

## -GRILL + WOOD FIRED OVEN-

See our specials menu for the weekly selection of seasonal wood-fired grill dishes.

## MAIN SALAD

ECO's legendary salads are unparalleled — not just a side, they are served with our handcrafted dressings.

**Chicken Caesar** £15.95

Grilled chicken, romaine, parmesan croutons, pancetta, anchovy and Caesar dressing

**Grilled Vegetable & Avocado (V)** £14.95

Courgette, peppers, aubergine, artichoke, asparagus, avocado, house dressing

**Goat's Cheese & Roasted Aubergine (V)** £13.95

Fresh tomato, red & green pepper, rocket, toasted pumpkin seeds, capers and lentils

**Burrata Tricolore (V)** £15.95

Burrata, avocado, beef tomato, grilled bruschetta, pine nuts and basil pesto

**Tuna Niçoise** £13.95

Tuna, egg, artichoke, asparagus, anchovies, toasted pumpkin seeds, olives, tomato, onion and salad leaves

## SIDES

**Green Salad (V)** £5.95

Leaves, olives, cucumber, herbs and house dressing

**Double-Fried Chips (VN)** £5.95

**Truffle Chips with Parmesan (V)**

£6.95

**Rocket & Parmesan Salad (V)** £6.95

With olive oil and balsamic

**Tomato & Onion Salad (V)** £6.50

## DESSERT

**Amaretto Sticky Toffee Pudding (V)** £6.95

With custard or ice cream

**Blueberry Mascarpone Cheesecake (V)** £6.95

**Tiramisu (V)**

Savoiardi biscuit, espresso, mascarpone, grated white & dark chocolate, egg and Marsala wine

**Chocolate Brownie (V)** £6.95

With vanilla ice cream

**Ice Cream (V)**

Vanilla / Chocolate / Pistachio

1 scoop £1.95 / 2 scoops £3.95 / 3 scoops £4.95

**Sorbet (VN)**

Lemon / Raspberry

1 scoop £1.95 / 2 scoops £3.95 / 3 scoops £4.95

## CHEESE

**Cheese Board** £12.95

## AFFOGATO

**Classic Affogato (V)** £5.50

A scoop of vanilla ice cream with a shot of espresso

**Affogato Specials** all £6.95

**Italian (V)**

With espresso and a shot of grappa

**Almond (V)**

With espresso and a shot of amaretto

**Hazelnut (V)**

With espresso and a shot of Frangelico

*yesterday's rose  
endures in  
its name,  
we hold empty names*

**(V) vegetarian, (VN) vegan, (Opt VN) vegan option**

Please note: our olives may have stones and we use nuts in several dishes so cannot guarantee any product is nut free. Please notify our staff of any allergies or special requirements.

Tables are usually offered to customers at 1½ hour intervals, if you plan to stay longer please let us know when you make the initial booking.

A discretionary service charge of 12.5% will be added to your bill.

Clapham, 73 Venn Street, London SW4 0BD  
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Cheam, 23 The Broadway, Cheam, Sutton SM3 8BH  
Tel: 020 4617 0209

[www.ecorestaurants.com](http://www.ecorestaurants.com)

eco  
menu

## DIPS

£4.90 each (3 for £12)

Designed to complement our outstanding wood-fired breads.

### Black Olive Tapenade

Blended with anchovy and caper

### Guacamole, Lime & Chilli (VN)

### Creamy Chicken & Chilli

### Crab & Prawn

### Spicy Chorizo & Creamy 'Nduja

### Parmesan, Caper & Anchovy Caesar

### Goat's Cheese & Sun-Dried Tomato Pesto

Add sourdough dippers or a sourdough bread basket  
+£2.95

## STARTERS

### Marinated Olives (VN)

£4.25

### Avocado & Tomato Bruschetta (VN)

£7.95

### Buffalo Milano Bruschetta

£9.95

Grilled bruschetta, Milano salami, buffalo mozzarella and tomatoes

### Caprese (V)

£8.95

Tomato, olive oil, fresh basil and balsamic glaze

### Burrata (V)

£9.95

Cherry tomato, oregano, fresh thyme, pesto, olive oil and balsamic glaze

### Aubergine Parmigiana (V)

£8.50

Traditional baked dish of layered aubergine, mozzarella, tomato, garlic and parmesan

### Chilli Prawns

£10.95

Pan-fried king prawns with spicy chilli sauce, cherry tomatoes and garlic

### Porcini-Truffle & Smoked Salmon Bruschetta

£10.95

With chopped asparagus and creamy dill sauce

### Prosciutto San Daniele

£12.95

Rocket, cherry tomatoes & shaved parmesan

## -ANTIPASTO SHARING BOARDS-

(minimum 2 persons)

### Grilled Vegetable Platter (VN)

£8.50pp

Marinated red peppers, wild mushroom, artichoke, aubergine, grilled chard, olives, sun-dried tomato, capers

