













THE PROSPECT



ITALIAN BISTRO

BREADS

MARINATED OLIVES	  	£2.50
GARLIC BREAD	  	£2.95
GARLIC BREAD AND MOZZARELLA		£3.95
FOCACCIA AL ROSAMARINO	  	£3.00
Homemade flatbread with garlic, rosemary and olive oil		
FOCACCIA AL POMODORO	 	£3.50
Homemade flatbread with cherry tomatoes, garlic, basil and olive oil		
GARLIC BREAD BRUSCHETTA		£5.95
Italian garlic bread, topped with marinated tomatoes, onions, fresh basil, rocket and parmesan flakes		

STARTERS

GRILLED HALLOUMI BRUSCHETTA		£5.95
Crusty bread and grilled halloumi cheese, topped with juicy vine tomatoes, bright fresh basil and sweet & tangy balsamic vinegar		
ROASTED BUTTERNUT SQUASH	 	£5.95
Butternut squash, stuffed with couscous, mushroom, peppers, onions, tomatoes and mozzarella (the vegan option does not include mozzarella)		
PASTA		£4.95
Any pasta dish as a starter portion (see pastas)		
SOUP OF THE DAY	 	£3.95
Our soup varies every day. Please ask for additional information.		
BRUSCHETTA AL POMODORO		£4.95
Italian bread, topped with garlic marinated tomatoes, onions, fresh basil, rocket and parmesan flakes		
CROSTINO AL FUNGHI		£5.50
Italian bread topped with garlic marinated mushrooms and parmesan shavings		
MOZZARELLA FRITTA		£4.95
Deep fried mozzarella sticks coated in breadcrumbs with tomato salsa		
COZZE ALLA MARINARA OR VINO BIANCO		£6.95
Mussels with tomatoes, chili and white wine or with cream, garlic and white wine		
GAMBERONI AGLIO OR PICCANTI		£7.95
King prawns with garlic, white wine and butter or with red wine, fresh chili, tomato and garlic served with rice		
POLPETTE DELLA CASA		£5.95
Meatballs with garlic and parmesan in a rich tomato sauce covered in parmesan flakes		
FETA SAGANAKI		£5.95
Greek meze. Pan-fried feta cheese with slices of ripe, red tomatoes and wedges of lemon		
CHORIZO SKEWER		£6.95
Tiger prawn, chorizo and haloumi skewers served in sweet chili sauce		
FUNGHI CAPRINO		£6.50
Mushrooms topped with goat's cheese, garlic, on toasted Italian bread		
INSALATA TRICOLORE		£5.95
Buffalo mozzarella, fresh basil and vine tomatoes drizzled with basil pesto		

PATE DELLA CASA		£5.95
Chef's chicken liver pate served with Italian toast		
POTATO SKINS	  	
Crispy potato skins, served with fresh garlic mayonnaise or BBQ sauce		

PASTA

PENNE ARRABBIATA	  	£6.95
Tomato sauce, onions, garlic and chilies		
SPAGHETTI BOLOGNESE		£7.95
Prime mince beef in a tomato and herb sauce		
PENNE CONTADINA		£7.95
Smoked bacon, red onion, peas, cream and parmesan		
CREAMY CAJUN CHICKEN PASTA		£8.95
Italian piccante sausage, cajun chicken, chili, mushrooms, onions, cream, tomato sauce, basil, garlic herbs and mozzarella cheese		
SPAGHETTI PAESANE		£8.95
Chicken, Italian sausage and bacon in a chili, garlic and cream sauce		
LASAGNE AL FORNO		£8.45
Meat lasagna with tomato, bechamel and bolognese sauce		
LASAGNE SEAFOOD		£9.95
Lasagna with crab and prawns, tomato sauce, béchamel sauce and mozzarella cheese		
SPAGHETTI POLPETTE		£7.95
Spaghetti served with beef meatballs sauce, roasted peppers and onions		
SPAGHETTI AMATRICIANA		£7.50
Bacon, garlic, onions and chili tomato sauce		
PENNE TRICOLORE	 	£7.50
Sundried tomatoes, garlic, spinach and onions in a rich Napoli sauce		
LINGUINE AI GAMBERONI		£9.50
Tiger prawns, cherry tomatoes, white wine, garlic and cream		
LINGUINE AL SALMONE		£7.50
Smoked salmon, asparagus, cream in a white wine sauce		
SPAGHETTI RICCARDO		£7.95
Italian piccante sausage, smoked bacon, spinach, cream and tomato		
TAGLIATELLE MANZO E FUNGI		£8.95
Marinated beef, fresh chilies and mushrooms in a cream sauce		
PENNE POLLO E GORGONZOLA		£8.95
Chicken, peppers, cherry tomatoes in a cream and gorgonzola sauce		
SPAGHETTI CARBONARA		£7.95
Bacon, egg, parmesan cheese, garlic and cream sauce		
LOBSTER RAVIOLI		
Mediterranean lobster ravioli with tiger prawns and onions in vodka tomato cream sauce		
HALF PIZZA & HALF PASTA		£9.95
Combine any pasta & pizza as a main course option. (calzone not included)		

