



WELCOME TO PREGO

There are many meanings to “prego” in Italian, but the most common one is “You’re welcome”. This is how we want you to feel when you visit us. Whether with friends, family, a walk with the dog or a stop-off for work, you are always guaranteed a warm welcome here with us. Take your time to savour our soulful menu, inspired by our Italian food heritage recipes with a subtle 2022 twist. We showcase authentic, warm flavours with seasonal, local produce and are proud of our plant-based and vegan offerings. Any questions at all, please just ask our team. We hope you enjoy our happy place.

Please specify at the bar if you are sitting/dining in our outdoor area.

- V Vegetarian
- V Vegan
- GF Gluten Free
- 🔥 It's got a KICK!

All pizza & pasta is available gluten free on request. All pizza is available with vegan cheese on request. (£1 supplement for cheese)

THE STARTERS & SMALL PLATES

CHEF'S SOUP OF THE DAY V **£4.50**
Always vegetarian, always full of goodness and always just like mama made. Served with homemade breads.

BLACK PUDDING ROUNDS **£5.95**
Pan-fried black pudding rounds, served simply with a creamy, pink peppercorn sauce.

STICKY BARBECUE CHICKEN WINGS **£5.95**
Juicy chicken wings, marinated and cooked in sticky homemade barbecue sauce. Stacked on a bed with salad leaves.

GARLIC CRISPY CHICKEN **£5.95**
Juicy chicken breast strips, marinated in buttermilk and coated in a crispy spice crumb. Sliced & served with Amarillo aioli.

FUNGI TRIOLATE V **£4.95**
Juicy mushrooms, sauteed in a pan and served with garlic cream sauce on a toasted focaccia.

HOMEMADE CHICKEN LIVER PARFAIT **£5.95**
Chicken liver parfait with garlic, thyme and madeira, served with raspberry coulis and bread.

GAMBERONI WITH RUSTIC BREAD **£9.50**
Giant king prawns in a choice of moreish Prego signature sauces. Choose from garlic, white wine and parsley OR garlic, tomato and chilli sauce.

CALAMARI FRITTI **£6.50**
Deep-fried, tender squid, marinated in buttermilk and served with homemade Prego aioli sauce.

POTATO SKINS V **£4.50**
Potato skins that are crispy on the outside and soft and fluffy on the inside.

BRUSCHETTA POMODORO V V **£4.95**
Did you know that you pronounce the “c” in bruschetta? (This dish comes with a free Italiano lesson.) Toasted bread with piles of fresh chopped tomatoes, finely diced garlic, red onions, fresh basil, oregano, olive oil and, of course, the parmesan. Parmesan can be replaced for vegan mozzarella.

LUXURY PRAWN COCKTAIL **£7.95**
Plump, cold-water prawns served with Bloody Mary jelly and sat on crisp lettuce, bound in a home-made Marie Rose and brandy sauce.

THE PIZZA V GF

All of our pizza bases use a classic Italian pizza dough, hand-made in-house daily, stretched and left to prove for 24 hours to give an airy dough, full of flavour. We can offer gluten-free dough and/or vegan mozzarella (£1) on request for any pizza.

CLASSICOS

MARGHERITA V **£8.95**
For all the pizza purists. A simple combo of juicy tomato base, Italian herbs, stretchy mozzarella and virgin olive oil.

SPICY PEPPERONI 🔥 **£10.50**
A hot little fella, with classic tomato base, juicy mozzarella and stacks of spicy pepperoni, chilli and garlic.

CHICKEN KEV **£10.50**
Meet Kev. He's our garlicky chicken Kiev pizza, packed with chicken chunks, meaty mushrooms and garlic, stacked on a classic tomato and mozzarella base.

FRUTTI DI MARE **£12.95**
A seafood medley of deliciousness, including mussels, tiger prawns, tuna and clams. Tossed with red onions, garlic and chilli oil. One of our personal favourites here at Prego.

PIZZA CARNIVORE **£11.95**
For all the meat lovers, a hunk of chicken, Bolognese, ham and pepperoni, piled on an authentic, juicy tomato and mozzarella base.

I'm on a seafood diet. When I see it, I eat it.

NEW KIDS ON THE BLOCK

SALT AND PEPPER CHILLI POLLO **£10.95**
Crispy crumbed chicken chunks, sweet roasted peppers and lashings of garlic, on a traditional tomato and mozzarella base.

