



WELCOME TO PREGO

There are many meanings to “prego” in Italian, but the most common one is “You’re welcome”. This is how we want you to feel when you visit us. Whether with friends, family, a walk with the dog or a stop-off for work, you are always guaranteed a warm welcome here with us. Take your time to savour our soulful menu, inspired by our Italian food heritage recipes with a subtle 2023 twist. We showcase authentic, warm flavours with seasonal, local produce and are proud of our plant-based and vegan offerings. Any questions at all, please just ask our team. We hope you enjoy our happy place.

Please specify at the bar if you are sitting/dining in our outdoor area.

- Vegetarian
- Vegan
- Gluten Free
- It's got a KICK!
- New

All pizza and pasta is available gluten-free on request* All pizza is available with vegan cheese**

*Excluding Salt & Pepper pizza, calzones and lasagne.

**Excluding Quattro Formaggi and calzones.

£1 supplement for GF dough or vegan cheese.

THE STARTERS

CHEF'S SOUP OF THE DAY £4.95
Full of goodness and always just like mama made. Served with homemade bread. Can be made GF, please just ask.

STICKY BARBECUE CHICKEN WINGS £5.95
Juicy chicken wings, marinated and cooked in sticky barbecue sauce. Stacked on a bed with salad leaves.

SPICY MEATBALL BRUSCHETTA £6.45
Herbed and garlic-infused beef and pork meatball, served on toasted bread with chilli marinara sauce.

TRIFOLATI FUNGHI £5.50
Juicy mushrooms, pan-sauteed with thyme and served with garlic cream sauce on a toasted focaccia. Can be made GF, please just ask.

HOMEMADE CHICKEN LIVER PARFAIT £5.95
Chicken liver parfait with garlic, thyme, and Madeira, served with raspberry coulis and bread. Can be made GF, please just ask.

PRAWN COCKTAIL £6.95
Cold-water prawns, sat on crisp lettuce and served with homemade Marie Rose sauce. Can be made GF, please just ask.

CALAMARI FRITTI £6.50
Deep-fried, tender squid, marinated in buttermilk and served with homemade sweet chilli dip.

POTATO SKINS £4.95
Potato skins that are crispy on the outside and soft and fluffy on the inside.

BLACK PUDDING ROUNDS £5.95
Pan-fried black pudding rounds, served simply with a creamy, pink peppercorn sauce.

BRUSCHETTA POMODORO £5.50
Did you know that you pronounce the “c” in bruschetta? (This dish comes with a free Italiano lesson.) Toasted bread with piles of fresh chopped tomatoes, finely diced garlic, red onions, fresh basil, olive oil and, of course, the parmesan. Parmesan can be replaced for vegan mozzarella. Can be made GF, please just ask.

GARLIC CRISPY CHICKEN £5.95
Juicy chicken breast strips, marinated in buttermilk and coated in a crispy spice crumb. Sliced & served with Amarillo aioli.

THE PIZZA

All of our pizza bases use a classic Italian pizza dough, hand-made in-house daily, stretched and left to prove for 24 hours to give an airy dough, full of flavour. We can offer gluten-free* dough and/or vegan mozzarella (£1) on request for any pizza. *Salt & Pepper pizza and calzones cannot be made GF. **Quattro Formaggi and the calzones can not be done with vegan cheese.

CLASSICOS
MARGHERITA £8.95
For all the pizza purists. A simple combo of juicy tomato base, Italian herbs, stretchy mozzarella, and virgin olive oil.

SPICY PEPPERONI £10.50
A hot little fella, with classic tomato base, juicy mozzarella and stacks of spicy pepperoni, chilli and garlic.

CHICKEN KEV £11.95
Meet Kev. He's our garlicky chicken Kiev pizza, packed with chicken chunks, meaty mushrooms and garlic, stacked on a classic tomato and mozzarella base.

PIZZA VERDURA £10.50
Chargrilled Mediterranean vegetables, on a tangy tomato base with vegan cheese.

PESTO CAPRA FORMAGGI £12.95
White based pizza coated in a pesto sauce with 4-cheese mix of mascarpone, goat's cheese, mozzarella and parmesan, served with black cracked pepper, spinach and red onion. Dish includes nuts.

