

THE PROSPECT



ITALIAN BISTRO

**FOOD ALLERGY WARNING OUR FOOD MAY  
CONTAIN: DAIRY, EGG, WHEAT, SOYBEAN, NUT,  
FISH AND SHELLFISH PRODUCTS.**

BEFORE ORDERING YOU SHOULD ALWAYS ADVISE YOUR  
SERVER OF ANY SPECIFIC DIETARY REQUIREMENTS, INCLUDING  
INTOLERANCE AND ALLERGIES. WHEREVER POSSIBLE,  
OUR TRAINED STAFF WILL ADVISE YOU ON A POTENTIAL  
ALTERNATIVE DISH. HOWEVER, WHILE WE TAKE ALLERGIES  
VERY SERIOUSLY AND WILL DO OUR BEST TO REDUCE THE RISK  
OF CROSS-CONTAMINATION, WE CAN'T GUARANTEE THAT ANY  
OF OUR DISHES ARE FREE FROM ALLERGENS, AND THEREFORE,  
CANNOT ACCEPT ANY LIABILITY IN THIS RESPECT. GUESTS WITH  
SEVERE ALLERGIES ARE ADVISED TO ASSESS THEIR OWN LEVEL  
OF RISK AND CONSUME DISHES AT THEIR OWN RISK.

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FOOD MENU



## BREADS Gluten Free Available 🍷 Extra £2.50 on Pizza Base

MARINATED OLIVES 🌱🍷🍷	£5.50
10" GARLIC BREAD 🌱🍷🍷	£4.50
10" GARLIC BREAD CHEESE 🍷	£5.60
10" GARLIC BREAD TOMATO 🌱🍷	£5.60
10" GARLIC BREAD CHEESE & TOMATO 🌱🍷	£6.00
10" GARLIC BREAD HALF & HALF	£6.25
Half cheese half tomato	

## STARTERS

SOUP OF THE DAY 🌱🍷	£4.95
Our soup varies every day. Please ask for details	
BRUSCHETTA AL POMODORO 🍷🍷	£5.95
Italian bread, topped with garlic marinated tomatoes, onions, fresh basil, rocket and Parmesan flakes	
Add halloumi cheese	£1.00
GARLIC MUSHROOM 🍷	£5.95
Italian bread topped with garlic marinated mushrooms and Parmesan shavings	
MOZZARELLA FRITTA 🍷	£6.00
Deep fried mozzarella sticks coated in breadcrumbs with tomato salsa	
COZZE ALLA MARINARA OR VINO BIANCO 🍷	£7.95
Mussels with tomatoes, chilli and white wine or with cream, garlic and white wine	
GAMBERONI AGLIO OR PICCANTI 🍷	£9.95
King prawns with garlic, white wine and butter or with red wine, fresh chilli, tomato and garlic served with rice	
SALT & PEPPER SQUID	£6.95
Deep fried squid served with tartare sauce	
POLPETTE DELLA CASA	£6.95
Meatballs with garlic and Parmesan in a rich tomato sauce covered in Parmesan flakes	
CHORIZO SKEWER	£8.95
Tiger prawn, chorizo and halloumi skewers served in sweet chilli sauce	
INSALATA TRICOLORE 🍷🍷	£6.95
Buffalo mozzarella, fresh basil and vine tomatoes drizzled with basil pesto	
PATE DELLA CASA 🍷🍷	£7.95
Chef's chicken liver pate served with Italian toast	
POTATO SKINS 🌱🍷🍷🍷	£4.50
Crispy potato skins with fresh Garlic Mayo, BBQ sauce or Ketchup	
GIGANTES 🍷	£5.95
Greek giant beans with chorizo and feta, served with pitta bread	
GREEK BRUSCHETTA	£5.50
Greek paximadi bread, topped with tirokafteri, chopped tomatoes, onions, olives, oregano and black sesame seeds.	

