



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 midnight baker's buckwheat freedom toast, chargrilled season's greens with poached eggs 14.5

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 15
with bacon 17.5 or smoked salmon 18.5

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 24

Soup tomato, onion & red lentil soup, finished with paprika oil & lemon juice, served with hot GF bread
EL CHEAPO 10 LARGE 12.5

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 16.5

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 23

Ceviche Salad marinated white fish, lemon & lime juices, tossed with avocado, fresh coriander, cos and rocket, topped with coconut mayo 22

Calamares lightly spiced, pan fried and served with French fries, salad, lemon & aioli 23

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

Chori-Papas fried chorizo sausage and potato chunks with aioli 14

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

Charcuterie Board serrano ham, salami & chorizo sausage with feta & fennel tzatziki and crudités 21

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

Pulpo octopus & potato salad with parsley, dill, gherkin, a touch of chilli, olive oil and lemon juice 18

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 28

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

Ternera char grilled scotch fillet, served on crispy potatoes, with a rioja wine jus, seasonal greens and a red & yellow pimiento sauce 34

Paella Mixta traditional saffron rice dish with morsels of fish, mussels, prawns, chorizo sausage and chicken served with lemon and aioli 34

Cordero slow roasted lamb shoulder, basted with harissa and pomegranate molasses, served with roast red pepper, potatoes and slow roasted garlic 36

Market Fish please ask about tonight's fish dish 32