

STARTERS

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| MARINATED OLIVES (VG) | 3.95 |
| WITH CHILLI AND GARLIC | |
| GARLIC BREAD (V) | 5.00 |
| WARMED GLUTEN FREE CIABATTA WITH GARLIC BUTTER | |
| GARLIC BREAD WITH CHEESE (V) | 5.50 |
| WARMED GLUTEN FREE CIABATTA WITH GARLIC BUTTER AND MOZZARELLA | |
| CHEESE FONDUE (V) | 8.00 |
| WARM GORGONZOLA AND PARMESAN DIP WITH GLUTEN FREE BREAD | |
| FUNGI BLU (V) | 8.00 |
| GARLIC MUSHROOMS BAKED IN A CREAMY BLUE CHEESE SAUCE SERVED WITH GLUTEN FREE BREAD | |
| ASPARAGI AL PROSCIUTTO | 8.50 |
| ASPARAGUS WRAPPED IN HAM, BAKED IN A TOMATO AND MOZZARELLA SAUCE, TOPPED WITH FRESH PARMA HAM AND PARMESAN CHEESE, SERVED WITH GLUTEN FREE BREAD | |
| GARLIC MUSHROOMS (VG) | 7.50 |
| BAKED IN A TOMATO AND GARLIC SAUCE, SERVED WITH GLUTEN FREE BREAD | |
| CAPRESE (V) (N) | 7.95 |
| BEEF TOMATOES, BABY MOZZARELLA, ROCKET LEAVES, BLACK OLIVES, SUN-DRIED TOMATOES AND BASIL PESTO | |

SALADS

AVAILABLE IN STARTER AND MAIN COURSE SIZES

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| PREGO CHICKEN SALAD | 7.95 / 14.00 |
| CHICKEN, AVOCADO, PARMESAN CHEESE AND SUN-DRIED TOMATOES WITH MIXED LEAVES AND A CREAMY DRESSING | |
| CAPONATA (V) | 7.95 / 14.00 |
| GOATS CHEESE, AVOCADO, RED ONIONS, PEPPADEWS AND OLIVES WITH MIXED LEAVES AND A CREAMY DRESSING | |
| ALBA (VG) | 7.95 / 14.00 |
| ARTICHOKE HEARTS, PEPPERS, SPICY OLIVES, BALSAMIC ONIONS AND SUN-DRIED TOMATOES, MIXED LEAVES AND A VINAIGRETTE DRESSING | |
| HONEY MUSTARD CHICKEN | 7.95 / 14.00 |
| CHICKEN, CRISPY PARMA HAM, AVOCADO, CUCUMBER, CHERRY TOMATOES AND RED ONION ON MIXED LEAVES WITH A HONEY AND MUSTARD DRESSING | |

GLUTEN FREE MENU

SHARERS

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| MEAT ANTIPASTI | FOR ONE 8.75 / SHARE 17.00 |
| CURED MEATS SERVED WITH MARINATED OLIVES, PARMESAN, SUN-DRIED TOMATOES, MIXED LEAVES AND BREAD | |
| VEGGIE ANTIPASTI (V) | FOR ONE 8.75 / SHARE 17.00 |
| ROASTED PEPPERS, OLIVES, GRILLED ARTICHOKE, SUN-DRIED TOMATOES AND BALSAMIC ONIONS WITH BABY MOZZARELLA AND BREAD | |
| CHEESY GARLIC BREAD TO SHARE (V) | 12.00 |
| A HAND STRETCHED GLUTEN FREE PIZZA BASE, BAKED WITH MOZZARELLA CHEESE, FINISHED WITH MELTING GARLIC BUTTER AND GRATED GRANA PADANO CHEESE | |

SIDES

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| POTATO FRIES | 4.95 |
| PARMESAN POTATO FRIES | 5.75 |
| SWEET POTATO FRIES | 6.00 |
| MIXED LEAF SALAD | 4.95 |
| ROCKET AND PARMESAN SALAD | 4.95 |
| TOMATO AND ONION SALAD | 4.75 |
| GARLIC GREEN BEANS | 4.75 |

