

La Tasca

SPANISH TAPAS RESTAURANT AND BAR

At La Tasca, we're passionate about freshly cooked, authentic Spanish food. Our exciting tapas range lets you choose from a variety of dishes and taste experiences. Alternatively, why not try our famous paellas – great to share and cooked to order?

Breads and Olives

1. Aceitunas Mixtas **GF V** £2.50
Mixed Spanish olives, marinated in extra-virgin olive oil, herbs, lemon and sweet pimento peppers.
2. Pan de Barra £2.30
Fresh bread served with an extra-virgin olive oil & balsamic vinegar dip.
3. Pan de Ajo £2.45
Freshly toasted garlic bread.
4. Pan de Ajo con Queso £2.95
Freshly toasted garlic bread, with cheese.
5. Pan de Barra Catalán £2.95
Fresh bread served with two dipping oils: Catalán – a tomato & oil dip; picada – a garlic & herb oil

Charcuterie

6. Melón Galia y Jamón Serrano **GF** £2.75
Fresh melon slices, topped with Spanish serrano ham, mint and a drizzle of honey dressing.
7. Jamón Serrano **GF** £3.75
The famous cured serrano ham from the high plateau of central Spain.
8. Queso Manchego **GF** £3.75
Spanish Manchego cheese, served with slices of tomato and extra-virgin olive oil.
9. Plato Español **GF** £4.75
Spanish Manchego cheese and cured serrano ham.

Paellas

minimum two people

£9.95
per person

Ideal to share, our famous paellas are cooked to order, using authentic Valencian rice, served in the traditional Spanish paella pan – delicious.

10. Paella de Carne
A meat paella, with chicken breast and spicy chorizo Spanish sausage, white wine, asparagus, artichoke, peppers and lemon wedges.
11. Paella Valenciana **GF**
Paella with chicken breast, squid, king prawns, mussels, peas, green beans and white wine, topped with asparagus, artichoke, peppers and lemon wedges.
12. Paella de Mariscos **GF**
A seafood paella, with king prawns, black tiger prawns, squid, mussels, white fish and white wine, topped with asparagus, artichoke, peppers and lemon wedges.
14. Paella de Verduras **GF V**
A vegetarian paella, with seasonal vegetables and white wine, topped with asparagus, artichoke, peppers and lemon wedges.

Tapas to Share

Our famous tapas range is great to share and allows you a real taste of Spain. Around three or four dishes per person (ideally, two from seafood, chicken or meat sections, one potato or rice and one salad or vegetable) will give you a balanced meal, but you can order more – whenever you like!

Seafood

15. Calamares Andaluza £3.95
Crispy squid rings, served with roasted garlic mayonnaise and lemon.
16. Pescado Blanco Frito £4.55
Deep-fried white fish, in a light and crispy batter, served with roasted garlic mayonnaise and lemon.
17. Langostinos a la Plancha **GF** £4.75
Grilled tiger prawns, with lemon and sea salt.
18. Gambas Gabardina £4.75
King prawns, in a light and crispy batter, served with roasted garlic mayonnaise and lemon.
19. Gambas Pil Pil **GF** £5.75
Six king prawns, sizzling in a chilli-&-garlic-infused oil.
20. Salmón Español **GF** £5.95
Salmon fillet, served on a bed of wilted spinach, raisins and pear.

Chicken

21. Paella Valenciana **GF** £3.95
Paella with chicken breast and mixed seafood.
22. Alitas de Pollo £4.25
Marinated chicken wings.
23. Croquetas de Pollo £4.25
Chicken croquettes, with roasted garlic mayonnaise.
24. Brochetas de Pollo **GF** £4.10
Skewers of chicken breast and pepper, marinated in paprika.
25. Pollo con Salsa £4.30
Chicken breast cooked with sliced mushrooms, in a rich sherry, white wine & cream sauce.
26. Pollo Marbella £4.45
Chicken breast cooked with paprika, chorizo, peppers, onion and a white wine & cream sauce.

Salads

Our house dressing is a blend of extra-virgin olive oil, sherry vinegar and herbs. If you would like dressing on the side – just ask.

27. Ensalada Verde Mixta **GF V** £3.95
Fresh baby spinach, lamb's lettuce and baby gem, with avocado, cucumber and onion.
28. Ensalada de Manzana y Queso Manchego **GF** £3.95
Red apple, Manchego cheese and mixed salad leaves.
29. Ensalada de Pera y Jamón **GF** £3.95
Serrano ham, fresh pear and cherry tomatoes, with mixed salad leaves.
30. Ensalada de Tomate y Queso **GF V** £4.95
Fresh slices of tomato, grilled goat's cheese and Spanish olives.

