

La Tasca

spanish tapas bar & restaurant

It's a Spanish Revolution!

THE BEST
STONE-IN
SPANISH
OLIVES!

NIBBLES

NEW! FRESH GORDAL OLIVES (ANDALUCÍA) GF V £3.95
LIGHTLY SALTED ALMONDS GF V £2.95
PIMIENTOS DE PADRÓN (GALICIA) GF V £5.55
 One in 10 are spicy hot!

**MATURED MANCHEGO CHEESE
AND RUSTICA TOMATOES (LA MANCHA)** GF £4.15

BREADS

BREAD AND OILS V £2.45

NEW! GLUTEN-FREE BREAD & OILS GF V £2.55

RUSTIC GARLIC BREAD (ANDALUCÍA) V £2.45

Add cheese to your garlic bread extra 50p

RUSTIC BREAD WITH TOMATO (CATALUÑA) V £3.35

SHARERS

NEW! FRITURA MIXTA - FOR TWO (ANDALUCÍA) £9.95
 Dusted squid, king prawns, mussels and octopus, served with alioli and lemon.

NEW! TABLA ESPAÑOLA - FOR TWO £9.95
 Traditional Spanish cured meats with gordal olives, Manchego cheese, bread and oil.

JAMÓN SERRANO (CASTILLA LA MANCHA) GF £4.25
 Slices of 10 to 12-month-matured Serrano ham.

**OVEN-BAKED SHARING BREAD -
FOR TWO (BALEARIC ISLANDS)** V £6.95
 Topped with roasted peppers, cheese and onion.

ALL OF
THESE ARE
GREAT TO
SHARE!



Freshly cooked to order by our chefs (allow a minimum of 20 minutes). For one, two or more to share - served to the table in the traditional paella pan. *Price per person.

PAELLA VERDURAS (VALENCIA) GF V £8.95*
 With seasonal vegetables.

PAELLA DE CARNE (VALENCIA) GF £9.95*
 With chicken breast and chorizo.

**PAELLA VALENCIANA
'LA TASCA' (VALENCIA)** GF £10.95*
 With chicken breast, large mussels, king prawns and squid.

PAELLA DE MARISCOS (VALENCIA) GF £12.55*
 With Patagonian king prawns, large mussels, white fish, prawns and squid.

NEW! Signature Dishes

FROM THE GRILL!

**BROCHETA DE
POLLO AL LIMÓN
(EXTREMADURA)** GF £9.95

Straight from the
griddle - our signature
lemon and basil
marinated, grilled
chicken skewer.

FINEST HAND CARVED IBERICO PORK

**IBERICO CHORIZO, LOMO
AND SALCHICHÓN** £9.95
JAMÓN IBERICO CERO £9.95

Can't choose?
PLATTER OF BOTH
£16.95

All served with
picos sticks.

PLEASE
ASK TEAM
FOR DAILY
SPECIALS

WE RECOMMEND
THREE TAPAS
TO SHARE
PER PERSON!

TAPAS

Nothing says Spanish cuisine quite like tapas, the name deriving from 'tapar', meaning to 'cover' or 'lid'. It is widely believed that centuries ago farmers and labourers would visit local 'tasca's for a well-earned drink, on top of which they would place a tapar to protect it.

FISH

GAMBAS GABARDINA (MADRID) £4.95
 King prawns, dipped in our special-recipe San Miguel batter and fried until crisp.

**BOQUERONES EN VINAGRE (BASQUE
COUNTRY AND MADRID)** GF £5.35
 Amazing Spanish white anchovies from Madrid.

LANGOSTINOS (ANDALUCÍA) GF £5.95
 Wild Patagonian king prawns,
salt-baked over a piping-hot plancha.

NEW! GAMBAS PIL PIL (ANDALUCÍA) GF £5.95
 Wild Patagonian king prawns, marinated and cooked in a chilli-&-garlic infused oil.

**NEW! HAKE A LA PLANCHA
(GALICIA)** GF £6.95
 A middle cut fillet of hake served
with slow-cooked vegetable confitada.

CALAMARES (ANDALUCÍA) £4.65
 Crispy squid sprinkled with sea salt.

**NEW! PULPO GRATIN Y QUESO
(GALICIA)** GF £5.45
 A medley of potatoes and octopus
baked in a creamy lobster sauce and
gratinated with Manchego cheese.

**PESCADO BLANCO FRITO
(MALAGA)** £4.95
 Deep-fried white fish,
in our special-recipe
San Miguel batter.



VEGETARIAN AND SALADS

MIXED SALAD (ESPAÑOLA) GF V £4.95
**A FESTIVAL OF MUSHROOMS
(RIOJA)** GF V £3.95
 Sautéed in garlic butter and white wine.

**PATATAS BRAVAS CON ALIOLI
(ESPAÑA)** £3.35
 Fried potato, with spicy tomato sauce
and roasted garlic mayonnaise.
 Add cheese to your patatas bravas extra 60p
 Go large on your patatas bravas extra £1.00

**VEGETABLE GRATIN
(PICOS DE EUROPA)** GF £3.75
 A creamy potato gratin, with baby
spinach and blue cheese.

**NEW! DOS TORTILLA ESPAÑOLA
(ESPAÑA)** GF V £3.95
 Two different Spanish omelettes -
one traditional and one with piquillo peppers.

