

eco



ECO use its own unique combination of flours in the fermentation process of its pizza dough, to ensure that you receive a pizza that is full flavoured, light and easy to eat.

*In the sourdough making process, the minerals and nutrients concentrated in the bran are given time to be broken down. this means that almost 100% of the goodness in sourdough can be absorbed by the human body, compared with as little as 10% in many standard yeasted breads.*

### Pizza Bianco

Without tomato sauce.

### The Folded Pizza

It is both delicious and probably the largest sandwich in town. if you have not tried it yet then we recommend it.

### Salads

For those of you who consider a salad to be a leafy and unexciting thing then think again, the eco salad is packed full of juicy, exciting and highly nutritious ingredients. You will be full and delighted.

### Children

All of the menu is available to children, we leave that choice for you to decide what is appropriate. We will make smaller versions of any of our dishes at your request and at half the menu price.

*“remarkably fresh...there is no comparison between the soulless product of a large, long-established chain and the integrity of a family-run place like this, evident in every mouthful...it’s pizza as good as london has to offer” evening standard*

## ANTIPASTI – STARTER

<b>Mixed herb olives v</b>	1.90	
<b>Tomato &amp; basil bruschetta v</b> <i>Chopped tomatoes, fresh basil &amp; basil oil seved on sourdough.</i>	3.40	
<b>Avocado &amp; rocket panzanella v</b> <i>Chopped avocado, fresh chilli, tomato, rocket, coriander &amp; parmesan on baked sourdough.</i>	4.90	
<b>Tortellini sage &amp; butter v</b> <i>Spinach &amp; ricotta tortellini, tossed in butter, fresh sage &amp; parmesan</i>	4.90	
<b>Bagna</b> <i>Pesto, anchovy ceasar and spicy tomato dips, parmesan, balsamic vinegar &amp; olive oil. Served with bread</i>	4.90	
<b>Wild mushroom &amp; tarragon</b> <i>Warm wild mushrooms, fresh cream, white wine and tarragon sauce. Served on grilled bruschetta</i>	4.50	
<b>Spicy grilled aubergine &amp; coriander</b> <i>Grilled aubergine, green chilli, fresh coriander, puys lentils &amp; capers. Served on grilled bruschetta</i>	4.90	
<b>Pancetta &amp; poached egg bruschetta</b> <i>Poached egg, pancetta &amp; hollandaise sauce, served with baked sourdough bruschetta</i>	4.95	
<b>Caprese v</b> <i>Baby mozzarella, tomato, fresh basil &amp; olive oil</i>	4.95	
<b>Duck vermicelli</b> <i>Duck served with vermicelli pasta &amp; bisque sauce. Very tasty</i>	5.75	
<b>Asparagus, avocado &amp; pancetta</b> <i>Grilled asparagus wrapped with pancetta, avocado &amp; fresh herbs</i>	5.90	
<b>Beef Carpaccio</b> <i>Served with rocket, shaved parmesan, capers &amp; spring onions</i>		6.25
<b>Antipasti Carne</b> <i>Bresaola, parma ham &amp; selection of salami, parmesan, rocket &amp; fresh herbs</i>		6.25
<b>Crabmeat &amp; avocado</b> <i>Blended crabmeat, capers, gherkins &amp; avocado</i>		5.90
<b>Calamare risotto</b> <i>Made with a white wine bisque sauce, topped with grilled squid</i>		6.25
<b>Artichoke &amp; Buffalo mozzarella</b> <i>Asparagus, artichoke, buffalo mozzarella, beef tomato, fresh basil &amp; olive oil</i>		6.50
<b>Parma ham &amp; figs</b> <i>Parma ham, buffalo mozzarella, figs &amp; fresh dill</i>		6.50
<b>Grilled King prawns</b> <i>King prawns served with rocket leaves, spicy dressing &amp; garlic</i>		6.90
<b>Mussels – starter or main</b> <i>½ kg or 1 kg of fresh mussels served with your choice of cream, chili or tomato sauce</i>		6.50/12.50
<b>BREAD</b>		
<b>Garlic bread</b> <i>Our classic pizza bread, olive oil, touch of tomato, oregano &amp; fresh garlic</i>		3.50
<b>Mushroom bread</b>		3.90
<b>Melted cheese bread</b> <i>Mozzarella, dolcelatte, parmesan, garlic &amp; olive oil</i>		3.90
<b>Bread basket selection</b> <i>Home made breads, infused olive oil &amp; balsamic vinegar</i>		2.50

## PASTA & RISOTTO

We offer a choice of penne or spaghetti with the following sauces

**Basil & tomato sauce v** 4.20/5.90

*Tomato, garlic, fresh basil & olive oil*

**Tricolore v** 4.70/7.50

*Buffalo mozzarella, chili red pesto, green basil pesto & chervil*

**Spaghetti Bolognese** 4.95/7.95

*Beef, rich tomato sauce, red wine, fennel, garlic & fresh herbs*

**Spicy chicken & zucchini** 8.50

*Chili, chicken and zucchini, cooked in red wine & tomato sauce, served with basil oil*

