



TASCA

CAFE, RESTAURANT & TAPAS BAR

Tasca Newmarket

TASCA GLUTEN FREE

brunch * n' lunch

Green Pea & Avocado Smash on seeded gluten free toast, chargrilled
season's greens with poached eggs 17.5

Smoked Salmon with cream cheese, tomato, red onion, capers and lemon 17.5 + 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 parsley on GF toast 13.5

- add bacon + 5 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 17 add chorizo sausage + 5

Eggs Benedict on GF toast with spinach and hollandaise 16.5 + bacon 19.5 + smoked salmon 21

Tasca Mediterranean Lunch Plate 17.5

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 26 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 25

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

Calamares lightly spiced, pan fried and served with shoestring fries, salad, lemon & aioli 18 LARGE 24

Tasca Fish & Chips pan fried market fish with shoestring fries, aioli, lemon & salad 26

Gluten Free Pizzas now available – please see pizza list on regular menu

SIDES fries & aioli 8 avocado 4 mushrooms 5 bacon 5 fried haloumi cheese 7



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dinner

TAPAS

Olives mixed green and black 8

GF Smoky Eggplant Dip and feta & fennel tzatziki with crudites 14

GF Patatas Bravas paprika potato chunks, fried, topped with tomato salsa and aioli 12

GF Beans 2 Ways green and pinto beans slow cooked in olive oil with onion & tomato 15

GF Ensalada Tasca creamy shrimp cocktail converges with russian salad, iceberg cups 17

GF Dolma bell pepper stuffed with rice, onion, herbs, currants and pinenuts, on tzatziki 18

GF Grilled Haloumi Cheese with tomato & mint salsa in virgin olive oil 18

GF Walnut Chicken paprika chicken morsels, rice pilaf, walnuts, 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 17

GF Gambas al Pil Pil chilli prawns in sizzling garlic olive oil, served with hot GF bread for mopping 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 20

MEALS

GF 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 27

GF 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

Aubergine Rellenos eggplant filled with melting green beans & tomato, on chickpea & potato smash, with fresh rocket & parmesan cheese 30

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 36

Cabeza slow and sticky beef cheek with syrupy figs, chargrilled courgettes, served on pomegranate & walnut muhammara 34

Spatchcock Chicken Algarve Portuguese style baby chicken barbecued with lemon & rosemary, served with sautéed potatoes and a fresh tomato & black olive salad 35

Cordero lamb shoulder roasted in the woodfired oven, basted with harissa and pomegranate molasses, served with roast potatoes, red pepper and slow roasted garlic 37