



# eco

1993 prices  
menu





## **Antipasti** starters

- |   |       |
|---|-------|
| <b>1. Mozzarella e Pomodoro (Caprese)</b>   | £4.25 |
| Mozzarella cheese, beef tomato, home-made dressing & herbs                                    |       |
| <b>2. Roasted Pepper &amp; Mozzarella</b>   | £4.50 |
| Roasted, marinated red pepper, beef tomato, mozzarella, anchovies, home-made dressing & herbs |       |
| <b>3. Avocado Crab</b>  | £3.30 |
| Avocado stuffed with crabmeat, capers, prawns, anchovies and covered in hollandaise sauce     |       |
| <b>4. Rocket Salad</b>  | £4.50 |
| Rocket, parmesan cheese & black olives  |       |
| <b>5. Insalata di Mare</b>  | £4.90 |
| Marinated seafood, home-made dressing, salad & herbs  |       |
| <b>6. Dish of Olives</b>  | £1.30 |



## **Bread** freshly baked pizza bread

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|---|-------|
| <b>7. Garlic Bread</b>  | £1.90 |
| Olive oil & garlic  |       |
| <b>8. Melted Cheese Bread</b>   | £2.80 |
| Mozzarella, dolcelatte, oregano, olive oil & garlic                   |       |
| <b>9. Mushroom Bread</b>  | £3.40 |
| Mushrooms, mozzarella, dolcelatte, onion, oregano, olive oil & garlic |       |
| <b>10. Bread Basket</b>   | £3.50 |
| Home-made sourdough   |       |



## **Al Forno** oven-baked dishes

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|---|-------|
| <b>11. Oyster Mussels</b>   | £4.90 |
| Green-lip mussels, tomato sauce, mushrooms, dolcelatte, parmesan, garlic, olive oil |       |
| <b>12. Baked Garlic Prawns</b>  | £3.90 |
| Shell-on prawns, garlic, chilli & olive oil   |       |
| <b>13. Fiorentina</b>   | £4.20 |
| Egg, spinach, tomato sauce, garlic, ricotta, parmesan & mozzarella                  |       |
| <b>14. Melanzane al Forno</b>   | £3.90 |
| Aubergine, mushroom, tomato sauce, mozzarella, parmesan & herbs                     |       |



## **Focaccia** pizza bread sandwiches, fillings include salad & home-made dressing

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|---|-------|
| <b>15. Mozzarella &amp; Avocado</b>                               | £5.20 |
| Mozzarella, avocado, tomato & oregano                             |       |
| <b>16. Salami &amp; Emmental</b>                                  | £5.20 |
| Milano salami, emmental cheese & oregano                          |       |
| <b>17. Roasted Pepper &amp; Aubergine</b>                         | £5.50 |
| Roasted red pepper, artichoke, aubergine & oregano                |       |
| <b>18. Parma Ham &amp; Avocado</b>                                | £5.90 |
| Parma ham, avocado, onion & oregano                               |       |
| <b>19. Chicken Pesto</b>  | £5.90 |
| Chicken mixed in home-made pesto mayonnaise & roasted pepper      |       |
| <b>20. Avocado &amp; Parmesan Open Focaccia</b>                   | £5.90 |
| Parmesan cheese, avocado, melted mozzarella, tomato sauce & herbs |       |



**Pizzas**  
traditional 12"

21. *Margherita* £4.50  
Tomato sauce, mozzarella, fresh basil, olive oil, garlic & herbs
22. *Napoletana* £5.30  
Mozzarella, anchovies, capers, olives, tomato sauce, olive oil, garlic & herbs
23. *Ham & Mushrooms* £4.70  
Ham, mushrooms, tomato sauce, mozzarella, olive oil, garlic & herbs
24. *Spicy Piccante* £4.90  
Ventricina, chorizo, chilli sauce and nduja
25. *American Hot* £4.80  
Spicy salami (pepperoni), tomato sauce, mozzarella, olive oil, garlic & herbs
26. *Capricciosa* £6.20  
Ham, anchovies, egg, capers, olives, tomato sauce, mozzarella, olive oil & garlic
27. *Quattro Stagioni (4 seasons)* £6.20  
Artichoke, ham, mushroom, olive, anchovies, tomato sauce, mozzarella, olive oil, garlic & herbs
28. *Quattro Formaggi (4 cheeses)* £6.50  
Smoked mozzarella, brie, dolcelatte, mozzarella, tomato sauce, olive oil & garlic
29. *Parma* £6.90  
Parma ham, fresh tomato, olives, tomato sauce, mozzarella, olive oil, garlic & herbs
30. *Chilli Chicken* £6.90  
Blended with mayo, red and green pesto & chillis
31. *Goat's Cheese, Pesto & Rocket* £5.80  
With cherry tomato and fresh coriander
32. *Fiorentina* £5.50  
Spinach, egg, onion, olives, tomato sauce, mozzarella, olive oil, garlic & herbs
33. *Aubergine & Sun-dried Tomato* £5.80  
Aubergine, sun-dried tomatoes, red pepper, olives, tomato sauce, mozzarella, olive oil, garlic & herbs
34. *La Dolce Vita* £6.20  
Rocket, mushrooms, dolcelatte, mozzarella, tomato sauce, olive oil, garlic & herbs
35. *Tonno* £5.90  
Tuna, onion, red pepper, French beans, olives, capers, tomato sauce, mozzarella, olive oil & herbs
36. *Smoked Salmon & Spinach* £6.90  
Smoked salmon, spinach, capers, olives, ricotta, tomato sauce, olive oil, garlic & herbs
37. *Frutti di Mare* £7.50  
Seafood, mushrooms, tomato sauce, mozzarella, olive oil, garlic & herbs