**NEW! CROQUETAS DE PIQUILLO
(BASQUE)** £4.60
 Hand-crumbed and filled with creamy
piquillo pepper béchamel sauce.

**LA TASCA HOUSE GREEN SALAD
(NAVARRA)** GF V £2.95

BERÉNJENAS (MURCIA) V £4.95
 Layers of sliced aubergine with slow roast
tomato, topped with a creamy béchamel
sauce and Manchego cheese.

**NEW! CHARGRILLED VEGETABLES
(CASTILE LA MANCHA)** GF V £4.95
 An assortment of fresh chargrilled veg.

HUEVOS CABREAOS (CATALUÑA) £3.45
 Amazing Spanish take on egg and chips,
needs to be cut before eating.

**NEW! GOAT'S CHEESE &
TOMATO SALAD (VALENCIA)** GF V £4.95

**BEETROOT, CARROT AND BUTTERNUT
SQUASH SALAD (MURCIA)** V £4.85

**NEW! BABY GEM SALAD
(CASTILLA LA MANCHA)** GF £4.80
 With roasted vegetable confitada, crispy
Serrano ham, balsamic sherry and alioli.

MEAT

CHORIZO (LEÓN) GF £4.70
 Simply sautéed on the plancha - no fuss!

**CHORIZO & MORCILLA
(CASTILLA Y LEÓN)** GF £4.95
 Simply sautéed on the plancha with
Spanish black pudding, peppers and onions.

**NEW! EMPANADAS DE CARNE
(GALICIA & BASQUE)** £4.35
 Filled with beef, cannellini beans and peppers.

CROQUETAS DE POLLO (MADRID) £4.70
 Hand-crumbed with chicken breast.

'SALSA' CHICKEN WINGS (ESPAÑA) GF £4.60
 Spiced, with a smoky flavour.

POLLO CON CREMA (CASTILLA) GF £5.25
 Marinated succulent chicken thighs with a creamy
spinach and mustard sauce, with toasted almonds.

PAELLA DEL DÍA (VALENCIA) GF £4.25
 Ask your server for today's freshly cooked paella.

**NEW! HOME-MADE BEEF-BURGERS
(CATALUÑA)** £4.95
 Two fresh mini home-made beef burgers.
 Add either blue cheese or calamari £1.00 each

**SLOW-COOKED PORK CHEEKS
(CASTILLA Y LEÓN)** £5.25
WITH PEDRO XIMENEZ
 Served with skinny fries.

NEW! ALBÓNDIGAS (MADRID) £4.95
 Large pork meatballs, in a rich,
slow-cooked tomato sauce.

NEW! MONTADITO DE CERDO (HUELVA) £4.95
 With pulled pork and red chilli salsa.

COSTILLAS DE CERDO (LEÓN) £5.25
 La Tasca's famous baby back ribs glazed
with a Spanish-style BBQ sauce.

**NEW! BEEF, PIQUILLO PEPPER AND
ARTICHOKE STEW (BASQUE)** GF £5.95
 Slow cooked beef stew, with red wine and fennel.

POLLO MARBELLA (MALAGA) GF £4.95
 Chicken breast, cooked with chorizo in
a white wine & cream sauce.



GF = Dishes that are gluten free. V = This dish is suitable for vegetarians = Lighter calorie dish



WHY NOT TRY OUR
AWARD-WINNING
GLUTEN-FREE
SELECTION?
£26.65

Perfect for two
to share - look out
for the medals!



EAT DRINK

AND

create memories

There's simply nothing more Spanish than spending your precious time with family and friends gathered around the table sharing home-cooked dishes, created with the freshest of ingredients and the passion, pride and expertise of our talented chefs.

After opening in Manchester in 1993, La Tasca now has over 40 restaurants across the UK and 5 in the USA. And if you want to really immerse yourself in the Spanish culture, we have a range of local events from Salsa dancing to our monthly Fiesta Nights, when we stay open late to drink, dine and dance.

WE SCOUR
THE WHOLE
OF SPAIN
FOR THE
VERY BEST OF
INGREDIENTS



TRADITIONAL INGREDIENTS

FROM ARTISAN
SUPPLIERS ACROSS SPAIN

La Tasca is proud to only source the best ingredients to provide the most authentic Tapas, Paella and other Spanish dishes. Working with Spanish farmers and artisan producers we have our own unique range of meats, vegetable oils, spices and wines.

With quince from Galicia in Spain's north to Tortas from Seville and traditional cured meats (Salchichon) from Pamplona, Antony, La Tasca's head chef, personally visits all the suppliers to ensure La Tasca's customers receive the very best quality.

"The very best fresh quality ingredients + regional spanish produce + loving preparation
= GREAT SPANISH FOOD"

AUTHENTIC SPANISH TAPAS

SINCE 1993



Find us and follow us for the latest news and events!

f @LaTasca #fancyaspanish latasca.com

All dishes may contain items not mentioned in our menu descriptions. If you require further information on ingredients which may cause allergy or intolerance, please speak to your server before you order your meal. If you do have a food allergy, you should inform your server so we can minimise the risk of cross contamination during the preparation and service of your food. Please note that all of our dishes are prepared in kitchens where flour and nuts are commonly used. Fish and poultry may contain bones. If you are on a calorie controlled diet please ask your server who will be able to provide you with the calorific detail for a number of our dishes. For parties of eight or more, a discretionary 10% service charge is added to your final bill. Our waiters receive all cash tips. For credit card tips, an 8% charge is deducted to cover processing costs. La Tasca does not profit from this charge. Prices include VAT, at the current rate. All items are subject to availability.



SAY HOLA TO FANTASTIC REWARDS!

Scan here and sign up to La Tasca Loyalty

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It's a Spanish Revolution!