

STARTERS

MARINATED OLIVES (VG)	4.50
WITH CHILLI AND GARLIC	
GARLIC BREAD (V)	5.50
WARMED GLUTEN FREE CIABATTA WITH GARLIC BUTTER	
GARLIC BREAD WITH CHEESE (V)	6.00
WARMED GLUTEN FREE CIABATTA WITH GARLIC BUTTER AND MOZZARELLA	
CHEESE FONDUE (V)	8.75
WARM GORGONZOLA AND PARMESAN DIP WITH GLUTEN FREE BREAD	
FUNGI BLU (V)	8.75
GARLIC MUSHROOMS BAKED IN A CREAMY BLUE CHEESE SAUCE SERVED WITH GLUTEN FREE BREAD	
ASPARAGI AL PROSCIUTTO	8.95
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)	8.25
BAKED IN A TOMATO AND GARLIC SAUCE, SERVED WITH GLUTEN FREE BREAD	
CAPRESE (V) (N)	8.50
BEEF TOMATOES, BABY MOZZARELLA, ROCKET LEAVES, BLACK OLIVES, SUN-DRIED TOMATOES AND BASIL PESTO	

SALADS

AVAILABLE IN STARTER AND MAIN COURSE SIZES

PREGO CHICKEN SALAD	8.50 / 16.00
CHICKEN, AVOCADO, PARMESAN CHEESE AND SUN-DRIED TOMATOES WITH MIXED LEAVES AND A CREAMY DRESSING	
CAPONATA (V)	8.50 / 16.00
GOATS CHEESE, AVOCADO, RED ONIONS, PEPPADEWS AND OLIVES WITH MIXED LEAVES AND A CREAMY DRESSING	
ESTIVO SALAD (V)	8.50 / 16.00
GOAT'S CHEESE, CHEERY TOMATOES, CUCUMBER, BLACK OLIVES AND RED ONION WITH MIXED LEAVES IN A CHILLI HONEY DRESSING	
HONEY MUSTARD CHICKEN	8.50 / 16.00
CHICKEN, AVOCADO, CUCUMBER, CHERRY TOMATOES AND RED ONION ON MIXED LEAVES WITH A HONEY AND MUSTARD DRESSING	

GLUTEN FREE MENU

SHARERS

MEAT ANTIPASTI	FOR ONE 9.50 / SHARE 18.95
CURED MEATS SERVED WITH MARINATED OLIVES, PARMESAN, SUN-DRIED TOMATOES, MIXED LEAVES AND GLUTEN FREE BREAD	
CHEESY GARLIC BREAD TO SHARE (V)	12.95
A HAND STRETCHED GLUTEN FREE PIZZA BASE, BAKED WITH MOZZARELLA CHEESE, FINISHED WITH MELTING GARLIC BUTTER AND GRATED GRANA PADANO CHEESE	

SIDES

POTATO FRIES	5.00
PARMESAN POTATO FRIES	6.00
SWEET POTATO FRIES	6.00
MIXED LEAF SALAD	5.50
ROCKET AND PARMESAN SALAD	6.00
TOMATO AND ONION SALAD	5.50
GARLIC GREEN BEANS	5.50

PREGO SPECIALITIES

POLLO BLU	20.95	THE PREGO BURGER	18.50
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 TOPPING:	
PREGO HERBY CHICKEN	18.75	<ul style="list-style-type: none"> • MOZZARELLA & PARMA HAM • GOATS CHEESE & CARAMELISED ONIONS • GORGONZOLA & RED ONIONS 	
FILLET OF SEA BASS (N)	19.95	POLLO FUNGHI	19.75
IN A PAPRIKA CRUST, SERVED WITH BOULANGERE POTATOES, CHERRY TOMATOES AND GREEN BEANS COOKED IN BASIL PESTO		A CHICKEN BREAST COOKED IN A CREAMY MUSHROOM SAUCE WITH SAUTÉED MUSHROOMS AND ROASTED NEW POTATOES	
POLLO 'NDUJA	19.75	FRITTATA (V OPTIONS)	13.50
A CHICKEN BREAST COOKED IN A SPICY TOMATO SAUCE WITH MIXED PEPPERS, 'NDUJA, RED ONIONS AND OVEN ROASTED NEW POTATOES		A FLUFFY OVEN BAKED OMELETTE, SERVED WITH A SIDE OF SALAD AND YOUR CHOICE OF FILLINGS (YOU CAN CHOOSE FROM ANY OF THE PIZZA TOPPING WE HAVE ON THE MENU) WE SUGGEST SMOKED SALMON AND SPINACH OR PEPPERONI AND MOZZARELLA	
POLLO PARMA	20.95		
A CHICKEN BREAST COOKED IN A CREAMY WHOLEGRAIN MUSTARD AND WHITE WINE SAUCE, TOPPED WITH PARMA HAM, WITH ROASTED NEW POTATOES AND GREEN BEANS			