Please Note:

- **Meat & fish dishes are served with vegetables or chips**
- **Gluten free pasta & pizza available** 
- **1 course £6.95 2 course £9.95 Happy Hour available Monday to Friday from 12:00 – 18:30** 

PIZZAS

MARGARITA 	£7.95
Classic option: tomato and mozzarella	
SORRENTO 	£8.95
Tomato, mozzarella, chicken, pepperoni and red onion	
ITALIANA 	£8.50
Tomato, mozzarella, pepperoni and mushrooms	
DELLA CASA	£9.95
Tomato, mozzarella, marinated beef strips, fresh chilies, onions and mushrooms	
DIAVOLA 	£8.50
Tomato, mozzarella, chorizo, spicy chicken and fresh chilies	
AMERICANA	£8.50
Tomato, mozzarella, meatballs, fresh Italian piccante sausage and roasted peppers	
CALZONE VIVA	£9.00
Bacon, tomato sauce, mozzarella, fresh Italian piccante sausage, parmesan and fresh basil	
QUATTRO STAGIONE 	£8.50
Tomato, mozzarella, smoked bacon, roasted peppers, roasted onions and mushrooms	
VEGETERIAN PIZZA 	£7.50
Olives, mushrooms, jalapeños, red onion, roasted red peppers, sweetcorn, garlic tomato and mozzarella	
KIEV PIZZA 	£8.50
Garlic, roasted chicken, tomato and mozzarella	
PIZZA PEPPERONATA 	£8.95
Tomato, mozzarella, chargrilled chicken, roasted peppers and sun blushed tomatoes	
PIZZA AL POLLO PICCANTE	£8.95
Tomato, mozzarella, spicy chicken and jalapeno peppers	

CHICKEN

THE PROSPECT CHICKEN	£ 9.95
Chicken breast stuffed with Italian sausage and fresh mozzarella; served in rosemary tomato sauce	
POLLO SOFIA	£9.95
Chicken breast served with a delicate cream and asparagus sauce	
POLLO FRANCO	£13.95
Chicken breast stuffed with Parma ham and mozzarella, coated in breadcrumbs in a Napoli sauce	
POLLO VESUVIO	£13.95
Pan fried breast of chicken with mushrooms, roasted onions and jalapeno peppers in a cream and tomato sauce	
CHICKEN SOUVLAKI	£11.00
Marinated chicken in olive oil, lemon juice, oregano, salt and pepper. This dish is served with pita bread, a tzatziki dip, chips and small Greek salad.	
POLLO SOCRATES	£12.50
Spinach & feta stuffed chicken breast with creamy mushroom sauce	
FILLET CHICKEN BREAST	£9.95
Served with choice of peppercorn or Diane sauce	
CHICKEN VALDOSTANA	£12.50
Shallow-fried chicken breast, flattened and coated in golden breadcrumbs, topped with tomato sauce, asparagus and grated cheese	

POLLO CREMA £9.95

Chicken strips in a creamy sauce with tiger prawns, mushrooms, in white wine and brandy sauce

CARNE

MIXED SIZZLING	£14.95
A marinated selection of chicken, beef, lamb kofta, and crispy black pudding served with onions, peppers and tomato	
STEAK GAMMON WITH DOUBLED EGGS & CHIPS.	£ 8.95
Classic gammon with doubled eggs & chips	
SIRLOIN STEAK	£16.00
Grilled 10oz steak with, hand-battered onion rings, grilled tomatoes, mushrooms & choice of sauce: peppercorn, Diane, dolcelatte or garlic butter.	
BEEF STROGANOFF	£13.50
Strips of beef fillet steak, cooked with mushrooms, onions, paprika, demi-glace and finished with brandy and cream	
LAMB KLEFTIKO	£14.95
The very best traditional Greek dish. A juicy and tender, melt-in-the-mouth lamb kleftiko served with fluffy potatoes in a delicious white wine sauce.	

FISH

FISH & CHIPS	£9.95
Beer-battered cod fish, with your choice of peas or mushy peas served with chips and tartare sauce. This option is served till 18.00	
BREADED SCAMPI	£ 7.95
Served with chips, peas and tartare sauce. This option is served till 18.00	
GRILLED SALMON	
Grilled salmon served in a tomato and garlic sauce or garlic butter sauce served with rice	
SPIGOLA (SEABASS) FILLET	£14.95
Pan-fried seabass served in a tomato and garlic sauce or garlic butter sauce served with rice	
COZZE ALLA MARINARA/ VINO BIANCO	£11.50
Mussels with tomatoes, chili and white wine or with cream, garlic and white wine	
GAMBERONI SPECIAL	£14.50
King prawns, white wine butter, chorizo, garlic and chili sauce	
GAMBERONI AGLIO OR PICCANTI	£12.95
King prawns with garlic, white wine and butter or in red wine, fresh chili, tomato and garlic served with rice	

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.