

# STARTERS

<b>MARINATED OLIVES (VG)</b> .....	<b>4.50</b>
WITH CHILLI AND GARLIC	
<b>DOUGH BALLS (V)</b> .....	<b>5.00</b>
WITH A GARLIC BUTTER DIP	
<b>GARLIC BREAD (V)</b> .....	<b>5.50</b>
<b>GARLIC BREAD WITH CHEESE (V)</b> .....	<b>6.00</b>
<b>CHILLI CHEESY GARLIC BREAD (V)</b> .....	<b>6.25</b>
<b>CHEESE FONDUE (V)</b> .....	<b>8.75</b>
WARM GORGONZOLA AND PARMESAN DIP WITH CIABATTA BREAD	
<b>FUNGI BLU (V)</b> .....	<b>8.75</b>
GARLIC MUSHROOMS BAKED IN A CREAMY BLUE CHEESE SAUCE SERVED WITH BREAD	
<b>GAMBERETTI</b> .....	<b>9.50</b>
CRISPY PANKO BREADED KING PRAWNS WITH A CHILLI AIOLI DIP AND PEPPADEWS	
<b>PREGO CALAMARI</b> .....	<b>8.75</b>
BATTERED, DEEP FRIED SQUID WITH A LEMON & PAPRIKA DIP	
<b>BRUSCHETTA PREGO (V) (N)</b> .....	<b>8.50</b>
OUR FRESHLY BAKED GARLIC BREAD TOPPED WITH CHOPPED TOMATOES, RED ONIONS AND BASIL PESTO	
<b>PREGO CHICKEN BITES</b> .....	<b>8.95</b>
CHICKEN BREADED AND COOKED THEN COATED IN PARMESAN AND CHILLI. SERVED WITH A GARLIC BBQ SAUCE	
<b>ARANCINI (V)</b> .....	<b>8.50</b>
RISOTTO BALLS FILLED WITH MOZZARELLA AND TOMATO, CRUMBED AND DEEP FRIED WITH A MILD PEPPER AND TOMATO DIP	
<b>MOZZARELLA STICKS (V)</b> .....	<b>8.00</b>
BREADED STICKS OF MOZZARELLA FRIED AND SERVED WITH A MILD PEPPER AND TOMATO DIP	
<b>ASPARAGI AL PROSCIUTTO</b> .....	<b>8.95</b>
ASPARAGUS WRAPPED IN HAM, BAKED IN A TOMATO AND MOZZARELLA SAUCE, TOPPED WITH FRESH PARMA HAM AND PARMESAN CHEESE, SERVED WITH BREAD	
<b>GARLIC MUSHROOMS (VG)</b> .....	<b>8.25</b>
BAKED IN A TOMATO AND GARLIC SAUCE, SERVED WITH BREAD	
<b>CAPRESE (V) (N)</b> .....	<b>8.50</b>
BEEF TOMATOES, BABY MOZZARELLA, ROCKET LEAVES, BLACK OLIVES, SUN-DRIED TOMATOES AND BASIL PESTO	
<b>ZUCCHINI FRITTI (V)</b> .....	<b>7.00</b>
BATTERED COURGETTE FRIES WITH A GARLIC AIOLI DIP	

# SHARERS

<b>DOUGH STICKS AND DIPS (V)</b> .....	<b>14.50</b>
FRESHLY BAKED DOUGH STICKS WITH WHIPPED GORGONZOLA AND CHILLI HONEY DIP, A GARLIC BUTTER DIP AND A RED PEPPER AND TOMATO DIP	
<b>MEAT ANTIPASTI</b> .....	<b>FOR ONE 9.50 / SHARE 18.95</b>
CURED MEATS SERVED WITH MARINATED OLIVES, PARMESAN, SUN-DRIED TOMATOES, MIXED LEAVES AND BREAD	
<b>CHEESY GARLIC BREAD TO SHARE (V)</b> .....	<b>12.95</b>
A HAND STRETCHED PIZZA BASE, BAKED WITH MOZZARELLA CHEESE, FINISHED WITH MELTING GARLIC BUTTER AND GRATED GRANA PADANO CHEESE	

