



GLUTEN FREE **brunch * n' lunch**

- Green Pea & Avocado Smash** on midnight baker's buckwheat freedom toast, chargrilled season's greens with poached eggs 16
- Smoked Salmon** with cream cheese, tomato, red onion, capers and lemon 15 + soft boiled egg 3
- Arroz con Leche** spanish vanilla rice pudding with stewed apricots, pistachios and cream 13.5
- The Scramble** eggs scrambled with butter, feta, cream and loads of parsley on GF toast 13
 • add bacon + 4 add salmon + 6
- The Spaniard** Basque style eggs, soft scrambled in olive oil with tasty sautéed potatoes, red peppers and paprika, served with GF toast 16 add chorizo sausage + 4
- Eggs Benedict** on GF toast with spinach and hollandaise 15 + bacon 18.5 + smoked salmon 19.5
- Spanish Omelette** with chorizo sausage, potato, red onion, tomato, olives, and GF toast 19
- Soup** tomato, onion & red lentil soup, with paprika oil & lemon juice and GF toast 13
- Tasca Mediterranean Lunch Plate** 16.5
 smoky eggplant dip, feta & fennel tzatziki, olives, slow cooked green beans and grilled haloumi with tomato mint salsa, served with GF toast
- Sevilla Salad** seared rare fresh tuna, cos and rocket, green olives, salted almonds and fresh orange in a sherry vinaigrette, topped with anchovy mayo 24
- Ceviche Salad** marinated white fish, lemon & lime juices, tossed with avocado, fresh coriander, cos and rocket, topped with coconut mayo 24
- Matador Salad** rare roast beef on a salad of rocket and cos lettuce, with avocado, roasted red peppers, wild rice, anchovy mayo and parmesan cheese 24
- Costa Brava Mussels** steamed with saffron, ginger, chilli and fresh coriander, served in its own broth 19
- Calamares** lightly spiced, pan fried and served with shoestring fries, salad, lemon & aioli 17 LARGE 24
- Tasca Fish & Chips** pan fried market fish with shoestring fries, aioli, lemon & salad 25
- Gluten Free Pizzas** now available – please see pizza list on regular menu

SIDES fries & aioli 8 avocado 4 mushrooms 4 bacon 5 fried haloumi cheese 6

T A S C A G L U T E N F R E E

dinner

T A P A S

- Olives** mixed green and black 7
- Smoky Eggplant Dip** and feta & fennel tzatziki with crudites 13.5
- Patatas Bravas** paprika potato chunks, fried, topped with tomato salsa and aioli 11
- Chori-Papas** fried chorizo sausage and potato chunks with tomato salsa and 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, on tzatziki 17
- Grilled Haloumi Cheese** with tomato & mint salsa in 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 with coconut mayo 19
- Calamares** lightly spiced and pan fried, served with aioli and lemon 16
- Pulpo** octopus & potato salad with parsley, dill, gherkin, a touch of chilli, olive oil and lemon juice 18
- Gambas al Pil Pil** chilli prawns in sizzling garlic olive oil, served with hot bread for mopping up juices 19
- Costa Brava Mussels** coromandel green lipped mussels steamed with white wine, saffron, ginger, chilli and fresh coriander, served in its own fragrant broth 19

M E A L S

- Sevilla Salad** seared rare fresh tuna tossed with salad greens, fresh orange, salted almonds and green olives in a sherry vinaigrette, topped with anchovy mayo 26
- Matador Salad** rare roast beef on a salad of rocket and cos lettuce, with avocado, roasted red peppers, wild rice, anchovy mayo and parmesan cheese 26
- Split Aubergine** melting onion & tomato, on a spinach, chickpea and rice paella with creamy yoghurt 28
- Market Fish** please ask about tonight's fish dish 32
- Paella Mixta** traditional saffron rice dish with morsels of fish, mussels, prawns, chorizo sausage and chicken served with lemon and aioli 34
- 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
- Cordero** lamb shoulder roasted in the woodfired oven, basted with harissa and pomegranate molasses, served with roast potatoes, red pepper and slow roasted garlic 36