

la Mancha

SPANISH RESTAURANT & TAPAS BAR



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APERITIVOS

JAMON IBERICO GF £16.95
serrano ham board

JAMON IBERICO Y MANCHEGO GF £14.95
serrano ham and manchego cheese

MANCHEGO GF £12.95
cheese with membrillo

ENSALADA MIXTA GF VE £5.25
mixed salad

PAN RUSTICO £4.50
rustic bread with alioli & tomato spread

PAN FRESCO £5.95
fresh mixed selection of breads
olive, cranberry, cheese breads

PAN DE AJO £5.50
garlic bread

PAN DE AJO CON QUESO £6.35
garlic bread with cheese

CARNES

POLLO AL AJILLO GF £8.20
chicken cooked in white wine & garlic

POLLO PILL PILL GF £8.20
chicken cooked with chillies,
garlic & white wine

MUSLO DE POLLO COCINADO EN CERVEZA GF £7.80
braised chicken thighs in beer and paprika

TERNERA AL CHIMICHURRI GF £13.00
steak served with chimichurri

CARRILLERAS DE TERNERA GF £12.50
beef cheeks slow cooked in beef reduction

COSTILLAS DE CERDO A LA BARBACOA GF £8.75
pork ribs in bbq sauce

COJONUDO TRUFADO X 4 £7.55
sobrasada majorcan chorizo spread,
fried quail eggs on crystal bread and truffle

ALBONDIGAS EN SALSA GF £7.95
meatballs in tomato sauce

CHORIZO AL VINO TINTO GF £8.75
soft chorizo cooked in red wine

PINCHO MORUNO £10.50
andalusian styled pork skewers

CROQUETAS X 4 £8.95
iberico jamon croquettes

PIMIENTOS DEL PIQUILLO RELLENOS DE MORCILLA GF £7.55
piquillo stuffed peppers with black pudding

MIXTA (POLLO Y CHORIZO) GF £14.00
chicken & chorizo paella



MARISCOS

GAMBAS AL AJILLO **GF** £8.50
king prawns in garlic

GAMBAS PILL PILL **GF** £8.50
king prawn pil pil (garlic & chillies)

CALAMARES CON SAL Y PIMIENTA £8.50
salt & pepper battered squid

BACALAO FRITO **GF** £9.55
beer battered fish with alioli

MEJILLONES TIGRE **GF** £8.90
tiger mussels stuffed with prawns & anchovies

VIEIRAS Y CHORIZO **GF** £12.50
queen scallops & chorizo

BOQUERONES £6.50
whitebait with alioli



VERDURAS / ENSALADAS

TORTILLA DE PATATAS **GF** **VE** £7.25
spanish omelette

CROQUETAS DE QUESO DE CABRA **GF** **VE** £7.50
goats cheese and spinach croquettes

PATATAS AL AJILLO **GF** **VE** **VE** £6.55
garlic potatoes

PATATAS BRAVAS CON ALIOLI **GF** **VE** £6.55
potato bravas with alioli

CHAMPIÑONES AL AJILLO **GF** **VE** **VE** £6.55
garlic mushrooms

CHAMPIÑONES EMPANADOS PICANTES **GF** **VE** £6.95
breaded cajun mushrooms

QUESO CON NATA PATATAS Y BROCOLI AL HORNO **GF** **VE** £7.25
cheese potatoes & broccoli bake

PIMIENTOS DE PADRÓN **GF** **VE** £6.95
padrón peppers

HALLOUMI FRITO **GF** **VE** £7.55
halloumi & sweet chilli sauce

ACEITUNAS **GF** **VE** **VE** £3.50
olives

PAELLA DE VERDURAS **GF** **VE** £11.75
vegetable paella

GF Gluten Free Dish
VE Vegan Dish
VE Vegetarian Dish

Please Note:
We do not operate an
allergen free kitchen

Please Note: As all our dishes are cooked to order, there may be a delay during busy periods of up to 1 hour. Please enquire when ordering.

ALLERGY ADVICE: Our allergen list is specific to the ingredients contained within our dishes, we do not list every ingredient on our menu. Please discuss any food allergies or intolerances with a member of staff. Our fryers are used for various ingredients and therefore may contain allergen traces, as our kitchen is not an allergen free zone we can not guarantee absolute trace free exclusion from a dish. All our dishes may contain traces of nut.



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