### STEAK NIGHT

2 x 10 OZ Sirloin Steaks  
2 Sides - a choice of either Chips, Fries or Vegetables  
2 Selected Desserts - Steak Night Specials  
A Bottle of House Wine - Red, White or Rose

Every Thursday  
Only £35.00

## PASTA Gluten Free Available 🍷

PENNE ARRABBIATA 🌱🍷🍷🍷	£7.95
Tomato sauce, onions, garlic and chilli	
SPAGHETTI BOLOGNESE	£10.50
Prime mince beef in a tomato and herb sauce	
TUSCAN GNOCCHI 🌱🍷	£10.50
Soft, tender pillows of gnocchi pasta with sun dried tomatoes, garlic, spinach and parmesan cheese in a cream sauce.	
CREAMY CAJUN CHICKEN PASTA 🍷🍷	£10.95
Chorizo sausage, Cajun chicken, chilli, mushrooms, onions, cream and tomato sauce	
LASAGNE AL FORNO 🍷	£12.45
Meat lasagna with tomato, bechamel and Bolognese sauce	
GNOCCHI ALLA ROMANA	£10.95
Gnocchi with pancetta and Italian blue cheese sauce	
SPAGHETTI POLPETTE	£12.00
Spaghetti served with beef meatballs sauce, roasted peppers and onions	
SPAGHETTI AMATRICIANA 🍷🍷	£10.50
Bacon, garlic, onions and chilli tomato sauce	
PENNE TRICOLORE 🌱🍷🍷🍷	£9.50
Sundried tomatoes, garlic, spinach and onions in a rich Napoli sauce	
PASTA AL FORNO 🌱🍷	£13.00
Penne pasta baked with chicken, broccoli, cherry tomatoes and garlic in a creamy white sauce and topped with lots of mozzarella cheese.	
LINGUINE AL SALMONE 🍷🍷	£13.50
Smoked salmon, asparagus, cream in a white wine sauce	
CARBONARA 🍷🍷	£10.95
Bacon, egg, parmesan cheese, garlic and cream sauce. Served with Tagliatelle, Penne or Spaghetti pasta	
LOBSTER RAVIOLI	£14.95
Mediterranean lobster ravioli with tiger prawns and onions in vodka tomato cream sauce	
RISOTTO FUNGHI 🌱🍷🍷	£9.95
Mushroom risotto with onions, garlic, parmesan and cream	
CHICKEN AND PANCETTA RISOTTO 🍷	£11.95
Chicken and pancetta risotto, served in onions, garlic, cream and parmesan cheese	
LINGUINE AI FRUTTI DI MARE (Chef's Special) 🍷	£14.45
Seafood pasta, cooked in a rich tomato and cream sauce, with fresh mussels and tiger prawns	

## SALADS & SIDES

FRENCH FRIES OR CHIPS	£3.50
SWEET POTATO FRIES	£3.50
SEASONAL VEGETABLES	£3.50
FRESH CRISPY MIXED SALAD	£3.50
TOMATO AND ONION SALAD	£3.50
ROCKET AND PARMESAN SALAD WITH BALSAMIC	£3.50
CHICKEN CAESAR SALAD	£8.95
Chicken, lettuce, cherry tomatoes, croutons and parmesan shavings in a Caesar dressing	
GREEK SALAD 🌱	£7.90
Mixed leaves, tomato, cucumber, peppers, onion, greens, olives & feta cheese	

## PIZZAS Gluten Free Available 🍷

MARGHERITA PIZZA 🍷🍷	£9.95
Classic option: tomato and mozzarella	
PIZZA MONUMENT 🍷🍷	£12.95
Tomato, Mozzarella, Italian Sausage, Goat Cheese and Peppers	
PEPPERONI 🍷🍷	£10.50
Tomato, mozzarella, pepperoni	
HAWAIIAN PIZZA 🍷🍷	£10.50
Tomato, mozzarella, ham & pineapple	
DIAVOLA 🍷🍷	£11.50
Tomato, mozzarella, chorizo, spicy chicken and fresh chilli	
AMERICANA	£11.50
Tomato, mozzarella, meatballs, fresh Italian piccante sausage and roasted peppers	
PIZZA MAFIOSA SPECIAL 🍷	£12.95
Tomato, mozzarella cheese, fresh chilli, Cajun chicken, chorizo sausage and diced bacon	
CALZONE	£12.50
Tomato, mozzarella, ham and mushroom	
VEGETARIAN PIZZA 🌱🍷🍷	£9.50
Mushrooms, jalapenos, red onion, roasted red peppers, garlic, tomato and mozzarella	
KIEV PIZZA 🍷🍷	£11.50
Garlic, roasted chicken, tomato and mozzarella	
GREEK PIZZA 🌱🍷🍷	£11.50
Tomato, Mozzarella, Feta Cheese, Basil, Black Olives, Sun-dried Tomato and Peppers	
PIZZA DELLA CASA 🍷	£13.95
Tomato, mozzarella, pepperoni, chicken, Italian sausage and beef cuts	
CAPRINO 🌱🍷	£11.50
Goats cheese, caramelised onions and rocket	

