



TASCA

CAFE. RESTAURANT & TAPAS BAR

DINNER MENU No Gluten Added

tapas

Olives mixed green and black 11

NGA Un Dos Tres 3 dips: eggplant dip, feta & fennel tzatziki and walnut muhammara dip, GF toast 17

NGA Patatas Bravas fried paprika potato chunks, tomato salsa, aioli 15

NGA Soup soup of the day (please ask if suitable), with GF toast

NGA Fried Chorizo with haricot beans slow cooked in olive oil with onion and tomato 21

Mesclun & Parmesan Salad tomato salsa, balsamic vinaigrette 17

NGA Haloumi pan fried haloumi, GF toast, tomato, mint & red onion salsa, lemon 23

NGA Calamares lightly pan fried, aioli, lemon 19

NGA Gambas al Pil Pil chilli prawns, sizzling in garlic olive oil, with GF toast for mopping up juices 25

Seared Sesame Tuna avocado, baby lettuce, fresh coriander, coconut mayo 27

Costa Brava Mussels steamed coromandel green lipped mussels, white wine, saffron, ginger, chilli, fresh coriander, own fragrant broth 24

meals

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

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

NGA Sevilla Salad seared tuna, mesclun leaves, fresh orange, green olives, toasted almonds, GF croutons, caesar dressing, capers 33
chicken may replace tuna

NGA La Coliflor golden cauliflower steak, tzatziki, almonds, braised spinach & lentils, red pepper sauce 34

NGA Chicken Algarve chargrilled rosemary chicken, sautéed potatoes, tomato, olive & parsley salad 35

NGA Pork Cocido madrid classic – succulent casserole of pork belly, chorizo, cabbage, carrot & garbanzos 35

Sticky Beef Cheek walnut & red pepper muhammara, grilled courgette, figs, pomegranate molasses 36

NGA Mercado Fish market fish, please ask for today's presentation 36

Cordero lamb on the bone, slow 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 39

(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. However our kitchen does contain gluten and other allergens, therefore we can't guarantee that trace elements of ingredients will not be present.



TASCA

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DAYTIME MENU

No Gluten Added

NGA Feta & Chilli Scramble 3 eggs scrambled with cream, feta, parsley & chilli, gluten free toast 18
add bacon + 8 add salmon + 10

NGA Smashed Avo Toast avocado & green pea smash, roast red pepper, poached eggs, GF toast 23

NGA Omelette with rocket, tomato & feta cheese, spiced tomato chutney, GF toast 21

NGA Benedict poached eggs, potato hashcake, spinach and hollandaise 22 add GF toast + 2
with bacon 27 with salmon 29

NGA 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 + 8

NGA Big Breakfast eggs any style with bacon, chorizo sausage, sautéed potatoes, grilled tomato and
mushrooms, served on GF toast with aioli and relish 29

NGA Soup soup of the day (please ask if suitable), with hot pidé bread

NGA Tasca Lunch Plate smoky eggplant dip, feta & fennel tzatziki, walnut & capsicum muhammara, olives,
grilled haloumi, salsa, with GF toast 22

NGA Sevilla Salad seared tuna, mesclun leaves, fresh orange, green olives, toasted almonds, GF croutons,
caesar dressing, capers 32 chicken may replace tuna

NGA Barcelona Salad mesclun leaves, fried cauliflower & potatoes, chorizo sausage, gherkin, red onion,
balsamic vinaigrette, with boiled egg and aioli 28

NGA Calamares lightly spiced and pan fried, with fries, salad, lemon, aioli 29

NGA Coca Maria Tasca version of margherita pizza - tomato, mozzarella, pesto, fresh basil 27

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

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

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