



**TASCA**

CAFE, RESTAURANT & TAPAS BAR

*Dominion Road Olive Grove*

**gluten free** BREAKFAST and LUNCH

**Arroz con Leche** Spanish vanilla rice pudding for breakfast! with stewed apricots, pistachios & cream 12.5

**Green Pea & Avocado Smash** on seeded gluten free toast, chargrilled season's greens with poached eggs 16

**Salute to the Sun** LOW CARB poached eggs on wilted spinach with avocado, raw almonds, and basil pesto 13 add smoked salmon + 6 add gluten free toast + 3

**The Spaniard** eggs scrambled Basque style in olive oil with tasty sautéed potatoes, red peppers and paprika, served with hot gluten free bread 15 add chorizo sausage + 4

**Benedict Hash** poached eggs on potato hash cake with spinach and hollandaise 16 with bacon 18.5 or smoked salmon 19.5

**Spanish Omelette** with potato, chorizo, red onion, tomato and olives, with aioli and gluten free toast 19

**Tasca Grill** eggs any style with bacon, sausage, sautéed potatoes, grilled tomato and mushrooms, served with relish 25

**Soup** tomato, onion & red lentil soup, finished with paprika oil & lemon juice, served with hot GF bread  
EL CHEAPO 11 LARGE 15

**Kumru CosBurger** Mediterranean sandwich with grilled chorizo sausage, tomato, gherkins, fried haloumi cheese & mayo with cos lettuce cups 17

**Tasca Mediterranean Lunch Plate** EXTRA TAPA + 5  
smoky eggplant dip, feta & fennel tzatziki, olives, slow cooked green beans and grilled haloumi with tomato mint salsa, served with Spanish grilled tomato bread GF 17

**Sevilla Salad** salad greens tossed with seared rare fresh tuna, fresh orange, salted almonds and green olives in a sherry vinaigrette, topped with anchovy mayo 25 with chicken replacing tuna 24

**Ceviche Salad** marinated white fish, lemon & lime juices, tossed with avocado, fresh coriander, cos and rocket, topped with coconut mayo 24

**Calamares** lightly spiced, pan fried and served with French fries, salad, lemon & aioli 24

PIZZAS NOW AVAILABLE WITH GLUTEN FREE BASES: see pizza list



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**gluten free** DINNER MENU

**Olives** mixed green and black 7

**Dips Duo** smoky eggplant dip and feta & fennel tzatziki with crudités – raw veg sticks 13.5

**Patatas Bravas** paprika potato chunks, fried, topped with tomato salsa and aioli 11 add chorizo + 4

**Beans 2 Ways** green and pinto beans slow cooked in olive oil with onion & tomato 14

**Dolma** bell pepper stuffed with rice, onion, herbs, currants and pinenuts, with tzatziki 17

**Grilled Haloumi Cheese** on gluten free toast with tomato & mint salsa in extra virgin olive oil 17

**Pimiento Chicken** paprika chicken morsels with red and yellow peppers, saffron rice, sour cream & parsley 17

**Ceviche** marinated white fish, lemon & lime juices, avocado, fresh coriander & coconut mayo 19

**Calamares** lightly spiced and pan fried, served with aioli and lemon 16

**Costa Brava Mussels** green lipped mussels steamed with fresh coriander and chilli, saffron and ginger, served in its own fragrant broth 19

**Gambas al Pil Pil** chilli prawns in sizzling garlic olive oil, served with hot GFbread for mopping up juices 19

**Sevilla Salad** seared rare fresh tuna tossed with salad greens, fresh orange, salted almonds & green olives in a sherry vinaigrette, topped with anchovy mayo 26

**Split Aubergine** melting onion & tomato, on a spinach, chickpea and rice paella with labneh 29

**Spatchcock Chicken Algarve** Portuguese style baby chicken barbecued with lemon & rosemary, served with sautéed potatoes and a fresh tomato & black olive salad 33

**Cordero** slow roasted lamb shoulder, basted with harissa and pomegranate molasses, served with roast red pepper, potatoes and slow roasted garlic (Tasca's Signature Dish) 37

**Market Fish** please ask about tonight's fish dish 33

**Paella Mixta** traditional saffron rice dish with morsels of fish, mussels, prawns, chorizo sausage and chicken served with lemon and aioli 34  
(our paella is cooked the traditional way in housemade stock – please allow 20 mins cooking time)

**SIDES** Side Salad 9 Rocket & Parmesan Salad 12 Bowl of Vegetables 10