



TASCA

CAFE. RESTAURANT & TAPAS BAR

Gluten Free DAYTIME

- GF Scramble** eggs scrambled with butter, feta, cream & parsley on gluten free toast 15
- add bacon + 6 add salmon + 8
- GF Smashed Avo Toast** avocado & green pea smash, grilled courgette, poached eggs, GF toast 18
- Breakfast Bowl** broccolini, green beans, wilted spinach, poached eggs, avocado, haloumi cheese, dukkah, toasted almonds 21 add bacon + 6 salmon + 8
- GF Omelette** with rocket & feta cheese, spiced tomato chutney, GF toast 19
- GF Eggs Benedict** with potato & feta hashcake, spinach and hollandaise 17 add GF toast + 2
with bacon 22 or smoked salmon 25
- GF Spaniard** Basque style eggs, soft scrambled in olive oil with tasty sautéed potatoes, red peppers and paprika, served with GF toast 18 add chorizo sausage + 6
- GF Big Breakfast** eggs any style with bacon, chorizo sausage, sautéed potatoes, grilled tomato and mushrooms, served on GF toast with relish 27
- GF Market Fish Sando** pan fried market fish GF bread sandwich, red pepper & walnut muhummara, salad, homestyle handcut potato chips, aioli 26
- GF Canary Island Sando** salmon OR roast chicken sandwich with avocado, cucumber, salad, canary island green dressing 24
- GF Tasca Lunch Plate** smoky eggplant dip, feta & fennel tzatziki, olives, pinto beans, grilled haloumi, tomato salsa, with GF toast 19
- GF Málaga Salad** calamares, beef chorizo, salad greens, grilled peppers, fried potatoes, aioli 26
- Calamares** lightly spiced, pan fried, with homestyle hand cut potato chips, salad, lemon, aioli 26
- GF Coca Maria** Tasca version of margherita pizza - tomato, mozzarella, pesto, fresh basil 25
- GF Ibiza Pizza** red, green & yellow peppers, tomato, black olives, red onion, feta cheese, mozzarella 25
- 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



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Gluten Free DINNER

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Olives mixed green and black 9

GF 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 12

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

Leek & Potato Buñuelos garlic labneh, pickled cauliflower 16

Rocket & Parmesan Salad balsamic vinaigrette 16

Dolma stuffed red pepper: rice, onion, mint currants, pinenuts, on feta & fennel tzatziki 18

GF Haloumi pan fried haloumi, GF toast, tomato, mint & red onion salsa, lemon 19

Calamares lightly pan fried, aioli, lemon 18

Cured Salmon green herb cream, yalan black caviar, fresh dill, lemon zest, xv olive oil 22

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 21

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

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

Gaudí Salad colourful roasted vegetable salad: broccoli, peppers, carrot, beetroot, pomegranate seeds, mojo verde (canary island green dressing), pistachios 26 add salmon or chicken + 8

La Berenjena stuffed whole eggplant: tomato, garlic, onion, cheese, red pepper sauce, rice pilaf 29

Chicken Algarve chargrilled rosemary chicken, sautéed potatoes, tomato, olive & parsley salad 33

Valencia Pork slow cooked pork belly, apple, carrot & orange purée, roast beetroot, pomegranate jus 33

Mercado Fish market fish, please ask for today's presentation 34

Cordero lamb shoulder roasted in the woodfired oven, harissa, garlic & pomegranate baste, roast potatoes, carrots, red pepper (Tasca's Signature Dish) 37

Paella Mixta traditional saffron rice dish with morsels of fish, mussels, prawns, chorizo sausage and chicken served with lemon and aioli 36

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