THE CALZONES

CALZONE MEXICANO £13.95
Grilled chicken and spicy nduja with chilli, onion, peppers and mozzarella cheese. Served with marinara sauce.

CALZONE CLASSICO £13.95
Chunky ham, mushrooms and onions, served folded with mozzarella cheese and marinara sauce

NEW KIDS ON THE BLOCK

SALT AND PEPPER CHILLI POLLO £11.95
Crispy-crumbed chicken chunks, sweet roasted peppers and lashings of garlic, on a traditional tomato and mozzarella base.

RED CHILLI TIGER PRAWNS PIZZA £12.95
Juicy prawns, in seafood marinara sauce with garlic, spicy nduja, peppers, onions, chillies and mozzarella.

PIZZA BOLOGNESE £11.95
Classic Bolognese, served on a traditional tomato base, with juicy mozzarella and torn basil.

FAJITA PIZZA £11.95
Fajita-spiced chicken with peppers, onions, mozzarella and Amarillo aioli drizzle, on a traditional tomato base.

THE PASTA

Choose from fruits of the sea, Italian classics or spicy plates. All of our pasta dishes use traditional Italian pasta, but all can be done with gluten free pasta on request except for lasagne.

TAGLIATELLE CARBONARA £11.50
This classic Italian dish comes with smoked pancetta, tossed in creamy sauce with parmesan cheese. Finished with black pepper and parsley.

SPAGHETTI POLPETTE £11.95
Traditional beef and pork meatballs, bound together with herbs and cooked in a special Prego tomato and garlic sauce.

LASAGNE £11.50
Traditional minced pork & beef ragout, cooked in Italian tomato sauce and stacked between layers of pasta. Served simply with bechamel sauce and mozzarella.

SPAGHETTI BOLOGNESE £10.50
Homemade, traditional minced beef and pork Italian ragout, served with spaghetti, fresh parmesan and milled pepper.

PENNE SALMONE £11.95
Smoked salmon with a light dill cream sauce. Comes with asparagus tips and just a touch of tomato.

RISOTTO PORCINI £11.95
Creamy porcini mushroom risotto with spinach, garlic and cracked pepper, finished with a sprinkling of parmesan. Can be made GF or vegan, please just let us know.

PENNE PESTO £11.95
Tender chicken and pancetta chunks, coated in a cream, pesto and mascarpone sauce. Can be replaced with additional vegetables and pesto sauce for a vegetarian version. **Dish includes nuts.**

PENNE DIAVOLO £14.50
Hot and spicy nduja sausage with chicken, cream, spinach, garlic and tomato, served on fresh pasta.

SPAGHETTI SCOGLIO £15.95
A mix of juicy tiger prawns, clams and mussels. Comes tossed with garlic, chilli and cherry tomatoes.

MAC & CHEESE £11.95
Our Prego Mac & Cheese signature plate is made using our homemade cheese sauce with traditional macaroni and topped with crispy onions.

ADD A SLICE OF OUR HOMEMADE FOCACCIA TO ANY PASTA DISH FOR 50P

Allergens.

Due to the current nationwide challenges, we are using various suppliers for our ingredients and are currently working to update our allergen menu to reflect this. While we are reviewing this data we are sorry but we can not guarantee that any product is completely free from any allergen. Please let your server know if you have any allergens so that this can be checked with the chef, as not all ingredients may be listed on the menu. All dishes are prepared & cooked where allergen ingredients (e.g. nuts, flour etc.) are commonly used. We are sorry for any inconvenience or disappointment that this may cause; the handling of allergens and safety of guests is of the utmost importance to us.

THE BURGERS

All of our burgers are made with premium meat cuts and served with a floury bun and mouth-watering accompanying relishes. Hand-made and chargrilled right here at Prego. All served with crunchy French fries. Upgrade to hand-cut chips for £1.00 or sweet potato fries for £1.50.

THE SERGIO £12.95

As Italian as they come, this 8oz premium beefburger is topped with cheddar cheese and chorizo. Nestled in mayo, lettuce leaves, tomatoes and served with a side of Prego pickle slaw.

