



# 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 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



**TASCA**

CAFE, RESTAURANT & TAPAS BAR

## Gluten Free DINNER

### *t a p a s*

**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

### *m e a l s*

**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)