Prego

Est 2003

neighbourhood
italian

RISOTTO

SALMON AND ASPARAGUS	17.00
SMOKED SALMON AND ASPARAGUS, IN A CREAMY RISOTTO	
CHORIZO AND PRAWN	16.50
CHORIZO, PRAWNS, RED ONION AND MIXED PEPPERS IN A TOMATO RISOTTO	
CHICKEN AND PANCETTA	16.50
CHICKEN, PANCETTA AND SAUTÉED MUSHROOMS, IN A CREAMY RISOTTO, TOPPED WITH PARMESAN	
SEAFOOD	17.00
PRAWNS AND MUSSELS WITH CAPERS, GARLIC AND OLIVES, IN A CREAMY RISOTTO	
MUSHROOMS AND BLUE (V)	16.50
ASPARAGUS, SAUTÉED MUSHROOMS AND RED ONIONS WITH BLUE CHEESE, IN A CREAMY RISOTTO	
RISOTTO VERDE (V)	16.50
SPINACH, COURGETTE AND GREEN BEANS WITH GARLIC IN A CREAMY RISOTTO TOPPED WITH PARMESAN CHEESE	

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 DESSERT)

STARTERS..... 5

GARLIC BREAD WITH CHEESE (v)

WARMED GF CIABATTA WITH GARLIC BUTTER AND MOZZARELLA

GARLIC MUSHROOMS (v) (vg) (gf)

BAKED IN A RICH TOMATO AND GARLIC SAUCE

TOMATO, ONION & BASIL PESTO (v) (gf option).....

ON GF CIABATTA TOAST

'NDUJA AND GOATS CHEESE (GF OPTION).....

ON GF CIABATTA TOAST

WHIPPED GORGONZOLA AND CHILLI HONEY (v) (GF OPTION)

ON GF CIABATTA TOAST

MAIN COURSE 11

SAUSAGE RAGU (GF OPTION)

LUNCHTIME PORTION OF GF PENNE PASTA WITH OUR PORK AND FENNEL SAUSAGE RAGU

CAESAR SALAD (GF)

MIXED LEAVES WITH CHICKEN, PARMESAN, ANCHOVIES & CAESAR DRESSING

CACIO E PEPE (v) (GF OPTION)

LUNCHTIME PORTION OF GF PENNE PASTA WITH BLACK PEPPER AND PECORINO ROMANO SAUCE

- ADD PANCETTA OR SAUTEED MUSHROOMS FOR £2

CAPRESE SALAD (GF)

SLICED TOMATOES, OLIVES, MOZZARELLA, SUN DRIED TOMATO, ROCKET LEAVES, BASIL PESTO

PIZZA (v vg & gf options)

CHOOSE ANY FROM OUR 'CLASSIC PIZZAS' RANGE

DESSERTS..... 5

CHOCOLATE BROWNIE.....

BISCOFF CHEESECAKE (vg)

CLASSIC PIZZAS

OUR PIZZAS ARE CREATED ON 11" GLUTEN FREE PIZZA BASES TOPPED WITH MOZZARELLA AND TOMATO SAUCE,
UNLESS OTHERWISE DESCRIBED. (EXTRA TOPPINGS ARE £2.00 PER TOPPING)

MARGHERITA (v)..... 12.00 THE ORIGINAL – MOZZARELLA CHEESE WITH TOMATO SAUCE	NAPOLETANA 14.50 OLIVES, ANCHOVIES, CAPERS, RED ONIONS AND GARLIC
PEPPERONI 13.50 WITH PLENTY OF OUR GREAT PEPPERONI SAUSAGE	BIANCO 15.00 A SEASONED CREAM SAUCE BASE, BAKED WITH CHICKEN, SLICED MUSHROOMS AND MOZZARELLA CHEESE
CACCIATORE..... 15.00 ON THE MENU FOR OVER 20 YEARS... AN ALL-TIME FAVOURITE! WITH HAM, SALAMI, CHICKEN, JALAPENOS AND AN EGG	VESUVIUS 15.50 DOUBLE PEPPERONI, MOZZARELLA AND PARMESAN CHEESE WITH A DRIZZLE OF CHILLI HONEY
DI RUCOLA (v) 15.00 A MARGHERITA COOKED WITH GARLIC TOPPED WITH FRESH ROCKET, AVOCADO, SUN-DRIED TOMATOES AND PARMESAN	FORMAGGIO (v)14.75 CHEESY QUARTERS OF MOZZARELLA, BLUE CHEESE, GRANA PADANO AND GOATS CHEESE
DIABOLO 15.00 BUCKINGHAM'S FAVOURITE PIZZA! GOATS CHEESE, CHICKEN, PEPPADEWS, RED ONIONS, GARLIC AND TABASCO	GORGONZOLA (v)..... 15.00 SPINACH, MUSHROOMS, BLUE CHEESE AND GARLIC
ROMANA..... 14.50 WITH SLICED HAM, MUSHROOMS AND GARLIC	GIARDINO (vg)..... 14.50 ASPARAGUS, SPINACH, RED ONIONS, GARLIC AND PEPPADEWS WITH VEGAN CHEESE
FIORENTINA (v)15.25 SPINACH, OLIVES, GARLIC AND AN EGG, FINISHED WITH GRANA PADANO CHEESE	FOUR SEASONS..... 14.50 FOUR DIFFERENT TASTES – QUARTERS OF PEPPERONI, MUSHROOMS, MOZZARELLA AND MIXED PEPPERS WITH OLIVES
ETNA 15.95 PEPPERONI, NDUJA SPICY PORK, SALAMI, RED ONIONS & GARLIC	