PREGO SPECIALITIES

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| POLLO BLU | 18.85 | THE PREGO BURGER | 16.95 |
| A CHICKEN BREAST COOKED IN A BLUE CHEESE AND CARAMELISED ONION SAUCE SERVED WITH OVEN ROASTED POTATOES AND CREAMY SPINACH | | A BEEF BURGER, WITH ROCKET AND BEEF TOMATO IN A TOASTED GLUTEN FREE BUN, SERVED WITH POTATO FRIES AND A SIDE OF SALAD. WITH A CHOICE OF TOPPINGS: | |
| PREGO HERBY CHICKEN | 17.75 | • MOZZARELLA & PARMA HAM | |
| AN ITALIAN HERB AND GARLIC MARINATED CHICKEN BREAST WITH POTATO FRIES AND MIXED SALAD | | • GOATS CHEESE & CARAMELISED ONIONS | |
| FILLET OF SEA BASS (N) | 18.85 | FILLET OF SALMON | 19.95 |
| IN A PAPRIKA CRUST, SERVED WITH BOULANGERE POTATOES, CHERRY TOMATOES AND GREEN BEANS COOKED IN BASIL PESTO | | COOKED IN A CREAMY WHITE WINE AND DILL SAUCE, WITH ROASTED NEW POTATOES, GREEN BEANS AND ASPARAGUS | |
| POLLO PEPPERONATA | 18.50 | POLLO FUNGHI | 18.50 |
| A CHICKEN BREAST COOKED IN A SPICY TOMATO SAUCE WITH MIXED PEPPERS, RED ONIONS AND OVEN ROASTED NEW POTATOES | | A CHICKEN BREAST COOKED IN A CREAMY MUSHROOM SAUCE WITH SAUTÉED MUSHROOMS AND ROASTED NEW POTATOES | |
| POLLO PARMA | 18.85 | FRITTATA (V OPTIONS) | 12.50 |
| A CHICKEN BREAST COOKED IN A CREAMY WHOLEGRAIN MUSTARD AND WHITE WINE SAUCE, TOPPED WITH PARMA HAM, WITH ROASTED NEW POTATOES AND GREEN BEANS | | A FLUFFY OVEN BAKED OMELETTE, SERVED WITH A SIDE OF SALAD AND YOUR CHOICE OF FILLINGS (YOU CAN CHOOSE FROM ANY OF THE PIZZA TOPPINGS WE HAVE ON THE MENU) WE SUGGEST SMOKED SALMON AND SPINACH OR PEPPERONI AND MOZZARELLA | |

Prego

Est 2003

neighbourhood
italian

RISOTTO

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| SALMON AND ASPARAGUS | 15.50 |
| SMOKED SALMON AND ASPARAGUS, IN A CREAMY RISOTTO | |
| CHORIZO AND PRAWN | 15.50 |
| CHORIZO, PRAWNS, RED ONION AND MIXED PEPPERS IN A TOMATO RISOTTO | |
| CHICKEN AND PANCETTA | 15.00 |
| CHICKEN, PANCETTA AND SAUTÉED MUSHROOMS, IN A CREAMY RISOTTO, TOPPED WITH PARMESAN | |
| SEAFOOD | 15.50 |
| PRAWNS AND MUSSELS WITH CAPERS, GARLIC AND OLIVES, IN A CREAMY RISOTTO | |
| MUSHROOMS AND BLUE (V) | 15.25 |
| ASPARAGUS, SAUTÉED MUSHROOMS AND RED ONIONS WITH BLUE CHEESE, IN A CREAMY RISOTTO | |
| VEGETALE (V) | 15.00 |
| MIXED PEPPERS, SPINACH, RED ONIONS AND GARLIC, WITH GRANA PADANO CHEESE, IN A CREAMY RISOTTO | |

LUNCH MENU

AVAILABLE EVERY DAY 12PM – 3PM*

*EXCLUDING CHRISTMAS EVE, NEW YEAR'S EVE,
MOTHER'S DAY & FATHER'S DAY

2 COURSES FOR £16

(A MAIN COURSE WITH A STARTER OR SIDE OR DESSERT)