EL MACHO £12.95

A truly meaty affair. 8oz premium beefburger with layers of chorizo, smoked bacon and mature cheddar. Stacked with lettuce leaves, tomatoes and a side of Prego pickled slaw.

BUTTERMILK CRISPY CHICKEN £12.95

Juicy, flattened chicken fillet, marinated in buttermilk and coated in crispy, spiced crumbs. Layered with tomato and lettuce leaves, house relish, Amarillo aioli and melted cheddar cheese. Served with a side of Prego pickle slaw.

PREGO CHEESEBURGER £12.45

A juicy 8oz beefburger, served with cheddar cheese, Prego house relish, tomatoes, lettuce and mayonnaise. Comes with a side of Prego pickle slaw.

THE CHICKEN

Succulent chicken breast, served French-trimmed on the bone, with seasonal vegetables. All chicken dishes can be done gluten-free. Please just ask.

POLLO PEPE £14.95

Tender, seasoned chicken breast, cooked with shallots and served with a three-colour peppercorn sauce.

POLLO DIANA £14.95

An absolute classic, our tenderised chicken breast is cooked with brandy, demi glaze, Dijon mustard, shallots, and juicy mushrooms.

POLLO ARRABBIATA £14.95

Tender chicken with red chillies, cherry tomatoes, cayenne pepper, herbs and garlic.

THE SEAFOOD

Delicate seafood produce, infused with Italian flavours and traditional seasonings.

PAN-FRIED SEABASS GF £16.50

Perfectly-cooked seabass in a creamy sweet pea and pancetta sauce made with white wine and shallots, served with asparagus and oven-roasted potatoes.

COZZE Can be made GF £14.95

Mussels, simply steamed. Served with your choice of white wine, cream and garlic sauce OR spicy tomato and garlic sauce. Topped with fresh parsley and toasted bread.

TIGER PRAWN LUCIFERO NEH £14.95

Risotto with juicy tiger prawns. Mixed with chilli, garlic, spinach, cherry tomato, melted nduja salami and bound with a hint of cream and seafood marinara sauce.

BEER BATTERED COD & CHIPS £13.95

The traditional seaside favourite, alongside hand-cut chips, mushy peas and tartar sauce

WHOLETAIL SCAMPI AND CHIPS £13.95

Whole-tail Whitby scampi with hand-cut chips, mushy peas and homemade tartar sauce.

SIDE SALADS

CAESAR SALAD Can be made GF £7.95

Romain lettuce, croutons, pancetta, anchovies and Grana Padano cheese, drizzled with Caesar dressing
ADD CHICKEN +£3.00

CAPRESE SALAD V GF £5.95

Simple Italian ingredients of buffalo mozzarella, juicy beef tomatoes and fresh basil leaves. Dressed with a basil-infused virgin olive oil.

TOMATO AND ONION SALAD WITH BASIL OIL V V GF £3.95

Sliced red onion and tomato salad, served with a basil-infused olive oil.

THE STEAK

All of our 28-day aged steaks come how you like them, seasoned and cooked to perfection with a juicy beef tomato and field mushroom on the side. As a general guide, rare means bloody and red in the middle. Medium is reddy-pink with some blood. Well-done is pink in the middle with no blood. All served with fries.

CHOICE OF STEAK

8OZ PREMIUM FILLET £26

8OZ SIRLOIN £18

8OZ RUMP STEAK £16

UPGRADE TO
HAND-CUT
CHIPS FOR
£1.00

UPGRADE TO
SURF & TURF
WITH TIGER
PRAWNS
+ £7.95

ADD A SAUCE FOR £2.50.

DIANE SAUCE
PEPPERCORN SAUCE
GARLIC BUTTER SAUCE

THE FAJITAS GF

Cooked to order in our special mix of spices, onions & peppers. With guacamole, grated cheese, sour cream, jalapenos, roasted tomato salsa & soft wheat tortillas. All fajitas can be done GF.