PASTA

PENNE BOLOGNESE 14.00 WITH OUR HOMEMADE BEEF BOLOGNESE SAUCE	PENNE GAMBERONI 17.50 PRAWNS, COURGETTES, GARLIC AND CHILLI FLAKES IN A CREAMY SAUCE
PENNE RUSTICI..... 16.50 CHORIZO, CHICKEN, MIXED PEPPERS AND RED ONIONS IN A TOMATO AND GARLIC SAUCE	PENNE CREMOSA (v)..... 15.00 PARMESAN, GORGONZOLA AND MOZZARELLA CHEESES COOKED IN A BECHAMEL STYLE SAUCE AND FINISHED WITH CHOPPED TOMATO, RED ONION AND SUN-DRIED TOMATOES
PENNE CARBONARA 15.50 PANCETTA AND MUSHROOMS IN A CREAMY SAUCE, WITH PARMESAN	PENNE DI MARE 17.95 PRAWNS, MUSSELS, OLIVES AND CAPERS IN A SPICY TOMATO AND GARLIC SAUCE
PENNE CACIO E PEPE (v) 13.50 SIMPLE TRADITIONAL ITALIAN DISH OF TOASTED BLACK PEPPER AND PECORINO CHEESE	PENNE SAUSAGE RAGU..... 16.50 ITALIAN PORK AND FENNEL SAUSAGE MEAT IN A HEARTY TOMATO AND CHILLI RAGU
ADD PANCETTA.....2.00	
PENNE SALMONE 17.00 SMOKED SALMON, ASPARAGUS AND DILL IN A CREAMY WHITE WINE SAUCE	

SPECIALITY PIZZAS

PICCANTE 16.75 PEPPERONI, JALAPENOS, CHILLI MARINATED OLIVES, MOZZARELLA AND GARLIC WITH A SPICY TOMATO AND PEPPERS SAUCE
MILANO..... 17.00 CHORIZO, PEPPERONI, CHICKEN, SALAMI, HAM, MIXED PEPPERS AND MOZZARELLA WITH TOMATO SAUCE
VOLPE 17.00 THE OWNER'S SPECIAL – GOATS CHEESE, CHICKEN, PEPPERONI WITH TOMATO AND GARLIC SAUCE, TOPPED AFTER COOKING WITH ROCKET AND CAMELISED ONIONS
MARINARA 17.00 PRAWNS, MUSSELS, ANCHOVIES, OLIVES, CAPERS AND RED ONIONS, TOMATO, GARLIC AND MOZZARELLA
PRIMAVERA (v) 16.75 GOATS CHEESE, ARTICHOKE, SPINACH, PEPPERS AND OLIVES WITH TOMATO SAUCE

DESSERTS

CHOCOLATE BROWNIE..... 7.25 SERVED WARM WITH SALTED Caramel ICE CREAM
MANGO & PASSION FRUIT CHEESECAKE 9.50 A PURE PATISSERIE DESSERT, MANGO CHEESECAKE, PASSIONFRUIT JELLY, WHITE CHOCOLATE MOUSSE SERVED WITH WHITE CHOCOLATE ICE CREAM
AFFOGATO..... 6.00 SALTED Caramel ICE CREAM, SERVED WITH AN ESPRESSO TO POUR OVER (ADD A SHOT OF BAILEYS FOR £3.00)
SUMMER AFFOGATO 9.00 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 4.00 CHOOSE FROM VANILLA, CHOCOLATE, STRAWBERRY, SALTED Caramel, COFFEE, WHITE CHOCOLATE, COCONUT, MINT CHOC CHIP, BLACKCURRANT SORBET OR LEMON SORBET
ONE SCOOP..... 4.00
TWO SCOOPS..... 6.00
THREE SCOOPS 8.00

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