# SALAD

AVAILABLE IN STARTER AND MAIN COURSE SIZES

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

# SIDES

<b>POTATO FRIES</b> .....	<b>5.00</b>
<b>PARMESAN POTATO FRIES</b> .....	<b>6.00</b>
<b>SWEET POTATO FRIES</b> .....	<b>6.00</b>
<b>HALLOUMI FRIES (WITH A CHILLI AIOLI DIP)</b> .....	<b>8.00</b>
<b>MIXED LEAF SALAD</b> .....	<b>5.50</b>
<b>ROCKET AND PARMESAN SALAD</b> .....	<b>6.00</b>
<b>TOMATO AND ONION SALAD</b> .....	<b>5.50</b>
<b>GARLIC GREEN BEANS</b> .....	<b>5.50</b>

# RISOTTO

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

# PREGO SPECIALITIES

<b>POLLO BLU</b> .....	<b>20.95</b>	<b>CHICKEN AND AVOCADO BURGER</b> .....	<b>17.50</b>
A CHICKEN BREAST COOKED IN A BLUE CHEESE AND CARAMELISED ONION SAUCE SERVED WITH POTATO GNOCCHI AND CREAMY SPINACH		BREADED CHICKEN FILLET WITH PARMA HAM, PARMESAN, TOMATO, LETTUCE AND CAESAR DRESSING, SERVED WITH FRIES AND A SIDE OF SALAD	
<b>PREGO HERBY CHICKEN</b> .....	<b>18.75</b>	<b>POLLO 'NDUJA</b> .....	<b>19.75</b>
AN ITALIAN HERB AND GARLIC MARINATED CHICKEN BREAST WITH POTATO FRIES AND MIXED SALAD		A CHICKEN BREAST COOKED IN A SPICY TOMATO SAUCE WITH MIXED PEPPERS, 'NDUJA, RED ONIONS AND OVEN ROASTED NEW POTATOES	
<b>GNOCCHI PREGO (V)</b> .....	<b>17.25</b>	<b>POLLO PARMA</b> .....	<b>20.95</b>
POTATO GNOCCHI COOKED WITH GOATS CHEESE IN A TOMATO AND GARLIC SAUCE, TOPPED WITH FRESH ROCKET AND CARAMELISED ONIONS		A CHICKEN BREAST COOKED IN A CREAMY WHOLEGRAIN MUSTARD AND WHITE WINE SAUCE, TOPPED WITH PARMA HAM, WITH ROASTED NEW POTATOES AND GREEN BEANS	
<b>PREGO CHICKEN PARM</b> .....	<b>19.25</b>	<b>MELANZANE (V)</b> .....	<b>15.00</b>
BREADED CHICKEN BREAST, TOPPED WITH SPICY TOMATO SAUCE AND MOZZARELLA ON A BED OF CASARECCE PASTA IN A TOMATO AND ONION SAUCE		A TRADITIONAL ITALIAN BAKED DISH, WITH LAYERS OF AUBERGINE, MOZZARELLA AND PARMESAN IN A TOMATO & GARLIC SAUCE, SERVED WITH BREAD AND A SIDE OF SALAD	
<b>THE PREGO BURGER</b> .....	<b>18.50</b>	<b>POLLO FUNGHI</b> .....	<b>19.75</b>
A BEEF BURGER, WITH ROCKET AND BEEF TOMATO IN A TOASTED BUN, SERVED WITH POTATO FRIES AND A SIDE OF SALAD. WITH A CHOICE OF TOPPINGS:		A CHICKEN BREAST COOKED IN A CREAMY MUSHROOM SAUCE WITH SAUTÉED MUSHROOMS AND ROASTED NEW POTATOES	
<ul style="list-style-type: none"> <li>• MOZZARELLA &amp; PARMA HAM</li> <li>• GOATS CHEESE &amp; CARAMELISED ONIONS</li> <li>• GORGONZOLA &amp; RED ONION</li> </ul>		<b>FRITTATA (V OPTIONS)</b> .....	
<b>FILLET OF SEA BASS (N)</b> .....	<b>19.95</b>	<b>13.50</b>	
IN A PAPRIKA CRUST, SERVED WITH BOULANGERE POTATOES, CHERRY TOMATOES AND GREEN BEANS COOKED IN BASIL PESTO		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	



neighbourhood  
italian

KEY: V = VEGETARIAN | VG = VEGAN | N = CONTAINS NUTS | GF = WE HAVE A SEPERATE GLUTEN FREE MENU

THANK YOU FOR VISITING PREGO. WE HOPE TO SEE YOU AGAIN SOON. PRICES ARE IN STERLING (£) AND INCLUDE VAT. NO SERVICE CHARGE IS ADDED EXCEPT FOR TABLES OF SEVEN OR MORE WHEN AN OPTIONAL 10% WILL BE ADDED TO YOUR BILL. ALL GRATUITIES GO DIRECTLY TO THE TEAM AT PREGO