**Lasagne** 8.50

*Beef, tomato, cream & parmesan sauce with fresh dill & basil oil*

**Tortellini & basil pesto v** 8.50

*Tortellini filled with ricotta & spinach, basil pesto, olive oil & parmesan*

**Wild mushroom & pancetta** 8.90

*Cep porcini mushroom & pancetta served with creamy white wine sauce & truffle oil*

**Smoked salmon, prawns & dill** 8.50

*Smoked salmon, prawns, dill, cream & white wine sauce, capers & spring onion*

**Seafood** 9.90

*Scallops, squid, cuttlefish, octopus, monkfish & swordfish, cooked in white wine & garlic*

**Wild mushroom risotto** 8.90

*Porcini mushrooms, white wine, truffel oil & parmesan & shallots*

**Crabmeat & squid risotto** 8.90

*Crabmeat, squid, capers, olives white wine & parmesan*

## PIZZA 12"

**Pizza pomodoro v** 4.75

*Tomato, capers, fresh basil, basil oil & oregano*

**Margherita v** 5.90

*Mozzarella, fresh basil, tomato sauce*

**Ham** 7.50

*Ham, mozzarella, tomato sauce, garlic & olive oil*

**Funghi v** 7.50

*Mushrooms, mozzarella, tomato sauce, garlic & olive oil*

**American hot** 7.75

*Spicy salami (pepperoni), mozzarella, tomato sauce, garlic & olive oil*

**Napoletana** 7.95

*Mozzarella, anchovies, capers, olives, tomato sauce, garlic & olive oil*

**Tonno** 7.95

*Tuna, capers, olives, onions, mozzarella, French beans, tomato sauce, garlic, olive oil & fresh dill*

**Basilico di bufala** 8.50

*Mozzarella di bufala, fresh basil, tomato sauce, garlic & olive oil*

**Capricciosa** 8.50

*Ham, anchovies, egg, capers, olives, mozzarella tomato, sauce, garlic & olive oil*

**Quattro stagioni** 8.50

*Artichoke, ham, mushrooms, olives, anchovies, mozzarella, tomato sauce, garlic & olive oil*

**Amore v** 8.50

*Roasted red pepper, green beans, artichoke, red onions, aubergine, mozzarella, tomato sauce, garlic & olive oil*

**Quattro formaggi v** 8.50

*Fontina, dolcelatte, bel paese, mozzarella, tomato sauce, garlic & olive oil*

**Aubergine & sun-dried tomato v** 8.50

*Aubergines, sun-dried tomato, red pepper, olives, mozzarella, tomato sauce, garlic & olive oil*

**La dolce vita v** 8.90

*Rocket, mushroom, dolcelatte, mozzarella, tomato sauce, garlic & olive oil*

**Spicy chicken** 8.90

*Chicken, spicy chili sauce, zucchini, onion, mozzarella, tomato sauce & oregano*

**Piccante** 8.95

*Spicy salami Napoli, chorizo, pepperoni, mozzarella, tomato sauce & garlic oil*

**Porcini & truffle oil** 9.25

*Porcini, fontina, white wine, truffle oil, mozzarella, tomato, garlic & olive oil*

**Goats cheese & chive v** 9.25

*Goat's cheese, fresh tomato, chervil, mozzarella, chives, tomato sauce, garlic & olive oil*

**Fiorentina v** 9.90

*Spinach, egg, onion, olives, red peppers, mozzarella, tomato sauce, garlic & olive oil*

**Parma** 9.90

*Parma ham, fresh tomato, olives, mozzarella, tomato sauce, garlic, olive oil, & fresh herbs*

**Bresaola & rocket** 9.90

*Bresaola (cured beef), parmesan, rocket, mozzarella, tomato sauce, garlic & olive oil*

**Smoked salmon & spinach** 8.90

*Smoked salmon, spinach, capers, mozzarella, tomato sauce, garlic & olive oil*

**Marinara** 9.90

*King prawns, cuttlefish, mussels, squid, monkfish, swordfish, white wine, mozzarella, lobster bisque sauce & fresh herbs*

## PIZZA BIANCA

**Goat's cheese & fresh tomato v** 8.90

*Goat's cheese, fresh tomato, fresh dill, coriander, mozzarella, cream, garlic & olive oil*

**Milano rucola** 8.25

*Milano salami, fiore di latte mozzarella, olives, cream, rocket, fresh dill & herbs*

**Smoked salmon & sour cream** 8.90

*Smoked salmon, sour cream, mozzarella, capers, dill & chives*

## FRESH FOLDED PIZZA

baked pizza base folded & filled with the following fresh ingredients

**Mozzarella & avocado v** 7.90

*Baby mozzarella, avocado, tomato, rocket, fresh basil & homemade dressing*

**Parma ham & buffalo mozzarella** 8.90

*Parma ham, buffalo mozzarella, avocado, fresh herb salad balsamic & olive oil*

**Grilled chicken & ham** 8.90

*Parma ham, buffalo mozzarella, avocado, fresh herb salad balsamic & olive oil*

## CALZONE

**Tradizionale** 8.75

*Ham, artichoke, mushroom, mozzarella, garlic & olive oil*

**Chicken & green chili** 8.75

*Chicken, green chili, roasted red pepper, mozzarella & garlic oil*

**Goat's cheese & zucchini v** 8.90

*Goat's cheese, zucchini, mushrooms, red pepper, sweet corn mozzarella & olive oil*

