

La Tasca

SPANISH TAPAS RESTAURANT AND BAR

the la tasca experience

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?

..you'll find that a meal at La Tasca means that Spain is closer than you think!

bread and olives

1. Aceitunas Mixtas **GF V** £2.65
Mixed Spanish olives.
2. Pan de Barra £2.25
Fresh bread served with an extra-virgin olive oil & balsamic vinegar dip.
3. Pan de Barra Catalán £2.95
Fresh bread served with two dipping oils: Catalán – a tomato & oil dip; picada – a garlic & herb oil
4. Pan de Ajo £2.75
Freshly toasted garlic bread.
5. Pan de Ajo con Queso £3.25
Freshly toasted garlic bread, with cheese.
6. Pan Árabe con Cobertura **V** £4.75
A large oven-baked flat bread, topped with a spicy tomato sauce, onion, peppers and spinach – great to share!

charcuterie

7. Melón Galia y Jamón Serrano **GF** £3.00
Fresh melon slices, topped with Spanish serrano ham, mint and a drizzle of honey dressing.
8. Jamón Serrano **GF** £3.95
The famous cured serrano ham from the high plateau of central Spain.
9. Cecina **GF** £4.55
A real Spanish delicacy – cured beef from the northwest of Spain, gently smoked.
10. Plato de Charcutería **GF** £5.75
Spanish cured serrano ham, Manchego cheese and cecina cured beef.
11. Queso Manchego **GF** £3.95
Spanish Manchego cheese, served with slices of beefsteak tomato and extra-virgin olive oil.

paellas

minimum two people **£9.95** per person

Ideal to share with friends, our famous paellas are cooked freshly to order and served in the traditional Spanish paella pan – delicious. Why not enjoy a few tapas, while waiting?

12. Paella de Carne
A meat paella, with chicken and spicy chorizo Spanish sausage, asparagus, artichoke, red pepper and lemon wedges.
14. Paella Valenciana **GF**
Paella with chicken, squid, king prawns, mussels, peas and green beans, topped with asparagus, artichoke, red pepper and lemon wedges.
15. Paella de Mariscos **GF**
A seafood paella, with king prawns, black tiger prawns, squid, mussels and white fish, topped with asparagus, artichoke, red pepper and lemon wedges.
16. Paella de Verduras **GF V**
A vegetarian paella, with seasonal vegetables, topped with asparagus, artichoke, red pepper 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 and one salad or vegetable), to give you a balanced meal, but you can order more – whenever you like!

seafood

17. Calamares Andaluza £3.95
Deep-fried squid rings, served with roasted garlic mayonnaise and fresh lemon.
18. Pescado Blanco Frito £4.60
Deep-fried white fish, in a light and crispy batter, served with roasted garlic mayonnaise and fresh lemon.
19. Langostinos a la Plancha **GF** £4.75/£6.75
Grilled tiger prawns, with fresh lemon and sea salt.
20. Gambas Gabardina £4.75/£6.75
Deep-fried king prawns, in a light and crispy batter, served with roasted garlic mayonnaise and fresh lemon.
21. Salmón Fresco **GF** £5.95
Fresh Scottish salmon, served on a bed of wilted spinach, raisins and pear.
22. Bacalao Confitado **GF** £5.95
Fresh cod fillet, topped with a slow-cooked sweet pepper & onion salsa.
23. Gambas Pili Pili **GF** £5.75
Six king prawns, sizzling in a chilli-&-garlic-infused oil.

chicken

24. Brochetas de Pollo **GF** £3.95
Skewers of chicken breast and fresh pepper.
25. Paella Valenciana **GF** £3.95
Paella with chicken and mixed seafood.
26. Pollo Marbella £4.45
Chicken, cooked with paprika, chorizo, sweet peppers, onion and a white wine & cream sauce.
27. Alitas de Pollo £4.25/£5.95
Marinated chicken wings.
28. Croquetas de Pollo £4.25/£5.95
Chicken croquettes, with roasted garlic mayonnaise.
29. Pollo con Salsa £4.25
Chicken breast and sliced mushrooms, in a rich sherry, white wine & cream sauce.