**Calzone**  
folded pizza with  
home-made tomato sauce

38. *Tradizionale* £6.20  
Ham, artichoke, mushrooms, mozzarella, olive oil, garlic & herbs
39. *Ricotta Spinach* £6.20  
Ricotta, spinach, mushrooms, mozzarella, olive oil, garlic & herbs
40. *Roasted Red Pepper & Aubergine* £6.20  
Roasted red pepper, aubergine, French beans, artichoke, onion, dolcelatte, mozzarella, olive oil, garlic & herbs
41. *Vegetariana* £6.20  
Mushrooms, spinach, red pepper, onion, sweetcorn, mozzarella, olive oil & garlic



## Salads

served with  
home-made dressing

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|---|-------|
| <b>42. Burrata Tricolore</b>  | £5.40 |
| Mozzarella, beef tomato, avocado, olives & herbs  |       |
| <b>43. Avocado &amp; Sun-Dried Tomato Salad</b>   | £5.90 |
| Avocado, red pepper, sun-dried tomatoes, red onion, celery, tomato, salad leaves & herbs                      |       |
| <b>44. Insalata Vegetariana</b>   | £6.20 |
| Artichoke, aubergine, roasted red peppers, avocado, red onion, olives, tomato & salad leaves                  |       |
| <b>45. Niçoise Salad</b>  | £5.90 |
| Tuna, egg, artichoke, French beans, anchovies, olives, tomato, onion & salad                                  |       |
| <b>46. Insalata di Parma</b>  | £6.90 |
| Parma ham, anchovies, onion, olives, beef tomato & salad leaves   |       |
| <b>47. Antipasto Galleria</b>   | £7.20 |
| Salami, parma ham, chorizo, coppa, artichoke, tomato, mozzarella, brie, dolcelatte & smoked mozzarella        |       |
| <b>48. Ocean Dream</b>  | £7.20 |
| Smoked salmon, octopus, squid, prawns, mussels, crab, artichoke & salad                                       |       |
| <b>49. Chicken Caesar</b>   | £7.20 |
| Pancetta, anchovies, grilled chicken, romaine lettuce, parmesan, baked croutons & a home-made Caesar dressing |       |



## Side Salads

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|--|-------|
| <b>Mixed Salad</b>                     | £2.90 |
| <b>Green Salad</b>                     | £2.90 |
| <b>Tomato, Onion &amp; Olive Salad</b> | £2.90 |



## Desserts

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|---|-------|
| <b>Pecan Pie</b>  | £3.20 |
| Caramelised pecans in sweet pastry                          |       |
| <b>Tiramisu</b>   | £3.50 |
| Mascarpone, chocolate, coffee, Savoyardi biscuits & Marsala |       |
| <b>Profiteroles</b>   | £3.20 |
| Choux buns with crème pâtissière & chocolate sauce          |       |



## Beverages

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|---|-------|
| <b>Cappuccino</b>                                       | £1.20 |
| <b>Espresso</b>   | £0.90 |
| <b>Double Espresso</b>                                  | £1.30 |
| <b>Caffe Latte</b>                                      | £1.20 |
| <b>Hot Chocolate</b>                                    | £1.20 |
| <b>Pot of Tea</b> (blended, Earl Grey, herbal or fruit) | £1.10 |
| <b>Freshly-squeezed Orange Juice</b>                    | £1.70 |
| <b>Orangina</b>   | £1.20 |
| <b>Coke or Diet Coke</b>                                | £1.10 |
| <b>Mineral Water, still or sparkling (0.5ltr)</b>       | £1.80 |

Please note: our olives have stones in and we use nuts in several dishes so cannot guarantee any product is nut free. Please notify our server of any allergies.

Tables are usually offered to customers at 1½ hour intervals, if you plan to stay longer please let us know when you make the initial booking.  
A discretionary service charge of 12.5% will be added to your bill.

Open Monday to Thursday 12pm to 11pm; Friday 12pm to 11pm; Saturday 9am to 11pm; Sunday 9am to 10.30pm.

Tel: 0207 978 1108 [www.ecorestaurants.com](http://www.ecorestaurants.com)