

STARTERS

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

SHARERS

DOUGH STICKS AND DIPS (V)	14.50
FRESHLY BAKED DOUGH STICKS WITH WHIPPED GORGONZOLA AND CHILLI HONEY DIP, A GARLIC BUTTER DIP AND A RED PEPPER AND TOMATO DIP	
MEAT ANTIPASTI	FOR ONE 9.50 / SHARE 18.95
CURED MEATS SERVED WITH MARINATED OLIVES, PARMESAN, SUN-DRIED TOMATOES, MIXED LEAVES AND BREAD	
CHEESY GARLIC BREAD TO SHARE (V)	12.95
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

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

SIDES

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

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	
SALMON AND ASPARAGUS	17.00
SMOKED SALMON AND ASPARAGUS, IN A CREAMY RISOTTO	

PREGO SPECIALITIES

POLLO BLU	20.95	CHICKEN AND AVOCADO BURGER	17.50
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	
PREGO HERBY CHICKEN	18.75	POLLO 'NDUJA	19.75
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	
GNOCCHI PREGO (V)	17.25	POLLO PARMA	20.95
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	
PREGO CHICKEN PARM	19.25	MELANZANE (V)	15.00
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	
THE PREGO BURGER	18.50	POLLO FUNGI	19.75
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"> • MOZZARELLA & PARMA HAM • GOATS CHEESE & CARAMELISED ONIONS • GORGONZOLA & RED ONION 		FRITTATA (V OPTIONS)	13.50
FILLET OF SEA BASS (N)	19.95	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	
IN A PAPRIKA CRUST, SERVED WITH BOULANGERE POTATOES, CHERRY TOMATOES AND GREEN BEANS COOKED IN BASIL PESTO			



Neighbourhood Italian

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

THANK YOU FOR VISITING PREGO. PRICES ARE IN STERLING (£) AND INCLUDE VAT. AN OPTIONAL 10% SERVICE CHARGE IS ADDED TO ALL BILLS. THIS SERVICE CHARGE GOES ONLY TO THE TEAM WHO WILL SERVE YOU TODAY. WE HOPE TO SEE YOU AGAIN SOON.

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

PEPPERONI13.50

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

VESUVIUS15.50

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

DIABOLO15.00

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

FIorentina (V).....15.25

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

ETNA15.95

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

NAPOLETANA14.50

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

RUSTICI16.50

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 RAGU16.50

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 FORNO18.00

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