# 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)** .....

**GARLIC MUSHROOMS (v) (VG) (GF)** .....

BAKED IN A RICH TOMATO AND GARLIC SAUCE

**TOMATO, ONION & BASIL PESTO (v) (GF OPTION)**.....

ON CIABATTA TOAST

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

ON CIABATTA TOAST

**WHIPPED GORGONZOLA AND CHILLI HONEY** .....

**(v) (GF OPTION)** .....

ON CIABATTA TOAST

## MAIN COURSE ..... 11

**SAUSAGE RAGU (GF OPTION)** .....

LUNCHTIME PORTION OF CASARECCE PASTA WITH OUR PORK AND FENNEL SAUSAGE RAGU

**MELANZANE (v)** .....

BAKED LAYERS OF AUBERGINE & CHEESE IN TOMATO AND GARLIC SAUCE WITH BREAD

**CAESAR SALAD (GF)** .....

MIXED LEAVES WITH CHICKEN, PARMESAN, ANCHOVIES & CAESAR DRESSING

**BEEF CANNELONI** .....

THE CLASSIC ITALIAN BEEF BOLOGNESE BAKED PASTA DISH WITH BREAD

**CACIO E PEPE (v) (GF OPTION)** .....

LUNCHTIME PORTION OF CASARECCE 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 (v)** .....

- ADD A SCOOP OF VANILLA ICE CREAM FOR £2

**BISCOFF CHEESECAKE (VG)** .....

# CLASSIC PIZZAS

OUR PIZZAS ARE CREATED ON 11" HAND STRETCHED PIZZA BASES TOPPED WITH TOMATO AND MOZZARELLA (EXTRA TOPPINGS ARE £2.00 PER TOPPING)