## FISH

FISH & CHIPS 🍷	£11.95
Beer-battered cod fish, with your choice of peas or mushy peas served with chips and tartare sauce.	
Served till 18:00	
BREADED SCAMPI 🍷	£10.95
Served with chips, peas and tartare sauce. Served till 18.00	
TRIO OF FISH 🍷	£17.95
Pan-fried salmon, sea bass and king prawns with brandy garlic butter sauce served with vegetables or chips	
COZZE ALLA MARINARA/ VINO BIANCO 🍷	£15.95
Mussels with tomatoes, chilli and white wine or with cream, garlic and white wine	
GAMBERONI AGLIO OR PICCANTI 🍷	£17.95
King prawns with garlic, white wine and butter or in red wine, fresh chilli, tomato and garlic served with rice	

### HAPPY HOUR

MONDAY - FRIDAY From 12 noon - 6:30  
SATURDAY From 12 noon - 3:00

1 COURSE £9.95 | 2 COURSE £16.95  
3 COURSE £19.95

Any combination between Starters, Mains & Desserts with this symbol 🍷

## CARNE

MIXED SIZZLING 🍷	£14.95
Marinated selection of chicken, beef, sausage, and crispy black pudding served with onions, peppers and tomato	
STEAK GAMMON 🍷🍷	£12.95
Classic gammon steak with double eggs & chips	
SIRLOIN STEAK 🍷	£21.00
Grilled 10oz steak with battered onion rings, grilled tomatoes and mushrooms. Sauces available: Peppercorn, Diane, Dolcelatte or Garlic butter for £2.00	
BEEF, CHICKEN OR VEGAN STROGANOFF 🍷	£14.50
Cooked with mushrooms, onions, paprika, demi-glace and finished with brandy and cream. Served with rice.	
(Vegetarian/Vegan - mushrooms, cooked with coconut milk, garlic, thyme, French mustard and paprika. Served with rice)	
LAMB SHANK KLEFTIKO	£19.95
A juicy and tender, melt-in-the-mouth lamb kleftiko served with potatoes in a delicious white wine sauce.	
MIXED GRILL	£22.95
Marinated selection of chicken, slice of beef, greek sausage, pork souvlaki, greek bifteki (burger) and pitta bread served with greek salad, chips and 2 dips tirokafteri (spicy Greek feta) tzatziki.	
PORK MEDALLIONS 🍷	£16.50
Pork medallions in a blue cheese sauce. Served with mashed potato	

## CHICKEN

PROSPECT CHICKEN 🍷	£17.95
Chicken breast wrapped in parma ham, served with tomato, rosemary and garlic sauce. A choice of chips or vegetables	
CHICKEN LEMONATO 🍷	£15.95
Chicken breast & onions in a lemon butter sauce. Served with Mediterranean Oven Baked Potatoes & Vegetables	
POLLO NERO 🍷	£15.95
Chicken breast strips with black pudding, mushrooms and creamy garlic sauce. Served with chips or vegetables	
CHICKEN/PORK OR GREEK SAUSAGE SOUVLAKI 🍷	£15.95
Marinated in olive oil, lemon juice, oregano, salt and pepper. This dish is served with pitta bread, a tzatziki dip, chips and a small Greek salad.	
POLLO PANCETTA 🍷	£16.50
Chicken breast with pancetta, leeks, garlic & creamy sauce. Served with chips or vegetables.	
FILLET CHICKEN BREAST 🍷	£15.00
Served with choice of Peppercorn, Diane or Creamy Mushroom Garlic sauce, served with chips or vegetables	
CHICKEN VALDOSTANA	£15.50
Shallow-fried chicken breast, flattened and coated in golden breadcrumbs, topped with tomato sauce, asparagus and grated cheese. Served with chips or vegetables.	
POLLO CREMA 🍷	£16.00
Chicken strips in a creamy sauce with tiger prawns, mushrooms, in white wine and brandy sauce. Served with chips or vegetables.	

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