



TASCA

CAFE, RESTAURANT & TAPAS BAR

TASCA *Beach*

weekend all day **VEGETARIAN**

- Buenos Días Bagel** homemade sesame bagel, saffron cream cheese and homemade berry jam 12
OR saffron cream cheese, tomato, basil pesto and marinated olives 17
- Fluffy Pancakes** pancake stack, caramelised banana, maple syrup, berry compote, whipped cream 18
- Eggs Your Way** poached, scrambled or fried, on toasted homemade turkish bread, with relish 11
- Spanish Open Omelette** potato, onion, roast red peppers, parsley and olives, hot homemade bread 17
- Eggs Florentine** poached eggs, wilted spinach and hollandaise, with your choice of toasted
homemade turkish bread OR Tasca butternut fritter 17
- Mushrooms al Ajillo** creamy mushrooms with garlic & parsley on homemade toasted turkish bread 18
- Potato & Spinach Quesadilla** cheesy stuffed flatbread with potato, spinach and onion 16
- Un Dos Tres** 3 dips: red pepper walnut dip, saffron hummus, beetroot labneh with grilled tomato bread 15
- Mediterranean Vegetarian Lunch Plate** saffron hummus, beetroot labneh, grilled mediterranean
vegetables, roasted pepper, olives and Spanish grilled tomato bread 19
- Frida's Coliflor Burger** cauli fritter in a homemade bun, with tomato, onion, cheese, gherkins,
pomegranate relish & salad; served with smoked paprika fries and aioli 22
- Coca Maria** Coca = spanish pizza... tomato, fresh white mozzarella, pesto, fresh basil 18
- Coca del Pueblo** potato, mushrooms, onion, jalapenos, cheese, horseradish cream, fresh greens 19
- Tasca Beach Salad** iceberg lettuce, roasted pumpkin, pumpkin seeds, cherry tomatoes, black beans,
crumbled feta, grated beetroot, vinaigrette 21
- Pera Salad** salad greens, roast pear, blue cheese, grated beetroot, toasted almonds, vinaigrette 22
- Vegetarian Arroz Rojo** Spanish red rice pilaf with grilled mediterranean vegetables, creamy almond & garlic
sauce and toasted almonds 29

brunch sides

eggs any way	6	vine tomatoes	5	mushrooms	6
spanish grilled tomato bread	6	garlic bread	6	fries	6



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vegetarian dinner menu

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tapas

Olives mixed green and black 7

Pan con Tomate Spanish grilled tomato & garlic bread 8

Un Dos Tres 3 dips - red pepper walnut dip, beetroot labneh and saffron hummus, with
grilled tomato bread 15

Patatas Bravas chunky fried paprika potatoes, tomato brava sauce, aioli 12

Coliflor Rebozada deepfried cauliflower, micro salad, almond & red pepper romesco sauce 15

Dolma stuffed pepper: rice, onion, herbs, currants, pinenuts, on beetroot labneh 17

Haloumi o Flamante pan fried til golden, flamed with brandy, crisp tostada, tomato herb salsa 18

Escalivada chargrilled Mediterranean vegetables, saffron hummus, beetroot labneh 16

mains

Coca Maria (coca = Spanish Pizza) simply topped with tomato, mozzarella, pesto, fresh basil 21

Coca del Pueblo potato, mushrooms, onion, jalapenos, cheese, horseradish cream, fresh greens 23

Frida's Colour Fiesta fried cauliflower, on pumpkin smash, with wilted spinach, beetroot labneh,
pimiento sauce and pepitas 29

Vegetarian Arroz Rojo spanish red rice pilaf, grilled mediterranean vegetables, creamy almond &
garlic sauce, toasted almonds 29

SIDES

shoestring fries, ketchup & aioli 6

side salad 8

rocket & parmesan salad 12