salads

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

30. Ensalada de Espinacas y Aguacate **GF V** £3.15
Fresh baby spinach, avocado, cucumber and onion, with our house dressing.
31. Ensalada de la Casa **V** £4.75
Mixed leaves, avocado, cucumber, pine nuts and pimento peppers.
32. Ensalada de Tomate y Queso **GF V** £6.25
Fresh slices of beefsteak tomato, grilled goat's cheese and Spanish olives.
33. Ensalada de Pollo y Naranja **GF** £6.55
Mixed leaves, with roasted chicken breast, orange segments, cherry tomatoes and pimento peppers, drizzled with our house dressing.

meat

34. Chorizo Frito al Vino £3.95
Spicy Spanish sausage, flavoured with paprika, garlic and herbs, sautéed in red wine.
35. Paella de Carne £3.95
A meat paella, with chicken and chorizo.
36. Estofado Vasco £4.25
A Basque-style stew of tender beef, with potato, cherry tomato, red pepper and paprika.
37. Cordero de Mallorca £4.25
Tender chunks of lamb, potato, sultanas and prunes, in a rich red wine & brandy sauce.
38. Costillas de Cerdo £4.45/£6.55
Succulent pork ribs, served in a tangy sauce.
39. Albóndigas a la Jardinera £4.45/£6.55
Our Spanish-style beef meatballs, served in a tomato sauce.
40. Buey al Jerez £5.95
Rump steak and mushrooms, sautéed and served with fried potato and a rich sherry sauce.

vegetables

41. Patatas Bravas £3.35/£4.35
Fried potato, with a spicy tomato sauce.
42. Patatas Bravas con Queso £3.65/£4.65
Fried potato, with melted cheese and a spicy tomato sauce.
43. Berenjenas Gratinadas **V** £3.45
Fresh aubergine, baked in a tomato, garlic & wine sauce, topped with Cheddar cheese.
44. Verduras Fritas £3.25
Crispy fried slices of courgette, red pepper and aubergine, served with a blue cheese dip.
45. Champiñones Rellenos **V** £3.25
Whole roasted mushrooms, stuffed with a slow-cooked sweet pepper & onion salsa and topped with Cheddar cheese.
46. Tortilla Española £3.50
Spanish-style omelette, with potato and onion.
47. Pisto Manchego **GF V** £3.45
Slow-roasted red and yellow peppers, onion, courgette and aubergine, in a tomato sauce.
48. Champiñones al Ajillo **GF V** £3.55
Mushrooms, lightly sautéed in garlic oil.
49. Paella de Verduras **GF V** £3.75
A vegetarian paella, with seasonal vegetables.
50. Croquetas de Champiñones £4.15/£5.85
Mushroom croquettes, with roasted garlic mayonnaise.
51. Pimiento Romano **V** £4.25
Half a Romano pepper, stuffed with roasted vegetables and cous cous, with a breadcrumb topping.

selección de tapas

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

chef's selection of tapas **£26.95** for two people

Pollo con Salsa – chicken breast and sliced mushrooms, in a rich sherry, white wine & cream sauce.
Gambas Gabardina – deep-fried king prawns, in a light and crispy batter, served with roasted garlic mayonnaise and fresh lemon.
Alitas de Pollo – marinated chicken wings.
Albóndigas a la Jardinera – our Spanish-style beef meatballs, served in a tomato sauce.
Paella Valenciana **GF** – paella with chicken and mixed seafood.
Berenjenas Gratinadas **V** – fresh aubergine, baked in a tomato, garlic & wine sauce, topped with Cheddar cheese.
Patatas Bravas – fried potato, with a spicy tomato sauce.
Ensalada de la Casa **V** – mixed leaves, avocado, cucumber, pine nuts and pimento peppers.

house selection of tapas **£22.95** for two people

Chorizo Frito al Vino – spicy Spanish sausage, flavoured with paprika, garlic and herbs, sautéed in red wine.
Calamares Andaluza – deep-fried squid rings, served with roasted garlic mayonnaise and fresh lemon.
Albóndigas a la Jardinera – our Spanish-style beef meatballs, served in a tomato sauce.
Paella de Carne – a meat paella, with chicken and chorizo.
Pisto Manchego **GF V** – slow-roasted red and yellow peppers, onion, courgette and aubergine, in a tomato sauce.
Patatas Bravas – fried potato, with a spicy tomato sauce.
Ensalada de la Casa **V** – mixed leaves, avocado, cucumber, pine nuts and pimento peppers.

