

TO PICK AT

Flash shallow fried padron peppers with sea salt	GF V VG	£5.25
Home marinated giant gordal olives	GF V VG	£3.95
Dates wrapped in smoked crispy bacon	AGF	£4.25
Pan fried almonds with smoked paprika and sea salt	GF V VG	£3.75
Rustic chips	AGF V VG	£3.95
Sweet potato fries	AGF V VG	£4.25
Fresh sourdough bread rubbed with tomato olive oil & sea salt (Add jamon for £2.00)	V VG	£3.95
Freshly baked breads with olive oil & px sherry vinegar	V VG	£3.75
Gluten free rustic breads with olive oil & px sherry vinegar	GF	£3.95
Sourdough brushcetta with fresh tomato salsa	AGF V VG	£4.95

MEAT

Lamb, chilli & mint meatballs in a rich tomato sauce	GF	£6.50
Pan fried chorizo with shallots & red wine	GF	£5.75
Chicken & chorizo skewers with a romesco sauce	GF	£6.75
Px pulled pork & piquillo pepper sliders	AGF	£6.45
Ham croquettas with sea salt		£5.75
Slow roasted belly of pork with caramelised apple & sidre jus	GF	£6.75
Px braised pig cheeks with roast garlic mash & crispy parsnip	GF	£6.75
Pan fried chicken livers, pancetta, shallots & garlic deglazed with px sherry and finished with cream	GF	£5.95
Grilled flatiron steak with a balsamic, garlic & red wine jus	GF	£6.75
Crispy sesame chicken with a honey & bbq glaze		£6.25
Morcilla (Spanish black pudding) with crushed crouton, piquillo pepper & fried hens egg	AGF	£6.25

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



VEGETABLES AND WARM CHEESES

Sauteed mushrooms in a creamy white wine sauce on toasted bread	AGF V	£5.75
Montbru Garrotxa goats cheese with fig relish, drizzled with blossom honey	GF	£5.50
Spanish tortilla with white asparagus & piquillo pepper	GF V	£5.25
Patatas bravas with paprika aioli	AGF V	£4.25
Warm spinach chickpeas, raisins and pinenuts	GF V VG	£4.95
Aubergine chips drizzled with orange blossom honey	V VG	£4.95
Sauteed tender stem broccoli with chilli, sesame, green beans, garlic & fino	GF V VG	£4.95
Roasted butternut squash with garlic & thyme	GF V VG	£4.95
Breaded cauliflower florets, romesco sauce & sea salt	V VG	£4.95
Pisto Manchego - Spanish style ratatouille with shaved manchego	GF	£4.95

FISH

San Miguel battered hake with aioli	AGF	£6.80
Lightly dusted salt & chilli calamari with aioli (Add chilli flakes for 25p)	AGF	£6.95
Pan fried gambas with chillis, garlic, lemon & olive oil	GF	£6.50
Pan fried sea bass with tender stem broccoli, green beans, crushed almond, capers & chilli flakes	GF	£7.50
Fresh crab tostados with a hint of citrus	AGF	£6.25
Seared scallops with spiced cauliflower & chorizo crumb	GF	£8.95

CHARCUTERIA

Chorizo iberico from Montanegra	GF	£4.75
Somalo lomo iberico – Cured pork loin	GF	£4.75
Somalo serrano iberico	GF	£5.95
Selection of the above charcuteria	GF	£10.95

REGIONAL CHEESES

Montbru garrotxa (Goats cheese) with fig relish		£5.50
Queso manchego villadiego & quince paste		£4.75
Mahon son mercer de baix & quince paste		£4.75
Picos blue vega de Llos Valedon IGP & quince paste		£4.75
Selection of the above cheeses & accompaniments		£10.95

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

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

Add a sauce to your steak
Pink peppercorn sauce / creamy mushroom & white wine sauce / red wine, garlic & balsamic

CHILDRENS MEALS AVAILABLE (£4.50)

- 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

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