

la mancha

SPANISH RESTAURANT & TAPAS BAR



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APERITIVOS

JAMON IBERICO GF	£16.95
<i>serrano ham board</i>	
JAMON IBERICO Y MANCHEGO GF	£14.95
<i>serrano ham and manchego cheese</i>	
MANCHEGO GF V	£12.95
<i>cheese with membrillo</i>	
ENSALADA MIXTA GF VE V	£5.25
<i>mixed salad</i>	
PAN RUSTICO V	£4.50
<i>rustic bread with alioli & tomato spread</i>	
PAN FRESCO V	£5.95
<i>fresh mixed selection of breads olive, cranberry, cheese breads</i>	
PAN DE AJO V	£5.50
<i>garlic bread</i>	
PAN DE AJO CON QUESO V	£6.35
<i>garlic bread with cheese</i>	

CARNES

POLLO AL AJILLO GF	£8.20
<i>chicken cooked in white wine & garlic</i>	
POLLO PILL PILL GF	£8.20
<i>chicken cooked with chillies, garlic & white wine</i>	
MUSLO DE POLLO COCINADO EN CERVEZA GF	£7.80
<i>braised chicken thighs in beer and paprika</i>	
TERNERA AL CHIMICHURRI GF	£13.00
<i>steak served with chimichurri</i>	
CARRILLERAS DE TERNERA GF	£12.50
<i>beef cheeks slow cooked in beef reduction</i>	
COSTILLAS DE CERDO A LA BARBACOA GF	£8.75
<i>pork ribs in bbq sauce</i>	
COJONUDO TRUFADO X 4	£7.55
<i>sobrasada majorcan chorizo spread, fried quail eggs on crystal bread and truffle</i>	
ALBONDIGAS EN SALSA GF	£7.95
<i>meatballs in tomato sauce</i>	
CHORIZO AL VINO TINTO GF	£8.75
<i>soft chorizo cooked in red wine</i>	
PINCHO MORUNO	£10.50
<i>andalusian styled pork skewers</i>	
CROQUETAS X 4	£8.95
<i>iberico jamon croquettes</i>	
PIMIENTOS DEL PIQUILLO RELLENOS DE MORCILLA GF	£7.55
<i>piquillo stuffed peppers with black pudding</i>	
MIXTA (POLLO Y CHORIZO) GF	£14.00
<i>chicken & chorizo paella</i>	



MARISCOS

GAMBAS AL AJILLO **GF**

king prawns in garlic

£8.50

GAMBAS PILL PILL **GF**

king prawn pil pil (garlic & chillies)

£8.50

CALAMARES CON SAL

Y PIMIENTA

salt & pepper battered squid

£8.50

BACALAO FRITO **GF**

beer battered fish with alioli

£9.55

MEJILLONES TIGRE **GF**

tiger mussels stuffed with prawns & anchovies

£8.90

VIEIRAS Y CHORIZO **GF**

queen scallops & chorizo

£12.50

BOQUERONES

whitebait with alioli

£6.50



GF Gluten Free Dish

VE Vegan Dish

V Vegetarian Dish

Please Note:
We do not operate an
allergen free kitchen

VERDURAS / ENSALADAS

TORTILLA DE PATATAS **GF V**

spanish omelette

£7.25

CROQUETAS DE QUESO

DE CABRA **GF V**

goats cheese and spinach croquettes

£7.50

PATATAS AL AJILLO **GF VE V**

garlic potatoes

£6.55

PATATAS BRAVAS

CON ALIOLI **GF V**

potato bravas with alioli

£6.55

CHAMPIÑONES AL AJILLO **GF VE V**

£6.55

garlic mushrooms

CHAMPIÑONES EMPANADOS

PICANTES **GF V**

breaded cajun mushrooms

£6.95

QUESO CON NATA PATATAS Y

BROCOLI AL HORNO **GF V**

£7.25

cheese potatoes & broccoli bake

PIMIENTOS DE PADRÓN **GF V**

£6.95

padrón peppers

HALLOUMI FRITO **GF V**

£7.55

halloumi & sweet chilli sauce

ACEITUNAS **GF VE V**

£3.50

olives

PAELLA DE VERDURAS **GF V**

£11.75

vegetable paella

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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