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white wine

175ml 250ml bottle

Crisp, light, fresh whites

Viura Monterio, Castilla Juicy citrus fruits, with a whisper of green apple.	£3.60	£4.75	£12.95
Torres Viña Sol, Catalunya Gorgeous apple & pear fruits: holiday memories – just dive right in!	£3.85	£5.15	£13.95

Faustino VII, Rioja Crisply dry, with lemon, lime and stone fruits – a classic white Rioja.			£17.95
Verdejo Analivia, Rueda Soft peach & pear fruits, with floral notes – simply delicious.			£18.95

Pinot Grigio Marchesini, Italy Light, dry apple & pear fruits – famously quaffable!	£4.10	£5.50	£14.95
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Zesty, aromatic whites

Chardonnay Raimat, Costers del Segre Bursting with pure, ripe tropical fruits – sunshine in a glass!	£4.40	£5.85	£15.95
Sauvignon Blanc Los Trenzones, La Mancha Lively, grassy, citrus fruits, with floral and gooseberry notes.	£4.70	£6.25	£16.95
Albariño Leiras, Rías Baixas Aromatic with lusciously smooth peach, apple and apricot fruit flavours.			£19.95
Torres 'Fransola' Sauvignon Blanc, Penedès Stunning single-vineyard wine, with zingy, ripe, juicy fruits and a dash of oak.			£24.95

rosé wine

Tempranillo Rosé Monterio, Castilla Ripe summer berries – redolent of warm sunny days.	£3.60	£4.75	£12.95
Torres Viña Sol Rosé, Catalunya Summer fruits of pomegranate, cranberry and raspberry.	£4.10	£5.50	£14.95
Zinfandel Rosé Vendange, California Medium in style, with sweet, juicy summer berry fruit hints.	£4.40	£5.85	£15.95

red wine

Rich, smooth, fuller reds

Tempranillo Monterio, Castilla Just-picked berries, with vanilla hints.	£3.60	£4.75	£12.95
Arium Crianza, Valdepeñas Ripe fruits shine through the gentle oak character.	£4.25	£5.70	£15.45

Torres 'Mas La Plana' Cabernet Sauvignon, Penedès A voluptuous world-class wine and veritable taste bud party – once tasted, never forgotten.			£30.95
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Modern, fruity, silky reds

Torres Sangre del Toro, Catalunya Vivaciously ripe and juicy raspberries and cherries – just gorgeous!	£4.10	£5.50	£14.95
Shiraz Los Trenzones, La Mancha Spicy black fruits abound in this seriously sexy Shiraz.	£4.70	£6.25	£16.95

Alidis Viña Mambrilla, Ribera del Duero A wine-fashionista's dream – sensuously smooth, with creamy black fruits.			£18.95
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Rioja – a style of its own

Marqués de Morano, Tinto Soft, jammy red fruits and just a hint of oak.	£4.55	£6.10	£16.45
Don Jacobo, Crianza Pure, elegant, classy black fruits, with vanilla and chocolate notes.			£17.95
Don Jacobo, Reserva Cherries and creamy oak flavours in a silky style.			£21.95
Faustino I, Gran Reserva Layers of fine red berry fruits, laced with mature oak complexity – stunning.			£27.95
Don Jacobo Methuselah (6 litres), Crianza This superb crianza is perfect for parties. Equivalent to eight bottles.			£114.50

sparkling wines

175ml bottle		
Anna de Codorníu Chardonnay Reserva Brut, Cava A perceived elegance, yet racy and lively.	£5.50	£19.95
Codorníu Pinot Noir Brut Rosé, Cava Heaps of the ripest summer berries burst from every glass.	£5.95	£21.95
Codorníu Reina María Cristina Vintage Brut, Cava Superb vintage cava, with undeniable elegance and sophistication.		£25.95
Anna de Codorníu Chardonnay Reserva Brut Jeroboam (3 litres), Cava A perceived elegance, yet racy and lively. Equivalent to four bottles.		£74.95
Piper-Heidsieck Brut, Champagne Tantalising freshness, with a richness of style.		£35.00

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Spain is closer than you think!

