



TASCA

CAFE, RESTAURANT & TAPAS BAR

Daytime Menu No Added Gluten

NG Scramble eggs scrambled with butter, feta, cream & parsley on No added Gluten toast 16

- add bacon + 7 add salmon + 8

NG Smashed Avo Toast avocado & green pea smash, grilled courgette, poached eggs, NG toast 19

Breakfast Bowl broccoli, green beans, wilted spinach, poached eggs, avocado, haloumi cheese, dukkah, toasted almonds 23 add bacon + 7 salmon + 8

NG Eggs Benedict with potato & feta hashcake, spinach and hollandaise 19 add NG toast + 3
with bacon 22 or smoked salmon 25

NG Spaniard Basque style soft scrambled eggs, olive oil, sautéed potatoes, red peppers and paprika, served with NG toast 19 add chorizo sausage + 6

NG Big Breakfast eggs any style with bacon, chorizo sausage, sautéed potatoes, grilled tomato and mushrooms, served on NG toast with relish 27

Soup red lentil, onion & tomato soup, paprika oil, lemon juice, with hot turkish bread 19

NG Tasca Lunch Plate smoky eggplant dip, feta & fennel tzatziki, walnut muhammara dip, olives, grilled haloumi, tomato salsa, with NG toast 21

NG Market Fish Sando pan fried market fish NG bread sandwich, red pepper & walnut muhammara, salad, homestyle handcut potato chips, aioli 27

Calamares'n' Chips lightly spiced, pan fried, homestyle hand cut potato chips, salad, lemon, aioli 26

Tasca Paella Rice saffron rice, red pepper & garlic sofrito, green peas, lemon and aioli, with:

- garlic & chilli prawns 29
- calamares and beef chorizo sausage 28
- escalivada - grilled Mediterranean vegetables 27

NG Coca Maria Tasca version of margherita pizza - tomato, mozzarella, pesto, fresh basil 25

NG Ibiza Pizza red, green & yellow peppers, tomato, black olives, red onion, feta cheese, mozzarella 25

NG Lahmajun Istanbul street pizza – minced beef & onion, rocket, fresh tomato, lemon 29

Media Pizza half a pizza (choose one of the above) , with salad 18

No added gluten. Please inform us of any allergies (all food prepared in one kitchen)

We will always do our best to accommodate your allergies but we can't guarantee that trace elements of ingredients will not be present. Our kitchen contains gluten, other allergens :) Please understand that despite our best efforts there is a risk of cross-contamination.



TASCA

CAFE, RESTAURANT & TAPAS BAR

Dinner Menu No Added Gluten

t a p a s

Olives mixed green and black 9

NG Un Dos Tres 3 dips: eggplant dip, feta & fennel tzatziki and walnut muhammara dip, GF toast 16

Patatas Bravas fried paprika potato chunks, tomato salsa, aioli 13

Tasca Home Chips home style, hand cut potato chips , aioli 9

Rocket & Parmesan Salad balsamic vinaigrette 16

Sarma stuffed cabbage roll: rice, onion, mint currants, pinenuts, on feta & fennel tzatziki 18

NG Haloumi pan fried haloumi, GF toast, tomato, mint & red onion salsa, lemon 20

Calamares lightly pan fried, aioli, lemon 18

Atun Sesamo seared tuna, mustard rub, black & white sesame seeds, tomato mint salsa, harissa oil 25

Costa Brava Mussels steamed coromandel green lipped mussels, white wine, saffron, ginger, chilli, fresh coriander, own fragrant broth 23

m e a l s

Soup red lentil, onion & tomato soup, paprika oil, lemon juice, with hot turkish bread 19

NG Ibiza Pizza red, green & yellow peppers, tomato, black olives, red onion, feta cheese, mozzarella 26

NG Coca Maria Tasca version of margherita pizza - tomato, mozzarella, pesto, fresh basil 26

Gaudí Salad colourful roasted vegetable salad: broccoli, peppers, carrot, beetroot, pomegranate seeds, mojo verde (canary island green dressing), pistachios 27 add chicken OR prawns + 9

NG Coliflor golden cauliflower steak, almond ajo blanco, carrot purée, spinach, red pepper sauce 32

Chicken Algarve chargrilled rosemary chicken, sautéed potatoes, tomato, olive & parsley salad 34

Valencia Pork slow cooked pork belly, apple, carrot & orange purée, roast beetroot, pomegranate jus 34

Mercado Fish market fish, please ask for today's presentation 35

Cordero lamb shoulder roasted in the woodfired oven, harissa, garlic & pomegranate baste, roast potatoes, carrots, red pepper (Tasca's Signature Dish) 39

Paella Mixta traditional saffron rice dish with morsels of fish, mussels, prawns, chorizo sausage and chicken served with lemon and aioli 37

(our paella is cooked the traditional way in housemade stock – please allow 20 mins cooking time)

No added gluten. Please inform us of any allergies (all food prepared in one kitchen)

We will always do our best to accommodate your allergies but we can't guarantee that trace elements of ingredients will not be present. Our kitchen contains gluten, other allergens :) Please understand that despite our best efforts there is a risk of cross-contamination.