's Dry Riesling Rheinpfalz, GERMANY <i>New-style German wine almost perfectly judged, crisp, zippy, citrus version, light and fruity.</i>	£19.00	Gewurztraminer Medaille d'Or, Cave Vinicole de Ribeauville, Alsace, FRANCE <i>Aromatic varietal notes of lychee and peach burst from this medal winning classic.</i>	£24.00
Torres Mas Rabell, Penedes, NORTHERN SPAIN <i>Elegant, smooth, rich and crisp on the palate with plenty of apple and pineapple-fruit flavours.</i>	£17.00	Le Master Muscadet de Sevre et Maine Sur-Lie, D Bahuaud, Loire, FRANCE <i>A classic Muscadet wine; very dry with clear, fresh acidity and a richly aromatic palate.</i>	£22.00	Chablis, Paul Deloux, Burgundy, FRANCE <i>Mineral base balanced with lively, fresh white fruit, fine flinty backbone.</i>	£27.00 glass 175ml £6.50 glass 250ml £9.30

New World White Wines

Valle Andino Chardonnay, Maule Valley, CHILE <i>Fresh lemony-fruit with soft creamy texture from oak-barrel fermentation.</i>	£14.50 glass 175ml £3.75 glass 250ml £5.25	Stonehaven Cellar Selection Riesling, Limestone Coast, AUSTRALIA <i>Fresh, lime-citrus wine with floral undertones and a touch of juicy sweetness on the finish.</i>	£20.00	Yarraman Estate Black Cypress Semillon, Hunter Valley, AUSTRALIA <i>Complex, fruit-driven white wine with full citrus fruit flavours and balanced by a refreshing acidity.</i>	£28.00
Kleine Zalze Bush Vine Chenin Blanc, Stellenbosch, SOUTH AFRICA <i>Tropical fruit flavours combined with a rich mouth feel backed with a hint of fruit sweetness.</i>	£16.50	Nobilo Southern Rivers, Sauvignon Blanc, East Coast, NEW ZEALAND <i>Lively acidity, soft, ripe melon and peach flavours under bright grapefruit zest.</i>	£24.00 glass 175ml £5.80 glass 250ml £8.30	Stonehaven Limestone Coast Selection Chardonnay, AUSTRALIA <i>A complex chardonnay with a rich but balanced tropical fruit and nut palate.</i>	£32.00

Italian Red Wines

Castelli Romani Red, Collezione Marchesini, LAZIO <i>Soft drinkable red with plenty of cherry-ripe and blueberry fruit flavours.</i>	£12.00 glass 175ml £3.00 glass 250ml £4.30	Valpolicella, Classico Bolla, VENETO <i>Savoury, rounded-berry fruits, ripe, juicy tannins and good spice backbone with an excellent liquorice twist.</i>	£19.50 glass 175ml £4.75 glass 250ml £6.90	Terre di Ginestra, Nero d'Avola, Calatrasi, SICILY <i>Intense palate of ripe, smoky berries, chocolate and prune, vanilla-oak and spice.</i>	£28.00
D'Intino Primitivo, Calatrasi, SICILY <i>Deep, dark and rich with concentrated fat fruit and cinnamon-spice.</i>	£16.00	Montepulciano d'Abruzzo 'Vigna Nuove', Valle Reale, ABRUZZO <i>Rich, spicy fruits, balanced with liquorice and chocolate.</i>	£22.00	Chianti Classico Tenuta Santedame, Ruffino, TUSCANY <i>Elegant black cherry and plum on the nose with hints of blackberry, vanilla and a touch of fig.</i>	£30.00

Old World Red Wines

La Campagne Cabernet Sauvignon, Vin de Pays d'Oc, FRANCE <i>Blackcurrant flavours shine through, soft, created with new-world styles in mind.</i>	£15.50	Domain des Causses Saint Chinian, Foncalieu, SOUTH WEST FRANCE <i>Very approachable cassis red-fruit and spice (tobacco and white pepper).</i>	£22.00	Chateau La Croix Lartigue, Cotes du Castillon, Bordeaux, FRANCE <i>The wine is full-bodied, plump, rich and classy.</i>	£26.00 glass 175ml £6.30 glass 250ml £9.00
Albali Arium Reserva, Bodegas Felix Solis, Valdepenas, SPAIN <i>Vanilla, spice and red fruits with a good complexity and smooth finish.</i>	£17.00 glass 175ml £4.25 glass 250ml £6.00	Torres Atrium Merlot <i>100% Merlot, lovely deep-colour with velvety-soft juicy-fruit plum and berry with a touch of oaky-spice.</i>	£25.00	Bourgogne Pinot Noir Couvent des Jacobins, Louis Jadot, Burgundy, FRANCE <i>Silky, textured yet full of plump fruitiness. An accomplished Pinot Noir.</i>	£30.00


New World Red Wines

Tierra Merlot, Colchagua Valley, CHILE <i>Deeply coloured, soft, rich and spicy. Illustrative of the quality of Chilean merlot.</i>	£16.50	Short Mile Bay, Shiraz, SOUTH EASTERN AUSTRALIA <i>Intense plum, fruitcake and chocolate flavours with a juicy, lingering finish.</i>	£18.00 glass 175ml £4.30 glass 250ml £6.25	Lodi County Old Vine Zinfandel Ravenswood Vintners, CALIFORNIA <i>Deep, sensuous bouquet of cigar smoke with the pepper-spice flavours of black fruit, soft, vibrant tannins.</i>	£29.00
Finca Flichman Malbec, Mendoza, ARGENTINA <i>Well-structured, with strong peppery palate, rounded-off with 4 months in oak.</i>	£17.00	Valley Oaks Cabernet Sauvignon, CALIFORNIA <i>Distinct cedar and dried herb notes, hint of oak, dry and pleasantly long finish.</i>	£23.00	Villa Maria Private Bin Pinot Noir, Marlborough, NEW ZEALAND <i>Aromas of cherry fruits on the nose with a touch of vegetable and tobacco leaf. Chocolate, dark cherry, cinnamon and plum on the palate - complex.</i>	£32.00

Rosé Wines

Pinot Grigio Rosato di Pavia, Belvino, Pavia, ITALY <i>Full of fresh summer fruit aromas and flavours, dry and very refreshing.</i>	£15.50 glass 175ml £4.50 glass 250ml £6.30	Valle Reale Vigne Nuove Cerasuolo, Abruzzo, ITALY <i>Soft and full with wild cherry and juicy fruit, incredibly more-ish.</i>	£22.00
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Vintages are subject to availability

A 25 pence donation for each dish with this symbol  will go to the CANtreat charity. Registered charity no.1109282.

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