BROOKLYN CHEESEBURGER PIZZA **£11.95**
Strips of juicy beef burger packed in between mozzarella cheese and streaky bacon with Italian tomato sauce. Topped with a pickles, red onions and real American mustard.

THE PIZZA THAT JACK BUILT V V **£9.50**
Spiced jackfruit with char-roasted sweet peppers and wilted spinach. Comes automatically with vegan mozzarella.

HOWDY DUCK HOISIN **£11.50**
Hand-pulled and shredded duck, tossed with caramelised onions and served on a hoisin sauce and mozzarella base, with a sprinkle of spring onions.

PULLED PORK PIZZA **£11.50**
Hand-pulled, slow-cooked BBQ pork with bacon jam, caramelised onions, chilli, mozzarella and tangy tomato base.

THE PASTA

Choose from fruits of the sea, Italian classics or spicy plates. All of our pasta dishes use traditional Italian pasta, but all can be done with gluten free pasta on request.

TAGLIATELLE CARBONARA **£10.50**
This classic Italian dish comes with smoked pancetta, tossed in creamy sauce with parmesan cheese. Finished with black pepper and parsley.

LASAGNE **£10.50**
Traditional minced pork & beef ragout, cooked in Italian tomato sauce and stacked between layers of pasta. Served simply with bechamel sauce and mozzarella.

SPAGHETTI BOLOGNESE **£9.50**
Home-made, traditional minced beef and pork Italian ragout, served with spaghetti, fresh parmesan and milled pepper.

RIGATONI SALMONE **£11.95**
Smoked salmon with a light dill cream sauce. Comes with asparagus tips and just a touch of tomato.

MUSHROOM STROGANOFF V V **£10.95**
Tagliatelle mixed with wild mushrooms, coconut milk, paprika and Dijon mustard

RIGATONI PESTO V **£9.95**
Tender chicken and pancetta chunks, coated in a cream, pesto and mascarpone sauce. Can be replaced with additional vegetables and pesto sauce for a vegetarian version.

TAGLIATELLE GORGONZOLA V **£10.50**
Strands of tagliatelle, drizzled with blue cheese, diced onions, mushrooms & peas. Tossed in a creamy sauce.

STROZZAPRETI DIAVOLO 🔥 **£13.50**
Hot and spicy nduja sausage with chicken, cream, spinach, garlic and tomato, served on fresh pasta.

LINGUINI SCOGLIO 🔥 **£14.95**
A mix of juicy tiger prawns, clams and mussels. Come tossed with garlic, chilli and cherry tomatoes.

PREGO SPECIAL HALF PIZZA / HALF PASTA - £14.50 FOR WHEN IT'S JUST TOO DIFFICULT TO DECIDE

PIZZA OPTIONS

- MARGHERITA** V
- SPICY PEPPERONI** 🔥
- CHICKEN KEV**
- SALT AND PEPPER CHILLI POLLO**
- THE PIZZA THAT JACK BUILT** V V

PASTA OPTIONS

- MUSHROOM STROGANOFF** V V
- RIGATONI PESTO**
- SPAGHETTI BOLOGNESE**
- TAGLIATELLE GORGONZOLA** V
- LASAGNE**
- TAGLIATELLE CARBONARA**

PREGO NACHOS GF

All nachos come with melted cheese, pico salsa, jalapenos, guacamole and sour cream.

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|--|--------------|-----------------------------|---------------|
| JUST FOR YOU | £6.95 | EVEN BETTER TO SHARE | £10.00 |
| ADD ONE TOPPING | £2.50 | | |
| Pulled Pork Nachos | | | |
| Bolognese Nachos | | | |
| Jack fruit Tinga & Vegan Cheese Nachos (vegan) V V | | | |

THE BURGERS

All of our burgers are made with premium meat cuts and served with a floury bun and mouth-watering accompanying relishes. Hand-made and chargrilled right here at Prego. All served with crunchy French fries. Upgrade to sweet potato for £1.

PREGO CHEESEBURGER £10.95

A juicy 8oz beefburger, served with cheddar cheese, Prego house relish, tomatoes, lettuce and mayonnaise. Comes with a side of Prego pickle slaw.

THE SERGIO £12.95

As Italian as they come, this 8oz premium beefburger is topped with cheddar cheese and chorizo. Nestled in mayo, lettuce leaves, tomatoes and caramelised red onions and served with a side of Prego pickle slaw.

