

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 DIARY 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.

THE PROSPECT



ITALIAN BISTRO

FOOD MENU





## BREADS

<b>MARINATED OLIVES</b>	£5.50
<b>10" GARLIC BREAD</b>	£4.50
<b>10" GARLIC BREAD CHEESE</b>	£5.25
<b>10" GARLIC BREAD TOMATO</b>	£5.25
<b>10" GARLIC BREAD CHEESE &amp; TOMATO</b>	£5.95
<b>10" GARLIC BREAD HALF &amp; HALF</b>	£5.25

Half cheese half tomato

## STARTERS

<b>SOUP OF THE DAY</b>	£4.95
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Our soup varies every day. Please ask for details

<b>BRUSCHETTA AL POMODORO</b>	£4.95
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Italian bread, topped with garlic marinated tomatoes, onions, fresh basil, rocket and Parmesan flakes

<b>Add halloumi cheese</b>	£1.00
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<b>GARLIC MUSHROOM</b>	£5.95
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Italian bread topped with garlic marinated mushrooms and Parmesan shavings

<b>MOZZARELLA FRITTA</b>	£5.25
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Deep fried mozzarella sticks coated in breadcrumbs with tomato salsa

<b>COZZE ALLA MARINARA OR VINO BIANCO</b>	£6.95
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Mussels with tomatoes, chili and white wine or with cream, garlic and white wine

<b>GAMBERONI AGLIO OR PICCANTI</b>	£7.95
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King prawns with garlic, white wine and butter or with red wine, fresh chili, tomato and garlic served with rice

<b>SALT &amp; PEPPER SQUID</b>	£6.95
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Deep fried squid served with tartare sauce

<b>POLPETTE DELLA CASA</b>	£6.25
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Meatballs with garlic and Parmesan in a rich tomato sauce covered in Parmesan flakes

<b>CHORIZO SKEWER</b>	£6.95
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Tiger prawn, chorizo and halloumi skewers served in sweet chili sauce

<b>INSALATA TRICOLORE</b>	£5.95
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Buffalo mozzarella, fresh basil and vine tomatoes drizzled with basil pesto

<b>PATE DELLA CASA</b>	£6.95
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Chef's chicken liver pate served with Italian toast

<b>POTATO SKINS</b>	£4.50
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Crispy potato skins with fresh garlic mayo or BBQ sauce

<b>GIGANTES</b>	£5.95
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Greek giant beans with chorizo and feta, served with pitta bread

<b>GREEK BRUSCHETTA</b>	£4.50
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Greek paximadi bread, topped with tyrokafteri, chopped tomatoes, onions, olives, oregano and black sesame seeds.

### STEAK NIGHT

2 x 10 OZ Sirloin Steaks  
2 Sides - a choice of either Chips or Fries or Vegetables  
2 Desserts - Steak Night Specials  
A Bottle of House Wine - Red or White or Rose  
**Every Thursday**  
**Only £35.00**

## PASTA Gluten Free Available

<b>PENNE ARRABBIATA</b>	£7.50
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Tomato sauce, onions, garlic and chilies

<b>SPAGHETTI BOLOGNESE</b>	£9.50
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Prime mince beef in a tomato and herb sauce

<b>TUSCAN GNOCCHI</b>	£9.50
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Soft, tender pillows of gnocchi pasta with sun dried tomatoes, garlic, spinach and parmesan cheese in a cream sauce.

<b>CREAMY CAJUN CHICKEN PASTA</b>	£9.95
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Chorizo sausage, Cajun chicken, chili, mushrooms, onions, cream and tomato sauce

<b>LASAGNE AL FORNO</b>	£12.00
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Meat lasagna with tomato, bechamel and Bolognese sauce

<b>SPAGHETTI POLPETTE</b>	£11.00
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Spaghetti served with beef meatballs sauce, roasted peppers and onions

<b>SPAGHETTI AMATRICIANA</b>	£8.95
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Bacon, garlic, onions and chili tomato sauce

<b>PENNE TRICOLORE</b>	£8.50
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Sundried tomatoes, garlic, spinach and onions in a rich Napoli sauce

<b>CACIO E PEPE</b>	£9.50
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Pecorino cheese and black pepper

<b>LINGUINE AL SALMONE</b>	£11.50
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Smoked salmon, asparagus, cream in a white wine sauce

<b>CARBONARA</b>	£9.95
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Bacon, egg, parmesan cheese, garlic and cream sauce. Served with tagliatelle, penne or spaghetti pasta

<b>LOBSTER RAVIOLI</b>	£12.95
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Mediterranean lobster ravioli with tiger prawns and onions in vodka tomato cream sauce

<b>RISOTTO FUNGHI</b>	£9.50
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Mushroom risotto with onions, garlic. Parmesan and cream.

