

STUZZICHINI.

Marinated Olives (v) (gf) <i>Finest mixed olives dressed with extra virgin olive oil, chilli, garlic, fresh parsley and mint</i>	£3.95	Bruschetta Romana <i>Toasted Italian bread topped with vine cherry tomatoes fresh basil and buffalo mozzarella</i>	£4.55	Pane Con Aglio - Hand stretched fresh pizza base	
Italian Bread Selection (v) <i>White ciabatta bread, green and black olive bread, red peppers and tomato focaccia with balsamic and olive oil</i>	£3.50	Trio Bruschetta <i>Three bruschetta topped with vine cherry tomatoes and buffalo mozzarella, baked goats cheese and spiced onion relish, and pulled beef and mozzarella</i>	£5.45	Garlic	£4.40
				Tomato and Basil	£4.85
				Mozzarella	£5.00

ANTIPASTI.

Zuppa Della Casa <i>Tomato soup topped with rocket and parmesan shavings and finished with a touch of basil oil, and served with home made olive bread</i>	£4.60	Asparagi <i>Cooked asparagus topped with a poached egg, hollandaise sauce and a parma ham crisp</i>	£5.35	Polpette <i>Pepperoni meatballs served with a pomodoro sauce and ciabatta bread</i>	£5.95	Formaggio Platter (2 people to share) <i>Camembert cheese baked with garlic and rosemary. Baked goats cheese topped with onion relish and balsamic glaze. Mozzarella sticks in breadcrumbs. Halloumi cheese grilled with honey. Served with bread sticks and sliced bread</i>	£14.25
Tempura Prawns <i>King prawns in a tempura batter served on rocket and a touch of paprika and with a sweet chilli dip</i>	£7.25	Est Duck Spring Rolls <i>Spring vegetables and confit duck rolls on seasonal dressed leaves with hoi sin sauce</i>	£6.95	Caprese Salad <i>Beef tomatoes, buffalo mozzarella, rocket, basil leaves and dressed with a basil oil</i>	£5.45	Antipasto Misto (2 people to share) <i>Chefs selection of tempura prawns, calamari, duck spring rolls, artichokes wrapped in parma ham, grissini, caprese salad, olives and dips.</i>	£14.95
Cozze <i>Mussels in a white wine, butter and tomato sauce with onion, garlic, cherry tomatoes and served with a pinch of oregano and parsley together with toasted white ciabatta bread</i>	£6.35	Calamari <i>Salt and pepper squid with a lemon and roasted garlic mayonnaise</i>	£6.75	Funghi All'aglio <i>Button mushrooms in garlic with chopped thyme and parsley served with red pepper and tomato focaccia</i>	£5.65		
		Verdure Insalate <i>Green peppers, avocado, cherry tomatoes and red onion salad with a Dijon mustard dressing</i>	£5.25				

PASTA.

Spaghetti Carbonara <i>Spaghetti with pancetta cubes in a parmesan egg yolk cream sauce</i>	£6.45	£10.55
Linguini Gamberoni Piccante <i>Linguini pasta with garlic king prawns, courgette ribbons, chilli, cherry tomatoes in a white wine butter sauce</i>	£13.75	
Spaghetti Bolognese <i>Spaghetti with slow cooked beef and tomato ragu with basil</i>	£6.25	£9.95
Lasagna Emiliana <i>Layers of pasta, slow cooked beef and tomato ragu, béchamel sauce, baked with mozzarella and parmesan cheese</i>	£5.95	£9.95
Spaghetti Pepperoni Polpette <i>Spaghetti pasta with pepperoni meatballs in a pomodoro sauce</i>	£7.25	£11.25
Linguini Marinara <i>Linguini pasta in a spicy tomato sauce with cherry tomatoes, squid, mussels and king prawns</i>	£13.55	
Pasta al Forno <i>Baked penne pasta, chicken, mushrooms, broccoli, gorgonzola cream sauce, mozzarella and topped with parmesan</i>	£11.85	
Lasagna Verdure <i>Vegetable lasagne with carrots, courgettes, red peppers, cottage cheese, tomato ragu and bechamel sauce baked with mozzarella and parmesan cheese</i>	£5.95	£9.95
Penne Pollo Primavera <i>Penne pasta with chargrilled chicken, broccoli, carrots, asparagus, sugar snap peas, mozzarella, a touch of cream, toasted pine nuts and parmesan shavings</i>	£7.25	£11.75
Penne Salmone <i>Penne pasta with flakes of salmon, asparagus, peas in a tomato cream sauce</i>	£7.95	£12.55
Baked Penne Arrabbiata <i>Baked penne pasta with chilli garlic and a pomodoro sauce</i>	£6.45	£10.25
Add chicken	£1.00	

PIZZA.