EL MACHO £12.95

A truly meaty affair. 8oz premium beefburger with layers of chorizo, smoked bacon and mature cheddar. Stacked with lettuce leaves, tomatoes, caramelised red onions and a side of Prego pickled slaw.

BUTTERMILK CRISPY CHICKEN £12.95

Juicy, flattened chicken steak, marinated in buttermilk and coated in crispy, spiced crumbs. Layered with tomato and lettuce leaves, house relish, Amarillo aioli and melted cheddar cheese. Served with a side of Prego pickle slaw.

POLLO ITALIANO £11.95

Flattened, tender chicken breast with melted mozzarella, and chorizo. Piled with tomatoes, lettuce leaves, house relish, caramelised red onions and mayo.

PREGO PLANT BURGER V V £10.95

The ultimate vegan burger with juicy vegan cheese and caramelised red onions. Nestled in layers of tomatoes and lettuce leaves with vegan mayo and a side of Prego pickled slaw.

MAC & CHEESE OVEN DISHES £11.95

Our Prego Mac & Cheese Signature plates are done al forno using our homemade cheese sauce and traditional macaroni. Served with rustic bread, all you need to do is pick your tasty topping. All can be done with gluten free pasta.

PULLED PORK WITH CRISPY ONIONS

CRISPY PAPRIKA CHICKEN

SMOKED PANCETTA

SHREDDED HOISIN DUCK WITH SPRING ONION

BROCCOLI AND CASHEW NUT CREAM* V V

*contains allergens

THE STEAK

All of our 28-day aged steaks come how you like them, seasoned and cooked to perfection with a juicy beef tomato and field mushroom on the side. As a general guide, Rare means bloody and red in the middle. Medium is reddy-pink with some blood. Well-done is pink in the middle with no blood.

CHOICE OF STEAK

100Z SIRLOIN £18

100Z RIB EYE £22

80Z PREMIUM FILLET £26

PICK YOUR SAUCE

DIANE SAUCE

PEPPERCORN SAUCE

GARLIC BUTTER SAUCE

UPGRADE TO SURF + TURF WITH TIGER PRAWNS +£6.95

THE CHICKEN

Succulent chicken breast, served French-trimmed on the bone, with seasonal vegetables and creamy mashed potatoes.

POLLO PEPE £13.95

Tender, seasoned chicken breast, cooked with shallots and served with a three-colour peppercorn sauce

POLLO CHORIZO GF £13.95

Plump chicken breast that comes in a tomato, garlic, pancetta and shallot sauce, seasoned with rosemary & olives and finished with fresh basil leaves.

POLLO DIANA £13.95

An absolute classic, our tenderised chicken breast is cooked with brandy, demi glaze, French mustard, shallots and juicy mushrooms.

THE SEAFOOD

Delicate seafood produce, infused with Italian flavours and traditional seasonings.

PAN-FRIED SEABASS GF £14.95

Perfectly-cooked seabass in a creamy sweetpea and pancetta sauce made with white wine and shallots, served with asparagus and oven-roasted potatoes.

COZZE £12.95

Mussels, simply steamed. Served with your choice of white wine, cream and garlic sauce OR spicy tomato and garlic sauce. Topped with fresh parsley and toasted bread.

KING PRAWN FRANCISCO £18.95

King prawns in brandy, garlic, mustard and shallots, served with sliced herb potatoes and seasonal vegetables.

BEER BATTERED COD & CHIPS £12.95

The traditional seaside favourite, alongside hand-cut chips, mushy peas and tartar sauce.

WHOLETAIL SCAMPI AND CHIPS £12.95

Whole-tail Whitby scampi with hand-cut chips, mushy peas and homemade tartar sauce.

THE FAJITAS GF

Cooked to order in our special mix of spices, onions & peppers. With guacamole, grated cheese, sour cream, jalapenos, roasted tomato salsa & soft wheat tortillas. All fajitas can be done gluten free.

CHICKEN BREAST STRIPS £13.95

MARINATED STEAK STRIPS £17.95

TIGER PRAWN £17.95

WILD & PORTOBELLO MUSHROOMS V V £12.95

THE BREADS V V GF

BREAD WITH OLIVES £4.95

GARLIC BREAD PIZZA £5.50

GARLIC BREAD WITH TOMATO PIZZA £5.50

GARLIC BREAD WITH MOZZARELLA PIZZA £6.50

Can be done with vegan cheese.

