



STARTERS

Marinated olives	£2.75
Dips	1 dip £3.90 / 2 dips £6.50 / 4 dips £9.95
-Black olive tapenade	
-Smoked aubergine, chilli peppers and fresh coriander	
-Creamy avocado, coriander and lemon juice	
-Goat's cheese, ricotta and pesto	
-Smoked salmon, cream cheese and dill	
-Spicy prawn and tomato	
-Chorizo, sausage and tomato	
Avocado and rocket bruschetta	£4.95
With fresh chilli, tomato, coriander and parmesan	
Caesar salad	£4.95
Romaine lettuce, croutons, parmesan and Caesar dressing	
Artichoke and baby mozzarella	£5.95
With beef tomato, fresh basil and olive oil	
Burrata, fresh tomato and pesto bruschetta	£6.95
Chilli prawns	£6.95
Panfried king prawns with a spicy chilli sauce and cherry tomatoes	
Antipasto misto	£6.95 / £11.95
Mixed cured salami, parma ham, carved ham, scamorza, olives, rocket and shaved parmesan	

FRIED STARTERS

Courgette fritters	£3.50
Arancini	£5.95
3 risotto balls filled with mozzarella and... chilli beef; prawn & bisque sauce; porcini truffle oil. Served with a tomato sauce	
Salt and pepper squid	£6.50
Deep fried in sourdough batter	
Battered prawns	£6.95
Served with homemade tartare sauce	

BREAD

Garlic pizza bread	£3.50
Melted cheese bread	£3.95
Homemade sourdough bread basket	£2.95

PIZZA

Our pizzas are sourdough based, topped with blended spicy tomato, fior di latte mozzarella and fresh basil, with a touch of garlic oil - unique to Eco

Margherita	£6.75
Napoletana; anchovies, capers and black olives	£7.95
Oven charred vegetables	£8.50
Aubergine, mixed peppers, zucchini, mushroom, tomato, rosemary and thyme	
Goat's cheese and smoked red pepper	£8.95
With spinach and fresh coriander	
Wild mushroom, truffle oil and pecorino	£8.95
Sausage, chorizo, potato and gorgonzola Bianco (no tomato sauce)	£8.95
Spicy piccante	£9.50
Ventricina, chorizo and nduja	
Wild mushroom and home baked ham	£8.95
Smoked aubergine and burrata	£8.95
With baked garlic and basil pesto	
Four seasons	£8.95
Ham, artichoke, mushrooms and olives	
Scamorza and coppa	£8.95
Coppa (salami of pork shoulder), smoked mozzarella, rocket and pecorino	

Wild boar and pecorino	£9.95
With spicy Ventricina salami and truffle oil	
Extra's +£0.80p - £2.00	

CALZONE

Traditional	£9.50
With home baked ham, wild mushroom, artichoke, mozzarella and garlic	
Aubergine and mixed grilled vegetables	£9.50
With baked garlic, charred mixed vegetables, dolcelatte and mozzarella	

PASTA

Tomato and mozzarella gnocchi <i>With chilli, garlic and fresh basil</i>	£7.50
Carbonara <i>Spaghetti with egg yolk, pancetta, cream and parmesan</i>	£8.50
Artichoke and asparagus <i>Wild mushrooms and a creamy white wine sauce, served with spaghetti (pappardelle +£0.50p)</i>	£8.95
Spicy beef meatball <i>Homemade beef meatballs cooked with rich tomato and red wine, served with spaghetti</i>	£8.95
Prawn and smoked salmon <i>With spaghetti or penne (contains cream)</i>	£9.50
Lasagna <i>Pasta layered with beef, cooked with red wine, tomato, cream, parmesan, fresh dill and basil oil</i>	£8.95
Chilli chicken and zucchini <i>Chicken and zucchini cooked with tomato, red wine and mixed chillies, served with penne or spaghetti</i>	£8.95
Venison ragu <i>A rich ragu of venison, slow cooked with red wine. served with spaghetti (pappardelle +£0.50p)</i>	£9.95
Vongole <i>Spaghetti with clams, garlic, white wine bisque sauce, tomato and chilli</i>	£9.95

GRILLED

Grilled chicken breast <i>Wild mushroom sauce and mashed potato or spaghetti</i>	£13.95
Slow roast belly of pork <i>Served with caramelized apple, gravy and mashed potato</i>	£13.95
Steak <i>Aged sirloin, served with chips or roasted rosemary potatoes and...</i>	£16.95
-crushed pepper and cream sauce	+£1.50
-wild mushroom and red wine sauce	+£1.50
Stone bass <i>Aegean Stone bass fillets panfried with fennel, zucchini, tomatoes, olives and capers. Served with chips</i>	£15.50

RISOTTO

Porcini with truffle oil <i>Cooked with white wine, shallots, stock and parmesan</i>	£9.95
Seafood <i>Squid, prawns, baby cuttlefish and bisque sauce</i>	£10.95

SALADS

Classic Caprese Salad <i>Buffalo mozzarella, tomato, basil and olive oil</i>	£8.50
Chicken Caesar <i>Pancetta, anchovies, grilled chicken, romaine lettuce, parmesan, baked croutons and a home made Caesar dressing</i>	£9.95
Grilled vegetable and avocado <i>Zucchini, mixed peppers, aubergine, artichoke, asparagus, avocado, mixed leaves and house dressing</i>	£9.95
Asparagus and poached egg <i>Baked sourdough topped with asparagus and pancetta, baked mozzarella wrapped in parma ham, mixed leaves and house dressing</i>	£10.95
Burrata tricolore <i>Burrata, crushed avocado, beef tomatoes and grilled bruschetta, topped with pine nuts and basil pesto</i>	£10.95

SIDES

Chips or Roasted rosemary potatoes	£2.50
Courgette fritters	£3.50
Spinach with olive oil and garlic	£2.95
Rocket and parmesan salad <i>With olive oil and balsamic vinegar</i>	£3.95
Green salad <i>Mixed leaves, olives, cucumber, avocado, herbs and house dressing</i>	£2.95 / £3.95

Please note: our olives have stones in, and we use nuts in several dishes, so can not guarantee any product is nutfree

Tables are usually offered to customers at 1½ hour intervals; if you plan to stay longer, please arrange this with the restaurant manager when booking. A discretionary service charge of 12.5% will be made to groups of 5 or more