STARTERS 5

GARLIC MUSHROOMS (V) (VG) (GF)
BAKED IN A RICH TOMATO AND GARLIC SAUCE

MEAT PLATE (GF OPTION)
MIXED CURED MEATS, MARINATED OLIVES AND LETTUCE WITH BREAD

TOMATO SALAD (V) (GF)
CHERRY, SUN-DRIED AND BEEF TOMATOES, RED ONIONS AND BABY MOZZARELLA

MAIN COURSE 11

CAPRINO SALAD (V) (GF)
GOATS CHEESE, BALSAMIC ONIONS, OLIVES, TOMATOES, LETTUCE, CREAMY DRESSING

POLLO SALAD (GF)
CHICKEN, AVOCADO, RED ONIONS, PARMESAN, LETTUCE, CREAMY DRESSING

PENNE ARRABBIATA (VG) (GF OPTION)
A SPICY TOMATO, MIXED PEPPERS AND GARLIC SAUCE

PIZZA (V VG & GF OPTIONS)
CHOOSE ANY FROM OUR 'CLASSIC PIZZAS' RANGE

SIDES 5

POTATO FRIES.....

ROCKET AND PARMESAN SALAD

DESSERTS 5

CHOCOLATE BROWNIE.....

ICE CREAM SELECTION (V).....
TWO SCOOPS

KEY: V = VEGETARIAN | VG = VEGAN | N = CONTAINS NUTS

CLASSIC PIZZAS

OUR PIZZAS ARE CREATED ON 11" GLUTEN FREE PIZZA BASES TOPPED WITH MOZZARELLA AND TOMATO SAUCE,
UNLESS OTHERWISE DESCRIBED. (EXTRA TOPPINGS ARE £1.50 PER TOPPING)

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| MARGHERITA (V) 11.00 THE ORIGINAL – MOZZARELLA CHEESE WITH TOMATO SAUCE | NAPOLETANA 13.00 OLIVES, ANCHOVIES, CAPERS, RED ONIONS AND GARLIC |
| PEPPERONI12.50 WITH PLENTY OF OUR GREAT PEPPERONI SAUSAGE | BIANCO 14.15 A SEASONED CREAM SAUCE BASE, BAKED WITH CHICKEN, SLICED MUSHROOMS AND MOZZARELLA CHEESE |
| CACCIATORE 14.25 ON THE MENU FOR OVER 20 YEARS... AN ALL-TIME FAVOURITE! WITH HAM, SALAMI, CHICKEN, JALAPENOS AND AN EGG | VESUVIUS 14.00 DOUBLE PEPPERONI, MOZZARELLA AND PARMESAN CHEESE WITH A DRIZZLE OF CHILLI HONEY |
| DI RUCOLA (V) 14.25 A MARGHERITA COOKED WITH GARLIC TOPPED WITH FRESH ROCKET, AVOCADO, SUN-DRIED TOMATOES AND PARMESAN | FORMAGGIO (V)13.50 CHEESY QUARTERS OF MOZZARELLA, BLUE CHEESE, GRANA PADANO AND GOATS CHEESE |
| DIABOLO 14.25 BUCKINGHAM'S FAVOURITE PIZZA! GOATS CHEESE, CHICKEN, PEPPADEWS, RED ONIONS, GARLIC AND TABASCO | MUSHROOM (V) 12.00 WITH SLICED MUSHROOMS AND GARLIC |
| ROMANA 13.00 WITH SLICED HAM, MUSHROOMS AND GARLIC | GIARDINO (VG) 13.00 ASPARAGUS, SPINACH, RED ONIONS, GARLIC AND PEPPADEWS WITH VEGAN CHEESE |
| FIorentina (V)13.75 SPINACH, OLIVES, GARLIC AND AN EGG, FINISHED WITH GRANA PADANO CHEESE | FOUR SEASONS 13.00 FOUR DIFFERENT TASTES – QUARTERS OF PEPPERONI, MUSHROOMS, MOZZARELLA AND MIXED PEPPERS WITH OLIVES |
| ETNA 14.50 PEPPERONI, NDUJA SPICY PORK, SALAMI, RED ONIONS & GARLIC | |