ALL GARLICE BREAD PIZZAS CAN BE DONE GLUTEN FREE

THE SIDES

ALL FRIES AND CHIPS CAN BE DONE GLUTEN FREE

CRISPY FRENCH FRIES £2.95

HAND-CUT CHIPS £3.50

CHUNKY ONION RINGS £2.95

SEASONAL VEGETABLES £2.95

SWEET POTATO FRIES £4.50

SIDE SALADS GF

PREGO ENSALADA V V £6.50

A veritable feast of salad with mixed leaves, sliced pink onions, sun-dried tomatoes, peppers and fresh avocado. Dressed with pumpkin seeds and lime vinaigrette. Add chicken for £3.

CAPRESE SALAD V £5.95

Simple Italian ingredients of buffalo mozzarella, juicy beef tomatoes and fresh basil leaves. Dressed with a basil-infused virgin olive oil.

TOMATO AND ONION SALAD WITH BASIL OIL V V £3.95

Sliced red onion and tomato salad, served with a basil-infused olive oil.

DESSERTS

All of our jaw-droppingly gorgeous sweet treats are served your choice of cream or ice cream.

PREGO HOMEMADE CHEESECAKE £4.95

A silky homemade cheesecake over a thin biscuit crust. Our Prego cheesecake changes daily, please check with our team to find out the cheesecake of the day.

ALL-BUTTER STICKY TOFFEE PUDDING £4.95

Homemade traditional sticky sponge, showered with a toffee sauce topping.

TRIPLE-LAYERED WARM CHOCOLATE FUDGE CAKE £4.95

Three sponge layers of chocolatey heaven, filled with chocolate ganache and warmed to oozy perfection.

PREGO PANCAKES £4.95

Stacks of fluffy American-style pancakes, layered with a berry puree or chocolate sauce and topped with whipped cream and fresh berries. Choice of toppings.

KNICKERBOCKER IN ALL ITS GLORY £4.95

Tower of mixed chocolate, strawberry and vanilla Italian gelatos. Crammed full of Fresh cream, berries and drizzled sauces. Choice of toppings.

HOMEMADE BROWNIE WITH CHOCOLATE SAUCE GF V £4.95

Home-made slab of brownie, served gooey and drowned in chocolate sauce and your choice of toppings. Please specify vegan version if required.

ONE FOR THE FURRY FRIENDS

ONLY AVAILABLE OUTSIDE

THE DOG'S DINNER £3.95

For all the furry food lovers. A little dish of tasty daily leftover meat and vegetables from our kitchen. Served with a bone treat garnish.

Allergens.

Due to the current nationwide challenges, we are using various suppliers for our ingredients and are currently working to update our allergen menu to reflect this. While we are reviewing this data we are sorry but we can not guarantee that any product is completely free from any allergen. Please let your server know if you have any allergens so that this can be checked with the chef, as not all ingredients may be listed on the menu. All dishes are prepared & cooked where allergen ingredients (e.g. nuts, flour etc.) are commonly used. We are sorry for any inconvenience or disappointment that this may cause; the handling of allergens and safety of guests is of the utmost importance to us.

HAPPY DAYS!

Why have an hour when you can bring happiness all day!

STARTER & MAIN FROM £12.95

STARTERS

Soup of the Day V Bruschetta Pomodori V V

Potato Skins V Paté

Black Pudding Rounds Sticky Barbecue Chicken wings

MAINS

PIZZA

Margherita V Spicy Pepperoni

Chicken Kev Salt and Pepper Chilli Pollo

The Pizza that Jack Built V V

PASTA

Tagliatelle Carbonara Rigatoni Pesto

Spaghetti Bolognese Tagliatelle Gorgonzola V

Lasagne

BURGERS

Prego Burger The Sergio Pollo Italiano

Buttermilk Crispy Chicken Burger

Prego Plant Burger V V

Upgrade to any Prego classic chicken dish for £3 Pollo Pepe, Pollo Chorizo, Pollo Diana.

ADD A SIDE

Sauce - £2.50 Onion Rings - £2.95

Hand-Cut Chips - £3.50 Side Salad - £2.50

Fries - £2.95

Seasonal Veg - £2.50

All chicken dishes are served with chips, salad or seasonal veg

OFFER RUNS MONDAY – THURSDAY 12PM – 8.30PM

EATEN SOMETHING TASTY?

Please give us a little review on Google or Facebook. It really makes a difference to a business like ours. Every review is entered into a monthly prize draw to win a free meal for two.

THANK YOU!

