

TO PICK AT

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| Flash shallow fried padron peppers with sea salt GF V VG | £3.95 |
| Home marinated giant gordal olives GF V VG | £3.95 |
| Dates wrapped in smoked crispy bacon AGF | £3.75 |
| Pan fried almonds with smoked paprika and sea salt GF V VG | £3.50 |
| Rustic chips AGF V VG | £3.50 |
| Sweet potato fries AGF V VG | £3.75 |
| Fresh sourdough bread rubbed with tomato olive oil & sea salt (Add jamon for £2.00) V VG | £3.50 |
| Freshly baked breads with olive oil & px sherry vinegar V VG | £3.50 |
| Gluten free rustic breads with olive oil & px sherry vinegar GF | £3.75 |
| Sourdough brushcetta with fresh tomato salsa AGF V VG | £4.25 |

MEAT

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| Lamb, chilli & mint meatballs in a rich tomato sauce AGF | £5.50 |
| Pan fried chorizo with shallots & red wine GF | £4.95 |
| Chicken & chorizo skewers with a romesco sauce GF | £5.95 |
| Px pulled pork & piquillo pepper sliders AGF | £5.25 |
| Ham croquettas with sea salt | £4.95 |
| Slow roasted belly of pork with caramelised apple & sidre jus GF | £5.75 |
| Px braised pig cheeks with roast garlic mash & crispy parsnip GF | £5.95 |
| Pan fried chicken livers, pancetta, shallots & garlic deglazed with px sherry and finished with cream AGF | £4.75 |
| Grilled flatiron steak with a balsamic, garlic & red wine jus GF | £6.50 |
| Crispy sesame chicken with a honey & bbq glaze | £5.25 |
| Morcilla (Spanish black pudding) with crushed crouton, piquillo pepper & fried hens egg AGF | £5.25 |

GF Gluten free | **AGF** Available gluten free | **V** Vegetarian | **VG** Vegan



— VEGETABLES AND WARM CHEESES —

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| Sauteed mushrooms in a creamy white wine sauce on toasted bread AGF V | £4.95 |
| Montbru Garrotxa goats cheese with fig relish, drizzled with blossom honey GF | £5.25 |
| Spanish tortilla with white asparagus & piquillo pepper GF V ... | £4.75 |
| Patatas bravas with paprika aioli AGF V | £3.75 |
| Warm spinach chickpeas, raisins and pinenuts GF V VG | £4.95 |
| Aubergine chips drizzled with orange blossom honey V VG | £4.25 |
| Sauteed tender stem broccoli with chilli, sesame, garlic & fino GF V VG | £4.50 |
| Roasted butternut squash with garlic & thyme GF V VG | £3.95 |
| Breaded cauliflower florets, romesco sauce & sea salt V VG | £4.25 |
| Pisto Manchego - Spanish style ratatouille with shaved manchego GF | £4.25 |

FISH

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| San Miguel battered hake with aioli AGF | £5.50 |
| Lightly dusted calamari with aioli (Add chilli flakes for 25p) AGF | £5.50 |
| Pan fried gambas with chillis, garlic, lemon & olive oil GF | £6.25 |
| Pan fried sea bass with tender stem broccoli, crushed almond, capers & chilli flakes GF | £6.50 |
| Fresh crab tostados with a hint of citrus AGF | £5.25 |
| Seared scallops with spiced cauliflower & chorizo crumb GF | £7.75 |

CHARCUTERIA

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| Chorizo iberico from Montanegra GF | £4.25 |
| Somalo lomo iberico – Cured pork loin GF | £4.25 |
| Somalo serrano iberico GF | £5.50 |
| Selection of the above charcuteria GF | £9.95 |

REGIONAL CHEESES

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| Montbru garrotxa (Goats cheese) with fig relish | £5.50 |
| Queso manchego villadiego & quince paste | £4.50 |
| Mahon son mercer de baix & quince paste | £4.50 |
| Picos blue vega de Llos Valedon IGP & quince paste | £4.50 |
| Selection of the above cheeses & accompaniments | £9.95 |

All cheeses served with rosemary & garlic toasts

PLATO PRINCIPAL

A few main meals we have for the larger appetite

Grilled chicken breast with sauteed potatoes & the choice of the following
sauces - creamy white wine, garlic & mushroom or tangy bravas sauce
with crispy chorizo & shaved manchego **AGF**

10oz ribeye steak, grilled tomato, sauteed mushrooms
& rustic chips **AGF**

Add a sauce to your steak

Pink peppercorn sauce / creamy mushroom & white wine sauce / red wine, garlic & balsamic jus

CHILDRENS MEALS AVAILABLE (£3.95)

- Lamb chilli & mint meatballs & chips
- Battered hake goujons & chips
- Chicken bites & chips

Foods prepared on these premises are
cooked in vegetable oil that is derived
from genetically modified soya. If you
have any other dietary requirements then
please ask a member of staff and we
will be happy to advise.

Scan The Code
To See Our
Allergen Info





TAPAS MENU

www.lacocinatapas.co.uk

| telephone - 01656 769899

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