<b>CHICKEN AND PANCETTA RISOTTO</b>	£11.00
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Chicken and pancetta risotto, served in onions, garlic, cream and parmesan cheese

<b>LINGUINE AI FRUTTI DI MARE</b>	£12.50
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Mixed seafood pasta, cooked in a rich tomato and cream sauce, with fresh muscles and tiger prawns

## SALADS & SIDES

<b>FRENCH FRIES OR CHIPS</b>	£3.00
<b>SWEET POTATO FRIES</b>	£3.45
<b>SEASONAL VEGETABLES</b>	£3.00
<b>FRESH CRISPY SALAD</b>	£3.00
<b>TOMATO AND ONION SALAD</b>	£3.45
<b>ROCKET AND PARMESAN SALAD WITH BALSAMIC</b>	£3.95
<b>CHICKEN CAESAR SALAD</b>	£8.95

Chicken, lettuce, cherry tomatoes, croutons and parmesan shavings in a Caesar dressing

<b>GREEK SALAD</b>	£7.90
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Mixed leaves, tomato, cucumber, peppers, onion, greens, olives & feta cheese

## PIZZAS Gluten Free Available

<b>MARGHERITA PIZZA</b>	£8.95
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Classic option: tomato and mozzarella

<b>PIZZA MONUMENT</b>	£10.50
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Tomato, Mozzarella, Italian Sausage, Goat Cheese and Peppers

<b>PEPPERONI</b>	£9.50
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Tomato, mozzarella, pepperoni

<b>HAWAIIAN PIZZA</b>	£9.50
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Tomato, mozzarella, ham & pineapple

<b>DIAVOLA</b>	£10.50
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Tomato, mozzarella, chorizo, spicy chicken and fresh chili

<b>AMERICANA</b>	£10.50
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Tomato, mozzarella, meatballs, fresh Italian piccante sausage and roasted peppers

<b>PIZZA MAFIOSA SPECIAL</b>	£11.00
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Tomato, mozzarella cheese, fresh chilli, Cajun chicken, chorizo sausage and diced bacon

<b>CALZONE</b>	£10.95
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Tomato, mozzarella, ham mushroom

<b>VEGETARIAN PIZZA</b>	£8.95
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Mushrooms, jalapenos, red onion, roasted red peppers, garlic, tomato and mozzarella

<b>KIEV PIZZA</b>	£9.50
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Garlic, roasted chicken, tomato and mozzarella

<b>GREEK PIZZA</b>	£9.50
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Tomato, Mozzarella, Feta Cheese, Basil, Black Olives, Sun-dried Tomato and Peppers

<b>PIZZA DELLA CASA</b>	£12.00
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Tomato, mozzarella, pepperoni, chicken, Italian sausage and beef cuts

## FISH

<b>FISH &amp; CHIPS</b>	£11.95
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Beer-battered cod fish, with your choice of peas or mushy peas served with chips and tartare sauce.  
**Served till 18:00**

<b>BREADED SCAMPI</b>	£10.95
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Served with chips, peas and tartare sauce. **Served till 18:00**

<b>TRIO OF FISH</b>	£17.95
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Pan-fried salmon, sea bass and king prawns with brandy garlic butter sauce served with vegetables or chips

<b>COZZE ALLA MARINARA/ VINO BIANCO</b>	£12.95
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Mussels with tomatoes, chili and white wine or with cream, garlic and white wine

<b>GAMBERONI AGLIO OR PICCANTI</b>	£16.00
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King prawns with garlic, white wine and butter or in red wine, fresh chili, tomato and garlic served with rice

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### HAPPY HOUR

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

**1 COURSE £9.95 | 2 COURSE £14.95 | 3 COURSE £16.95**

Any combination between Starters, Mains and Desserts with this symbol

## CARNE

<b>MIXED SIZZLING</b>	£14.95
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Marinated selection of chicken, beef, sausage, and crispy black pudding served with onions, peppers and tomato

<b>STEAK GAMMON</b>	£12.00
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Classic gammon steak with doubled eggs & chips

<b>SIRLOIN STEAK</b>	£19.50
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Grilled **10oz** steak with battered onion rings, grilled tomatoes, mushrooms. Sauces available: Peppercorn, Diane, Dolcelatte or Garlic butter.

<b>BEEF, CHICKEN OR VEGAN STROGANOFF</b>	£14.50
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Cooked with mushrooms, onions, paprika, demi-glace and finished with brandy and cream. Served with rice.

(Vegetarian/Vegan - mixed wild mushrooms, cooked with coconut milk, garlic, thyme, French mustard and paprika. Served with rice)

<b>LAMB SHANK KLEFTIKO</b>	£16.95
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A juicy and tender, melt-in-the-mouth lamb kleftiko served with roast potatoes in a delicious white wine sauce.

<b>MIXED GRILL</b>	£21.00
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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.

## CHICKEN

<b>PROSPECT CHICKEN</b>	£15.95
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Chicken breast wrapped in parma ham, stuffed with Chorizo sausage and fresh mozzarella; served in rosemary tomato sauce.

<b>CHICKEN LEMONATO</b>	£12.95
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Chicken breast with butter lemon sauce. Served with Mediterranean Oven Baked Potatoes & Seasonal Vegetables

<b>POLLO NERO</b>	£12.95
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Chicken breast strips with black pudding, mushrooms and creamy garlic sauce. Served with chips or vegetables

<b>CHICKEN/PORK OR GREEK SAUSAGE SOUVLAKI</b>	£13.50
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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.

<b>POLLO PANCETTA</b>	£14.50
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Chicken breast with pancetta, leeks garlic & creamy sauce. Served with chips or vegetables.

<b>FILLET CHICKEN BREAST</b>	£14.00
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Served with choice of Peppercorn, Diane or creamy mushroom garlic sauce. Served with chips or vegetables

<b>CHICKEN VALDOSTANA</b>	£15.00
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Shallow-fried chicken breast, flattened and coated in golden breadcrumbs, topped with tomato sauce, asparagus and grated cheese. Served with chips or vegetables.

<b>POLLO CREMA</b>	£14.95
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Chicken strips in a creamy sauce with tiger prawns, mushrooms, in white wine and brandy sauce. Served