**MARGHERITA (v)**.....12.00

THE ORIGINAL – MOZZARELLA CHEESE WITH TOMATO SAUCE

**PEPPERONI** .....13.50

WITH PLENTY OF OUR GREAT PEPPERONI SAUSAGE

**GORGONZOLA (v)**.....15.00

SPINACH, MUSHROOMS, BLUE CHEESE AND GARLIC

**DI RUCOLA (v)** .....15.00

A MARGHERITA COOKED WITH GARLIC TOPPED WITH FRESH ROCKET, AVOCADO, SUN-DRIED TOMATOES AND PARMESAN

**ROMANA**.....14.50

WITH SLICED HAM, MUSHROOMS AND GARLIC

**VESUVIUS** .....15.50

DOUBLE PEPPERONI, MOZZARELLA AND PARMESAN CHEESE WITH A DRIZZLE OF CHILLI HONEY

**DIABOLO** .....15.00

GOATS CHEESE, CHICKEN, PEPPADEWS, RED ONIONS, GARLIC AND TABASCO

**FIorentina (v)** .....15.25

SPINACH, OLIVES, GARLIC AND AN EGG, FINISHED WITH GRANA PADANO CHEESE

**ETNA** .....15.95

PEPPERONI, 'NDUJA SPICY PORK, SALAMI, RED ONIONS & GARLIC

**NAPOLETANA** .....14.50

OLIVES, ANCHOVIES, CAPERS, RED ONIONS AND GARLIC

**BIANCO**.....15.00

A SEASONED CREAM SAUCE BASE, BAKED WITH CHICKEN, SLICED MUSHROOMS AND MOZZARELLA CHEESE

**FORMAGGIO (v)** .....14.75

CHEESY QUARTERS OF MOZZARELLA, BLUE CHEESE, GRANA PADANO AND GOATS CHEESE

**CACCIATORE**.....15.00

ON THE MENU FOR OVER 20 YEARS... AN ALL-TIME FAVOURITE! WITH HAM, SALAMI, CHICKEN, JALAPENOS AND AN EGG

**GIARDINO (VG)**.....14.50

ASPARAGUS, SPINACH, RED ONIONS, GARLIC AND PEPPADEWS WITH VEGAN CHEESE

**FOUR SEASONS**.....14.50

FOUR DIFFERENT TASTES – QUARTERS OF PEPPERONI, MUSHROOMS, MOZZARELLA AND MIXED PEPPERS WITH OLIVES

# 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

# CALZONE

A PIZZA BASE FILLED THEN FOLDED BEFORE BAKING, SERVED WITH A MIXED LEAF SIDE SALAD

**ROSSO** .....16.00

CHICKEN, CHORIZO, RED ONIONS, PEPPADEWS AND MOZZARELLA IN TOMATO AND GARLIC SAUCE

**CAPO** .....16.00

PEPPERONI, CHICKEN, MIXED PEPPERS AND MOZZARELLA IN A BBQ STYLE SAUCE

**SPINACI (v) (N)** .....15.50

SPINACH, GOAT'S CHEESE, BLACK OLIVES AND ARTICHOKE IN A CREAMY BECHAMEL SAUCE WITH BASIL PESTO

**DI CARNE** ..... 17.00

PORK MEATBALLS, PEPPERONI, 'NDUJA SPICY PORK, RED ONIONS AND MOZZARELLA IN TOMATO AND GARLIC SAUCE

**CALZONE CARBONARA** ..... 16.75

HAM, SAUTÉED MUSHROOMS AND MOZZARELLA IN A PARMESAN, GARLIC AND BECHAMEL SAUCE

**IMPOSTORE (VG)**..... 17.00

MEATLESS MEATBALLS, NO'DUJA PASTE AND RED ONIONS IN A TOMATO AND GARLIC SAUCE WITH VEGAN CHEESE

# PASTA

**CASARECCE – PASTA TWISTS // BUCATINI – SPAGHETTI LIKE PASTA WITH A HOLE RUNNING THROUGH THE MIDDLE**

**CARBONARA**.....15.50

PANCETTA AND MUSHROOMS IN A CREAMY SAUCE WITH PARMESAN AND BUCATINI PASTA

**RUSTICI** .....16.50

CHORIZO, CHICKEN, MIXED PEPPERS AND RED ONIONS IN A TOMATO AND GARLIC SAUCE WITH CASARECCE PASTA

**AL SALMONE**..... 17.00

SMOKED SALMON, ASPARAGUS AND DILL IN A CREAMY WHITE WINE SAUCE WITH BUCATINI PASTA

**RAVIOLI FUNGHI (v)**.....16.50

PASTA FILLED WITH PORCINI MUSHROOMS, IN A CREAMY MUSHROOM SAUCE, FINISHED WITH ROCKET LEAVES AND GRANA PADANO CHEESE

**BOLOGNESE**.....14.00

OUR HOMEMADE BEEF BOLOGNESE SAUCE WITH BUCATINI PASTA

**BEEF CANNELONI**.....16.25

THE CLASSIC ITALIAN BEEF BOLOGNESE BAKED DISH SERVED WITH BREAD AND A SIDE OF SALAD

**CACIO E PEPE (v)**.....13.50

SIMPLE TRADITIONAL ITALIAN DISH OF TOASTED BLACK PEPPER AND PECORINO CHEESE WITH BUCATINI PASTA

**ADD PANCETTA FOR £2**

**GAMBERONI** ..... 17.50

PRAWNS, COURGETTES, GARLIC AND CHILLI FLAKES IN A CREAMY SAUCE WITH BUCATINI PASTA

**SAUSAGE RAGU** .....16.50

ITALIAN PORK AND FENNEL SAUSAGE MEAT IN A HEARTY TOMATO AND CHILLI RAGU SERVED WITH CASSARECE PASTA

**CRAB AND LOBSTER RAVIOLI**.....18.95

DELICATE PASTA PARCELS FILLED WITH CRAB AND LOBSTER MEAT IN A PRAWN, TOMATO AND VERMOUTH BISQUE STYLE SAUCE

**POLPETTE AL FORNO** .....18.00

A HEARTY COMFORTING DISH, HOMEMADE PORK MEATBALLS, IN A TOMATO, MUSHROOM, ONION AND GARLIC SAUCE BAKED UNDER A LAYER OF MACARONI CHEESE WITH PARMESAN

**CREMOSA (v)**.....15.00

CASARECCE WITH PARMESAN, GORGONZOLA AND MOZZARELLA CHEESES COOKED IN A BECHAMEL STYLE SAUCE, FINISHED WITH CHOPPED TOMATO, RED ONION AND SUN-DRIED TOMATOES

**DI MARE**.....17.95

PRAWNS, MUSSELS, OLIVES AND CAPERS IN A SPICY TOMATO AND GARLIC SAUCE WITH BUCATINI PASTA

**VEDURE AL FORNO (v)**.....18.00

PLANT BASED 'MEAT' BALLS BAKED IN A TOMATO, ONION AND MUSHROOM SAUCE UNDER A LAYER OF MACARONI CHEESE