

Antipasti

Olives Marinate £2.00

Sfere del Pane £2.05

Freshly baked dough balls served with garlic butter

Funghi Con Pomodoro £4.75

Mushrooms sautéed in garlic and then baked in a sun-dried tomato pesto and topped with breadcrumbs.

Pane All'aglio con formaggio £2.30

Garlic bread with cheese.

Pane Bastoni £3.95

Dough sticks served with a choice of dips:

Olive tapenade, sun-dried tomato pesto, garlic butter and peppadew and pesto dip.

Gnocchi con Spinaci £4.25

Potato gnocchi baked with spinach, parmesan and basil pesto.

Insalata Di Gambellara £6.40

Crayfish tails on a bed of rocket leaves served with a sweet chilli dressing.

Prego Bruschetta £4.75

Freshly baked bread with a choice of toppings:

- Rocket, parmesan and parma-ham
- Chopped tomatoes, red onion and basil pesto
- Mixed roasted vegetables served with parmesan
- Chorizo and baby mozzarella

Gnocchi con Formaggio £4.25

Potato gnocchi cooked in sun-dried tomato pesto and goats cheese.

Affettato Misto £6.35

Platter of continental meats served with olives, sun dried tomatoes and parmesan shavings.

Asparagi Al Prosciutto £4.65

Asparagus wrapped in ham, baked with cheese and tomato.

Caprese £4.25

Baby mozzarella, beef tomatoes, black olives served in a basil pesto dressing.

Insalata Al Razzo £3.65

Rocket and parmesan salad dressed with a vinaigrette.

Pane All'aglio £2.00

Garlic bread.

Ciabatta con olio £2.35

Warm ciabatta bread, with olive oil and balsamic vinegar.

Pomodoro Cotto £4.60

One half of a beef tomato roasted in the oven topped with basil pesto and goats cheese.

Verdure Arrostiti £2.50

A roasted medley of Mediterranean vegetables served with parmesan.

Insalata del giardino £3.25

A mixed leaf salad served with a vinaigrette dressing.

Insalata Di Acciuga £4.10

Mixed salad leaves, croutons, anchovies and parmesan shavings with a creamy vinaigrette dressing

Calzone

All Served with a side salad

Napoli £8.75

Spiced chicken, pepperoni, mozzarella and tomato.

Spinaci £8.20

Spinach, goats cheese, mascarpone, black olives and pine kernels.

Toscana £7.50

Ham, mushrooms, mozzarella and tomato.

Al Salmone £8.50

Smoked salmon, spinach and mascarpone.

Di Maggi £8.95

Seafood, spicy tomato and pepper sauce, olives and capers..

Verdura £8.20

Roasted vegetables, goats cheese, rocket, basil pesto and tomato.

Rosso £8.95

Chorizo, chicken, red onion, peppadews, tomato and mozzarella

Pizzas

All pizzas served with a half moon salad.

Margarita £5.85

Mozzarella and tomato.

Calore Della Carne £8.40

Chorizo, pepperoni, red and green peppers, tabasco, garlic, mozzarella and tomato.

Stromboli £7.80

Pepperoni, olives, mozzarella and tomato.

Capre e Pomodoro £7.25

Goats cheese, tomato, sun dried tomato.

Cacciatore £8.75

Spicy chicken, salami, ham, egg, hot peppers, tomato and mozzarella.

Napoletana £6.70

Mozzarella, tomato, olives, capers, anchovy and onion.

Funghi £6.35

Mushroom, mozzarella and tomato.

Trio Formaggi £6.60

Parmesan, mozzarella, and goats cheese and olives.

Bianco £7.90

Spiced chicken, mushrooms, mozzarella and cream.

Fiorentina £7.15

Spinach, olives, egg, garlic, mozzarella and tomato.

Marinara £8.95

Prawns, squid, mussels, garlic, olives, capers, tomato and mozzarella.

Asparagi £8.00

Asparagus, parma ham, egg, parmesan, tomato and mozzarella.

Quattro Stagioni £7.60

Marinated olives, pepperoni, mushroom, mozzarella, tomato and green pepper.

Di Rucola £7.95

Rocket, parmesan shavings, sun dried tomatoes, avocado, garlic, mozzarella and tomato.

Romana £7.20

Ham, mushrooms, mozzarella and tomato.

Diavolo £8.50

Spiced chicken, marinated baby peppers, goats cheese, red onion, tomato, garlic and tabasco.

Design Your Own Margarita £7.80

choice of any 2 toppings added to a Margarita.

All individual ingredients are available as extra toppings/ fillings @ £1.20 per item.

Prego Specialities

Pollo Con Prosciutto £12.95

Chicken wrapped in Parma ham served in a creamy wholegrain mustard and white wine sauce, accompanied by sautéed leeks, and fresh green beans, carrots and potatoes.

Filetto Salmoni £12.95

Salmon fillet marinated in sweet chilli dressing served with boulangere potato, green beans and carrots.

Sea Bass Al Cajun £12.00

Cajun spiced and basil pesto encrusted fillets of sea bass served with boulangere potato, fresh carrots, green beans, and mushrooms.

Pollo Alla Cacciatore £12.50

Lightly spiced chicken cooked with tomato, mushrooms, red onions and red wine, served with fresh green beans, leeks, carrots and potatoes.

Prego Paella £11.25

Paella served with shrimp, mussels, squid, chicken, chorizo and smoked salmon

Spaghetti Marinara £11.25

Spaghetti with mixed seafood, olives and capers served in a spicy tomato sauce.

Spaghetti Polpette £10.50

Spaghetti with meatballs in a rich tomato and pepper sauce.

Linguine al Salmone £9.50

Linguine and smoked salmon in a white wine and cream sauce.

Penne Carbonara £8.50

Penne pasta in white wine and cream sauce with ham and mushrooms.

Lasagne £8.50

Pasta layered with bolognese, béchamel, tomato and cheese.

Penne Arrabiatte £8.50

Penne pasta in a spicy tomato and pepper sauce.

(Add extra chicken for just £1.50)

Polpette al Forno £8.50

Prego speciality dish of pork meatballs in a tomato, onion and mushroom sauce topped with a layer of macaroni cheese.

Linguine Bolognese £7.50

Linguine served in a mince beef, tomato, mushrooms, red wine and onion sauce finished with parmesan.

Cannelloni £7.95

Large pasta tubes filled with ricotta and spinach, baked in a béchamel and tomato sauce.

Prego Risotto £8.00

Classic Italian rice dish with mixed roasted vegetables, parmesan and sun-dried tomato pesto

Frittata £6.50

An oven baked omelette made with a choice of fillings:

Mediterranean vegetables; Smoked salmon and spinach

or choose your own! (2 fillings)

.Insalate

Insalata di Pollo Al Cajun £8.50

Spiced chicken, avocado, lettuce, croutons, marinated red peppers and parmesan shavings; with a Creamy vinaigrette dressing.

Tegamaccio £9.50

A mixed seafood salad including crayfish, prawns, mussels, marinated red peppers and squid with rocket and salad leaves in a sweet chilli dressing.

Caponata £7.85

Goats cheese, marinated baby peppers, avocado, red onion, olives, mixed leaves and croutons; with a Creamy vinaigrette dressing.

Insalata di Pollo e Verdure £8.50

Spiced chicken and Mediterranean vegetables cooked in a honey and mustard sauce, served on a bed of mixed salad leaves and pine nuts.