MARINATED STEAK STRIPS £18.95

CHICKEN BREAST STRIPS £15.95

GRILLED VEGETABLE AND MUSHROOMS V V NEH £12.95

THE BREADS V V

BREAD WITH OLIVES £5.95

GARLIC BREAD PIZZA £5.95

PIZZA GARLIC BREAD WITH CHEESE £6.50

PIZZA GARLIC BREAD WITH TOMATO £5.95

PIZZA GARLIC BREAD WITH TOMATO & MOZZARELLA £8.95

PIZZA GARLIC BREAD INFERNO WITH TOMATO & CHILLI £6.50

ALL GARLIC BREAD PIZZAS CAN BE DONE GLUTEN FREE EXCEPT OLIVE BREAD

THE SIDES

CRISPY FRENCH FRIES £3.50

HAND-CUT CHIPS £3.50

CHUNKY ONION RINGS £2.95

SEASONAL VEGETABLES GF £3.50

SWEET POTATO FRIES £4.50

NEW SIDES!

SALT & PEPPER DIRTY FRIES £7.50
CAJUN-SPICED DIRTY FRIES £7.50

Both served with stir-fried peppers and onions, topped with melted cheese and crispy fried onion.

ADD CHICKEN +£3.00 ADD BOLOGNESE +£3.00

ADD BACON +£2.00

DESSERTS

All of our jaw-droppingly gorgeous sweet treats are served your choice of cream or ice cream.

PREGO HOMEMADE CHEESECAKE £5.95

A silky homemade cheesecake over a thin biscuit crust. Our Prego cheesecake changes daily, please check with our team to find out the cheesecake of the day.

ALL-BUTTER STICKY TOFFEE PUDDING £5.95

Homemade traditional sticky sponge, showered with a toffee sauce topping.

TRIPLE-LAYERED WARM CHOCOLATE FUDGE CAKE £5.95

Three sponge layers of chocolatey heaven, filled with chocolate ganache and warmed to oozy perfection.

CLASSIC WAFFLE NEH £5.95

Topped with caramel and chocolate sauce with berries, meringue crumbs and vanilla ice cream.

PREGO ETON MESS NEH GF £5.95

Meringue, berries, Chantilly cream

HOMEMADE BROWNIE WITH CHOCOLATE SAUCE GF V £5.95

Home-made slab of brownie, served gooey and drowned in chocolate sauce and your choice of toppings. Please specify vegan version if required.

ONE FOR THE FURRY FRIENDS

ONLY AVAILABLE OUTSIDE

THE DOG'S DINNER £3.95

For all the furry food lovers. A little dish of tasty daily leftover meat and vegetables from our kitchen.

EATEN SOMETHING TASTY?

Please give us a little review on Google or Facebook. It really makes a difference to a business like ours. Every review is entered into a monthly prize draw to win a free meal for two.

THANK YOU! G F

HAPPY DAYS!

Why have an hour when you can bring happiness all day!

STARTER & MAIN FROM £14.95

STARTERS

Soup of the Day

Bruschetta Pomodoro V V

Potato Skins V

Paté

Black Pudding Rounds

MAINS

PIZZA

Chicken Kev

Spicy Pepperoni

Pizza Verdura V V

PASTA

Tagliatelle Carbonara

Spaghetti Bolognese

Lasagne

Upgrade your main to a burger for £1.50.

BURGERS

All burgers are served with fries OR salad OR seasonal vegetables.

Prego Cheeseburger

El Macho Burger

Prego Plant Burger V V

Buttermilk Crispy Chicken Burger

Upgrade your main to a chicken dish for £3.00.

All chicken dishes are served with hand-cut chips OR salad OR seasonal vegetables.

Pollo Diane

Pollo Pepe

Pollo Arrabbiata

Add a side

Onion Rings £2.95

Hand-Cut Chips £3.50

Fries £3.50

Seasonal Veg £3.50

Add a dessert for only an extra £3.50!

Choose from Sticky toffee pudding, Chocolate brownie or Cheesecake of the day.

OFFER RUNS MONDAY – THURSDAY 12PM – 7.30PM

FRIDAY AND SATURDAY 12PM - 6:00PM

HAPPY DAYS IS NOT AVAILABLE ON BANK HOLIDAYS OR SUNDAYS.