Meat

31. Paella de Carne £3.95
A meat paella, with chicken breast and chorizo.
32. Croquetas de Jamón y Queso £4.25
Serrano ham and cheese croquettes, with roasted garlic mayonnaise.
33. Chorizo Frito al Vino £4.10
Spicy Spanish sausage, flavoured with paprika, garlic and herbs, sautéed in red wine.
34. Estofado Vasco £4.30
A Basque-style stew of tender beef, with potato, cherry tomato, red pepper and paprika.
35. Cordero de Mallorca £4.30
Tender pieces of lamb, potato, sultanas and prunes, in a rich red wine & brandy sauce.
36. Costillas de Cerdo £4.55
Succulent pork ribs, served in a tangy sauce.
37. Albóndigas a la Jardinera £4.55
La Tasca's beef & pork meatballs, served in a tomato sauce.

Vegetables

38. Patatas Bravas £2.95
Fried potato, with a spicy tomato sauce. **Add £1 for a large portion.**
39. Patatas Bravas con Queso £3.50
Fried potato, with melted cheese and a spicy tomato sauce. **Add £1 for a large portion.**
40. Tortilla Española £3.50
Spanish-style omelette, with potato and onion.
41. Berenjenas Gratinadas **V** £3.55
Fresh aubergine, baked in a tomato, garlic & wine sauce, topped with Cheddar cheese.
42. Pisto Manchego **GF V** £3.55
Slow-roasted mixed peppers, onion, courgette and aubergine, in a tomato sauce.
43. Champiñones al Ajillo **GF V** £3.65
Mushrooms, lightly sautéed in garlic oil.
44. Paella de Verduras **GF V** £3.75
A vegetarian paella, with seasonal vegetables.
45. Croquetas de Champiñones £4.25
Mushroom croquettes, with roasted garlic mayonnaise.

GF = This dish is gluten-free.

V = This dish is suitable for vegetarians.

Please note that we do not operate a dedicated vegetarian or gluten-free kitchen area.

Tapas Selections

Perfect for newcomers to tapas, these set menus for two feature a selection of some of our most popular dishes.

Your Favourites

£22.95
for two people

33. Chorizo Frito al Vino
15. Calamares Andaluza
37. Albóndigas a la Jardinera
31. Paella de Carne
40. Tortilla Española
38. Patatas Bravas
27. Ensalada Verde Mixta **GF V**

Saves £4

Healthy Choice

£22.95
for two people

1. Aceitunas Mixtas **GF V**
6. Melón Galia y Jamón Serrano **GF**
24. Brochetas de Pollo **GF**
17. Langostinos a la Plancha **GF**
20. Salmón Español **GF**
42. Pisto Manchego **GF V**
27. Ensalada Verde Mixta **GF V**

Saves £4.60

Chef Recommends

£29.95
for two people

40. Tortilla Española
37. Albóndigas a la Jardinera
26. Pollo Marbella; 23. Croquetas de Pollo
33. Chorizo Frito al Vino
19. Gambas Pil Pil **GF**; 21. Paella Valenciana **GF**
38. Patatas Bravas; 41. Berenjenas Gratinadas **V**
27. Ensalada Verde Mixta **GF V**

Saves £11.05

Spain is closer than you think! www.latasca.co.uk

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Sangrias

SANGRÍA – the blood-red colour of this beverage inspired its name, derived from the Spanish word for ‘blood’. Sangría is made with red wine, fruit juices, soda water, fresh fruit and sometimes liqueurs, brandy or Cognac.

Perfect drinks to get you in the party mood.

	pitcher/glass
Sangría Tradicional	£12.50/£3.35
Our famous sangría, served traditionally with fresh fruit and our special spirit mix.	
Fruity-Fizz Sangría	£14.50/3.90
Extra-fruity sangría, with orange liqueur, peach schnapps, brandy and fresh orange slices, mixed with cava.	
Pomegranate & Cranberry Sangría	£15.50/£4.10
A twist on the classic sangría, with pomegranate, cranberries and brandy.	
Sangría de Cava	£16.50/£4.55
Sparkling sangría, prepared with cava, fresh fruit and our special spirit mix.	

Sherries

SHERRY or ‘Jerez’ is the Spanish wine from the southern region of Cádiz. It has been around for many centuries and is the traditional Spanish drink to accompany tapas.

Manzanilla La Gitana 100ml	£4.15
Dry, crisp and fresh.	
Tío Pepe 100ml	£4.25
Dry white wine from Andalusia.	
Pedro Ximénez Triana Hidalgo 50ml	£3.65
Wickedly sweet and raisin-like, with flavours of prune and caramel.	