PASTA

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| PENNE BOLOGNESE 12.75 WITH OUR HOMEMADE BEEF BOLOGNESE SAUCE | PENNE GAMBERONI 15.50 PRAWNS, COURGETTES, GARLIC AND CHILLI FLAKES IN A CREAMY SAUCE |
| PENNE RUSTICI14.75 CHORIZO, CHICKEN, MIXED PEPPERS AND RED ONIONS IN A TOMATO AND GARLIC SAUCE | FOUR CHEESE PENNE (V) 14.00 PARMESAN, MARSCAPONE, GORGONZOLA AND MOZZARELLA CHEESES COOKED IN A BECHAMEL STYLE SAUCE AND FINISHED WITH CHOPPED TOMATO, RED ONION AND SUN-DRIED TOMATOES |
| PENNE CARBONARA 13.85 PANCETTA AND MUSHROOMS IN A CREAMY SAUCE, WITH PARMESAN | PENNE MARINARA 15.75 PRAWNS, MUSSELS, OLIVES AND CAPERS IN A SPICY TOMATO AND GARLIC SAUCE |
| PENNE GENOVESE (V)13.50 A TRADITIONAL ITALIAN PASTA DISH WITH POTATOES AND GREEN BEANS IN A BASIL PESTO SAUCE | PENNE VEGAN 'MEATBALLS' (VG)15.25 PLANT BASED 'MEATBALLS' COOKED WITH MIXED PEPPERS, RED ONIONS AND COURGETTE IN A TOMATO AND GARLIC SAUCE SERVED WITH PENNE PASTA |
| ADD CHICKEN2.00 | |
| PENNE SALMONE 15.50 SMOKED SALMON, ASPARAGUS AND DILL IN A CREAMY WHITE WINE SAUCE | |

SPECIALITY PIZZAS

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| PICCANTE 15.25 PEPPERONI, JALAPENOS, CHILLI MARINATED OLIVES, MOZZARELLA AND GARLIC WITH A SPICY TOMATO AND PEPPERS SAUCE |
| MILANO15.50 CHORIZO, PEPPERONI, CHICKEN, SALAMI, HAM, MIXED PEPPERS AND MOZZARELLA WITH TOMATO SAUCE |
| VOLPE 15.50 THE OWNER'S SPECIAL – GOATS CHEESE, CHICKEN, PEPPERONI WITH TOMATO AND GARLIC SAUCE, TOPPED AFTER COOKING WITH ROCKET AND CARAMELISED ONIONS |
| MARINARA 15.50 PRAWNS, MUSSELS, ANCHOVIES, OLIVES, CAPERS AND RED ONIONS, TOMATO, GARLIC AND MOZZARELLA |
| PRIMAVERA (V) 15.25 GOATS CHEESE, ARTICHOKE, SPINACH, PEPPERS AND OLIVES WITH TOMATO SAUCE |

DESSERTS

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| CHOCOLATE BROWNIE 6.95 SERVED WARM WITH SALTED CARAMEL ICE CREAM |
| MANGO & PASSION FRUIT CHEESECAKE 8.95 A PURE PATISSERIE DESSERT, MANGO CHEESECAKE, PASSIONFRUIT JELLY, WHITE CHOCOLATE MOUSSE SERVED WITH WHITE CHOCOLATE ICE CREAM |
| AFFOGATO 5.50 SALTED CARAMEL ICE CREAM, SERVED WITH AN ESPRESSO TO POUR OVER (ADD A SHOT OF BAILEYS FOR £3.00) |
| SUMMER AFFOGATO 7.95 TWO SCOOPS OF LEMON SORBET SERVED WITH A SHOT OF PROSECCO AND A SHOT OF ITALICUS LIQUEUR FOR YOU TO POUR OVER TO MAKE A DELICIOUSLY REFRESHING ITALIAN DESSERT |
| ICE CREAM BOWL CHOOSE FROM VANILLA, CHOCOLATE, STRAWBERRY, SALTED CARAMEL, COFFEE, WHITE CHOCOLATE, COCONUT, MINT CHOC CHIP OR LEMON SORBET |
| ONE SCOOP 3.00 |
| TWO SCOOPS 5.00 |
| THREE SCOOPS 6.00 |