### Antipasto Misto

£9.50pp

Cured salami, San Daniele, carved ham, dolcelatte, scamorza, fontina, rocket, parmesan, sourdough

Add sourdough dippers or sourdough bread basket +£2.95

Add creamy burrata +£4.50

## - FRIED STARTERS -

### Arancini

£9.95

Three risotto and mozzarella balls: Bolognese, prawn bisque, porcini truffle

### Pancetta-Wrapped Chicken

£8.95

In sourdough batter served with tomato, chilli and parmesan dip

### Salt & Pepper Squid

£9.95

Deep fried in sourdough batter, served with tartare sauce

### Basket of Prawns

£8.95

Deep fried king prawns in sourdough batter, served with tartare sauce

### Fritto Misto

£10.95

Prawn tempura, deep fried calamari and zucchini fritters

### Zucchini Fritters (V)

£7.95

Homemade courgette fritters in light batter with parmesan

## - WOOD FIRED BREAD -

A perfect accompaniment to our dips.

### Homemade Sourdough Bread Basket (VN)

£4.95

With olive oil and balsamic vinegar

### Garlic & Oregano Pizza Bread (VN)

£5.95

### Tomato, Garlic & Oregano Pizza Bread (VN)

£6.95

### Melted Cheese Pizza Bread (V)

£7.95

Add sharing plate with pecorino cheese, dried figs, walnuts and honey +£6.95

**LOVE IS WISER  
THAN WISDOM**

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## PIZZA

Our pizzas are homemade sourdough, made with a dual-flour blend, topped with premium tomato sauce, fior di latte mozzarella, fresh basil and a touch of garlic oil.

### Marinara (VN)

£8.50

Tomato, garlic and oregano (no cheese)

### Margherita (V)

£9.95

With oregano

### Napoletana

£11.95

Anchovies, capers, olives and oregano

### American Hot

£12.95

Spicy salami (pepperoni), red & green chilli peppers, olive oil and herbs

### Oven-Charred Vegetables (V) (Opt VN)

£14.50

Aubergine, mixed peppers, courgette, mushroom, tomato, rosemary and thyme

### Parmigiana (V)

£13.95

Aubergine, red peppers, parmesan, creamy mozzarella, tomato sauce

### Spicy Chilli Chicken

£13.95

With mayonnaise, red & green pesto, and chillies

### Chorizo Piccante

£13.95

Spicy ventricina, chorizo, chilli sauce and 'nduja

### Laura Vita (V)

£13.95

Goat's cheese, pesto, cherry tomato and rocket

### Spicy Tuna

£13.95

With red & green chilli, black olives, capers, oregano and red onion

### Wild Mushroom, Truffle Oil & Pecorino (V) (Opt VN)

£14.50

### Chicken, 'Nduja & Chorizo

£15.95

With peppers, chilli, mozzarella and coriander (no tomato sauce)

### Ham & Wild Mushroom

£13.95

### Prosciutto di Parma

£15.95

Topped with rocket and parmesan

### Smoked Aubergine & Burrata (V)

£14.95

With baked garlic and basil pesto

### Four Seasons

£13.95

Ham, artichoke, mushrooms and olives

### Scamorza & Coppa

£14.95

Smoked mozzarella, Coppa pork, rocket, pecorino

Add a classic dip for your bread or pizza crust:

£1.95 each or £4.50 for 3

Classic Caesar / Pesto, Tomato & Basil / Aioli / Spicy Tomato

Make it your own – extra toppings from £1

Gluten-free base +£2.50

Swap mozzarella for vegan cheese +£2

## PASTA

Dishes come with a choice of spaghetti or penne unless otherwise stated.

### Arrabiata (VN)

£9.95

Tomato sauce, garlic, shallots, chilli and parsley

### Tomato, Mozzarella & Pesto Gnocchi (V)

£12.95

Spaghetti with egg yolk, pancetta and parmesan

### Carbonara

£13.95

Spaghetti with egg yolk, pancetta and parmesan

### Chilli Chicken & Zucchini

£13.95

Tomato and mixed chillies

### Prawn & Smoked Salmon

£14.95

With cream, bisque sauce, white wine, and dill

### Venison Ragu Pappardelle

£15.95

Rich ragu with red wine

### Prawn Vongole

£15.95

Prawns, clams, garlic, white wine, tomato and chilli bisque

### Artichoke, Truffle & Asparagus (V)

£14.50

Wild mushrooms and white wine cream sauce

### Slow-Cooked Beef Lasagne

£13.95

Red wine, tomato, béchamel, parmesan, basil oil

### Spaghetti Bolognese

£13.95

Rich wine gravy and tomato sauce

### Mare e Monti Paccheri

£15.95

Chicken, porcini mushrooms, 'nduja and prawns with white wine, parmesan and cream sauce

### Crab & Prawn Linguine

£16.95

Bisque, white wine, shallot, fresh chilli and shell-on prawns

Gluten-free pasta +£2

Fresh pappardelle +£2