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.

desserts

Sorbete de Limón al Cava A refreshing lemon & cava sorbet.	£3.45
Helado con Chocolate y Almendras Vanilla ice cream, served with Spanish chocolate and almonds.	£3.85
Frutillas Frescas Fresh strawberries, served with your choice of cream, ice cream or on their own!	£3.95
Crema Catalana Traditional Spanish-style vanilla custard, topped with caramelised sugar.	£3.95
Tarta de Manzana A Spanish-style apple pie, with a sweet almond pastry base, a layer of meringue and a crumble topping.	£4.45
Coulant de Chocolate y Naranja Hot chocolate sponge pudding, with a gooey chocolate-orange centre, served with vanilla ice cream.	£4.25
Tarta de Queso con Capas de Limón A crisp biscuit base, layered with a smooth lemon cheesecake and tangy lemon custard and topped with lightly whipped cream and white chocolate shavings.	£4.25
Baileys Scoop Vanilla ice cream, served with a shot of Baileys.	£4.25
Torta de Chocolate y Avellanas A rich and indulgent dark chocolate & hazelnut torte.	£4.45
Churros con Fruta y Salsa de Chocolate – great to share Crisp doughnut twists, served with fresh strawberries, chunks of pear and warm chocolate sauce (for dipping).	£5.95

sangría and cocktails

Perfect drinks to get you in the party mood.

pitcher/glass	
Sangría Tradicional Our famous sangría, served traditionally with fruit and our special spirit mix.	£12.50/£3.25
Sangría de Cava Sparkling sangría, prepared with cava, fruit and our special spirit mix.	£16.25/£4.45
Rebujito La Gitana The famous 'fiesta' drink in Spain – lemonade and ice with Manzanilla La Gitana.	£12.50/£3.35
Soberano Libre Coca-Cola, ice and lemon, mellowed with cask-aged Soberano brandy.	£12.50/£3.35
Mojito Originating from Cuba, this amazing mix of muddled sugar, mint, lime and ice is charged with Bacardi Superior rum and soda.	£4.95
Long Island Iced Tea Vodka, gin, white rum, Cointreau and José Cuervo Gold tequila are all shaken with fresh lemon juice and sugar syrup, then charged with Coca-Cola and served long.	£14.95/£4.95
Woo Woo Vodka, simply built over ice, with peach schnapps and cranberry juice – served long.	£14.95/£4.95

sherries

The traditional Spanish drink to accompany tapas.

Manzanilla La Gitana 100ml Dry, crisp and fresh.	£4.05
Tío Pepe 100ml Dry white wine from Andalusia.	£4.15
Pedro Ximénez Triana Hidalgo 50ml Wickedly sweet and raisin-like, with flavours of prune and caramel.	£3.55

beers and ciders

San Miguel 5.0% ABV bottle 330ml	£2.85	Hildon Mineral Water Still/Sparkling small £1.80 large £3.70
Cruzcampo 5.0% ABV bottle 330ml	£3.00	Coca-Cola/Diet Coke/ Sprite/Fanta bottle 330ml
Estrella Damm 4.6% ABV bottle 330ml	£3.00	Orangina bottle 330ml
Mahou Cinco Estrellas 5.5% ABV bottle 330ml	£3.00	Appletiser bottle 275ml
Corona 4.6% ABV bottle 330ml	£3.20	Pomegranate & Raspberry Fruitiser/ Mango & Mandarin Fruitiser bottle 275ml
Sol 4.5% ABV bottle 330ml	£3.00	Red Bull/ Sugar-Free Red Bull can 250ml
Mahou Laiker 0.8% ABV (low-alcohol) bottle 250ml	£2.80	Freshly Squeezed Orange Juice glass
Magners 4.5% ABV 568ml	£3.95	Ocean Spray Cranberry Juice glass

soft drinks

draught beers

per pint	
San Miguel 5.0% ABV	£3.35
Peroni Nastro Azzurro 5.1% ABV	£3.85

spirits

per 25ml	
Gordon's gin, Bacardi Superior rum, Malibu, Smirnoff Red vodka, Bell's whisky	£2.75

If there's something different you'd like, please ask.