Margherita (v) <i>Tomato and mozzarella with a pinch of oregano</i>	£7.95
Calzone Carne <i>Folded pizza with garlic chicken, ham, pepperoni, Bolognese sauce and buffalo mozzarella</i>	£11.75
Pepperoni Pizza <i>Tomato and mozzarella base with pepperoni</i>	£9.95
Pizza Quattro Stagioni <i>Tomato and mozzarella base with Parma ham, pepperoni, artichokes, mushrooms topped with egg and oregano</i>	£10.95
Pizza Mexicana <i>Tomato and mozzarella base with spicy pulled beef, chilli, roasted red peppers and pepperoni</i>	£10.50
Pizza Quattro Formaggia <i>Garlic pizza base topped with camembert, gorgonzola, mozzarella, goats cheese and sprinkled with black pepper</i>	£10.25
Pizza Hawaii <i>Tomato and mozzarella base with ham and pineapple</i>	£9.95
Pizza Vegetariano (v) <i>Tomato and mozzarella base with red peppers, courgette, mushrooms and red onion</i>	£9.95
Pizza Parma <i>Tomato and mozzarella base with parma ham, rocket, olive oil and red chillies</i>	£10.75
Pizza Caprina <i>Goats cheese, spiced onion jam, tomato ragu, mozzarella, rocket, shaved parmesan & balsamic glaze</i>	£10.25
Pizza Capricciosa <i>Tomato and mozzarella base with olives, mushrooms and ham</i>	£10.15
Calzone Polpette <i>Folded pizza with spinach, Pepperoni meatballs, tomato sauce and mozzarella</i>	£11.50
Extra toppings <i>Ham, pepperoni, chicken, goats cheese, onions, pineapple, mushrooms, sweetcorn, olives, chilli</i>	£1.00

CARNE.

Vitello Milanese <i>Flattened tenderloin of veal pan fried with bread crumbs and hand cut chips</i>	£16.25
Agnello Shank <i>Slow cooked lamb shank served with creamy mash potatoes with a red wine jus</i>	£13.95
Pollo e Asparagi <i>Pan fried chicken breast topped with asparagus, parma ham and mozzarella with a white wine cream sauce and served with fries</i>	£13.95
Pollo Voldostana <i>Chicken breast in breadcrumbs topped with ham and mozzarella and served with spaghetti pomodoro</i>	£13.95
Pollo Mostarda <i>Chicken breast with mushrooms in a honey and mustard sauce with green beans and crispy potatoes</i>	£13.50
Pollo Limone <i>Grilled chicken breast with lemon capers and a citrus butter sauce and crushed potatoes</i>	£12.95
Bistecca di Gammon <i>Pan fried gammon steak served with grilled pineapple, tenderstem broccoli, creamy mash potato and a pink peppercorn sauce</i>	£12.25

PESCE.

Branzino <i>Pan fried sea bass fillet with a red pepper sauce, sliced crisp potatoes, spinach and garlic mushrooms</i>	£11.95
Merluzzo <i>Baked cod served with tomato, basil and black olive sauce on a bed of sliced roast potatoes</i>	£14.25
Salmone (gf) <i>Braised salmon with dill, lemon, garlic & served with tenderstem broccoli, mash potato and a sour cream sauce</i>	£13.95

INSALATE.

Insalate Pollo <i>Grilled chicken breast cooked in butter garlic and herbs, avocado, cucumber, cherry tomatoes romaine lettuce, olives, crunchy roasted chick peas salad with a red wine vinegar and olive oil dressing</i>	£11.25
Insalate Salmone <i>Grilled salmon, sesame seeds, red peppers, red onion rocket sliced radish spinach and a citrus vinaigrette sauce</i>	£12.25

ALLA GRIGLIA.

All our beef is matured for a minimum of 28 days.

Sirloin Steak <i>Served with portobello mushroom, plum tomatoes and a choice of French fries or hand cut chips</i>	£17.50
Fillet steak <i>Served with portobello mushroom, plum tomatoes and a choice of French fries or hand cut chips</i>	£21.00
Agnello <i>10oz lamb rump herb-crusted with a mint gravy sauce, green beans and crushed potatoes</i>	£16.25

With our grilled dishes choose from the following sauces to accompany your meal...

Peppercorn • Red Wine • Diane • Garlic Butter

SUNDAY ROASTS

Served with roast potatoes, roast parsnips, vegetables, Yorkshire pudding, stuffing and gravy.

Roast Chicken	- £8.95
Roast Beef	- £9.95

CONTORNI.

Spinach, Cream & Almonds	£3.50
Seasonal Vegetables	£3.50
Roasted Potatoes	£3.50
Zucchini fritti	£3.50
Hand Cut Chips	£3.50
French Fries	£3.50
Mash Potato	£3.50
Mixed Seasonal Salad	£3.50



Ristorante and Bar

Banks Road, West Kirby, Wirral CH48 3HU
0151 625 2489
www.est-italian.com
team@est-italian.com

A 10% discretionary service charge will be added to your bill which is shared amongst the staff