Soft Drinks

Hildon Mineral Water Still/Sparkling	small £1.90
Hildon Mineral Water Still/Sparkling	large £3.80
 Coca-Cola bottle 330ml	£2.00
 Diet Coke bottle 330ml	£2.00
 Sprite/Fanta bottle 330ml	£2.00
 Orangina bottle 330ml	£2.20
 Appletiser bottle 275ml	£2.20
 Pomegranate & Raspberry/ Mango & Mandarin Fruitiser bottle 275ml	£2.20
 Red Bull/ Sugar-Free Red Bull can 250ml	£2.30
 Ocean Spray Cranberry Juice glass	£2.50
Freshly Squeezed Orange Juice glass	£2.50

La Tasca Wines

The Spanish wine-making regions are diverse; this is reflected in our carefully selected wine list, where you can experience a regional taste-tour. Our list features velvety reds from the northern Rioja region and a sweet sherry from Jerez in the south. Enjoy!

White Wine

	175ml	250ml	Bottle
Viura Monterio, Castilla	£3.55	£4.75	£12.95
Juicy citrus fruits, with a whisper of green apple.			
La Tasca Recommends Torres Viña Sol, Catalunya	£4.10	£5.50	£14.95
Delicious, fresh and elegant fruit flavours: holiday memories – just dive right in!			
Pinot Grigio Marchesini, Italy	£4.25	£5.65	£15.45
Light, dry apple & pear fruits – famously quaffable!			
Torres San Valentín, Catalunya	£4.50	£6.00	£16.45
Slightly sweet and overflowing with fresh fruitiness and floral notes.			
Chardonnay Raimat, Costers del Segre	£4.50	£6.00	£16.45
Bursting with pure, ripe tropical fruits – sunshine in a glass!			
Sauvignon Blanc Los Trenzones, La Mancha	£4.80	£6.40	£17.45
Lively, grassy, citrus fruits, with floral and gooseberry notes.			
Faustino VII, Rioja			£18.25
Crisply dry, with lemon, lime and stone fruits – a classic white Rioja.			
Verdejo Analivia, Rueda			£19.45
Soft peach & pear fruits, with floral notes – simply delicious.			
Albariño Leiras, Rías Baixas			£19.95
Aromatic with lusciously smooth peach, apple and apricot fruit flavours.			
Torres ‘Fransola’ Sauvignon Blanc, Penedès			£24.95
Stunning single-vineyard wine, with zingy, ripe, juicy fruits and a dash of oak.			

Rosé Wine

Tempranillo Rosé Monterio, Castilla	£3.55	£4.75	£12.95
Ripe summer berries – redolent of warm sunny days.			
La Tasca Recommends Torres Viña Sol Rosé, Catalunya	£4.10	£5.50	£14.95
Summer fruits of pomegranate, cranberry and raspberry.			
Zinfandel Rosé Vendange, California	£4.40	£5.85	£15.95
Medium in style, with sweet, juicy summer berry fruit hints.			

Red Wine

Tempranillo Monterio, Castilla	£3.55	£4.75	£12.95
Just-picked berries, with vanilla hints.			
La Tasca Recommends Torres Sangre de Toro, Catalunya	£4.10	£5.50	£14.95
Vivaciously ripe and juicy raspberries and cherries – just gorgeous!			
Arium Crianza, Valdepeñas	£4.50	£6.00	£16.45
Ripe fruits shine through the gentle oak character.			
La Tasca Recommends Marqués de Morano, Tinto, Rioja	£4.50	£6.00	£16.45
Soft, jammy red fruits and just a hint of oak.			
Merlot Raimat, Costers del Segre	£4.80	£6.40	£17.45
Elegant berry & plum fruit flavours, with a smooth richness and a touch of spice.			
Don Jacobo, Crianza, Rioja			£17.95
Pure, elegant, classy black fruits, with vanilla and chocolate notes.			
Alidis Viña Mambrilla, Ribera del Duero			£18.95
A wine-fashionista’s dream – sensuously smooth, with creamy black fruits.			
Don Jacobo Reserva, Rioja			£21.95
Cherries and creamy oak flavours in a silky style.			
Faustino I, Gran Reserva, Rioja			£27.95
Layers of fine red berry fruits, laced with mature oak complexity – stunning.			
Torres ‘Mas La Plana’ Cabernet Sauvignon, Penedès			£30.95
A multiaward-winning world-class wine, with power and finesse – once tasted, never forgotten.			
Don Jacobo Methuselah (6 litres), Crianza, Rioja			£114.50
This superb crianza is perfect for parties. Equivalent to eight bottles.			

Sparkling Wine

	175ml	Bottle
Anna de Codorníu Chardonnay Reserva Brut, Cava	£5.50	£19.95
A perceived elegance, yet racy and lively.		
Codorníu Pinot Noir Brut Rosé, Cava	£5.95	£22.45
Heaps of the ripest summer berries burst from every glass.		
Codorníu Reina María Cristina Vintage Brut, Cava		£25.95
Superb vintage cava, with undeniable elegance and sophistication.		
Piper-Heidsieck Brut, Champagne		£35.00
Tantalising freshness, with a richness of style.		
Please drink responsibly.		