**Aubergine & roasted red pepper v** 8.90

*Aubergine, roasted red peppers, mushrooms, dolcelatte, mozzarella & fresh herbs*

## OVEN BAKED & GRILLED

**Melanzane al forno v** 7.90

*Oven baked aubergine & tomato sauce, mozzarella, red pepper, garlic & olive oil. served with bread*

**Goat's cheese & grilled vegetable platter v** 10.50

*Goat's cheese, zucchini, aubergine, red pepper, fennel, artichoke, asparagus & puy lentils*

**Chicken piziola** 10.90

*Grilled chicken served with tomato, capers, olives & mashed potato*

**Buffalo chicken & parma ham** 11.90

*Grilled chicken, buffalo mozzarella, parma ham served with spaghetti & rocket*

**Grilled prawns & chicken** 13.90

*Prawns wrapped with pancetta, grilled chicken, served with spaghetti or mustard seed mash*

**Grilled Sirloin steak 10oz** 14.90

*Tender grilled steak served with spinach & new potatoes or mash*

**Steak & wild mushroom** 14.90

*Grilled steak, wild mushroom, truffle oil, white wine & sage sauce, served with spaghetti or mashed or roasted potatoes*

**Grilled duck** 14.90

*Duck breast glazed with orange & plum sauce, served with porcini risotto*

**Frutti di mare** 14.50

*Prawns, cuttlefish, mussels, squid, monkfish, swordfish, white wine, bisque sauce. Served with mashed potato*

## MAIN COURSE SALADS

**Avocado & sun-dried tomato v** 7.90

*Avocado, sun-dried tomatoes, red onion, tomato, salad leaves & balsamic vinegar*

**Tricolore v** 8.25

*Baby mozzarella, beef tomato, avocado, olives & fresh basil*

**Nicoise salad** 8.90

*Tuna, egg, new potatoes, french beans, anchovies, capers & salad leaves*

**Spicy chicken & puy lentils** 9.50

*Grilled chicken breast, spicy red chilli sauce, lentils & herb salad*

**Insalata vegetariana v** 9.50

*Roasted vegetables, artichoke, avocado, grilled asparagus, salad leaves & balsamic dressing*

**Chicken cesari** 9.90

*Grilled chicken breast, pancetta, romaine lettuce, croutons, anchovy sauce, capers, shaved parmesan*

**Asparagus & poached egg salad** 10.50

*Buffalo mozzarella, parma ham, poached egg, asparagus & pancetta, served with bruschetta & salad leaves*

**Honey duck & polenta** 11.90

*Roasted duck, polenta, juicy prunes, served with spinach leaf salad & honey dressing*

**Crabmeat & smoked salmon** 13.50

*Crabmeat, smoked salmon, avocado, salad leaves, fresh herbs & capers*

**Antipasto misto** 14.95

*Selection of salami & cheese, parma ham, grilled chicken, crabmeat, artichoke & avocado. Served with gilled bruschetta*

## SIDE SALADS

Mixed salad v	2.20/3.90
Green salad v	2.20/3.90
Tomato, onion & olive salad & capers v	3.90
Rocket & parmesan	4.90
Rocket & tomato salad v	4.25

## DESSERTS

Tiramisu'	4.50
Raspberry Panna cotta	4.25
Baked vanilla cheesecake, with fresh fruit	4.25
Carrot Cake	4.25

## BEVERAGES

Cappuccino, cafe latte, mocha or hot chocolate	1.90
Espresso or macchiato	1.50
Double espresso	1.90
Pot of tea (blended, earl gray, herbal or fruit)	1.80
Cranberry juice, apple juice or freshly squeezed orange juice	2.70
Coke, diet coke, orange or sprite	1.95
Mineral water, still or sparkling (500ml / 750ml)	2.10/2.95

## did you know?

eco are now open for breakfast saturday's,  
sunday's and bank holidays from 9am to  
12pm.

you can book this space – eco host a whole  
range of breakfast meetings from 7am  
monday to friday.

eco teach kids how to make pizza. bookings  
welcome, please ask for more info.

v suitable for vegetarians. Please note: our olives have stones  
in, and we use nuts in several dishes, so cannot guarantee any  
product is nut-free. We do not knowingly use any genetically  
modified products. Tables are usually offered to customers at 1  
1/2 hour intervals; if you plan to stay longer, please arrange this  
with the Restaurant Manager when booking. service is not  
included, but a discretionary service charge of 12.5% will be  
made for groups of 6 or more. We accept all major credit cards.

