

La Tasca - Trafford Centre Menu

Starters, Breads & Nibbles

Bread and oils (v) 2.35

New! Gluten-free flat bread & oils (v) 2.55

Rustic garlic bread (andaluca) (v) 2.35

Add cheese to your garlic bread extra 50p

Spanish rustic bread board (v) 2.95

Rustic ciabatta with tomato (catalua) (v) 3.35

Matured manchego cheese and rustica tomatoes (la mancha) 4.15

Mixed olives (v) 2.95

Served with the stone in.

Lightly salted almonds 2.95

Montadito de gambas y jamon (huelva) 3.95

Sauted in a white wine sauce.

Montadito de queso y tomate (murcia) (v) 3.95

Pimientos de padrn (galicia) (v) 5.45

One in 10 are spicy hot!

New! Mejillones con tomate (galicia) 5.50

Large mussels with white wine, garlic and tomato.

New! Seafood salad (andaluca) 6.95

A medley of mussels, squid, prawns and octopus marinated in lemon & olive oil with seasonal leaves.

Tabla espaola - for two 9.45

Traditional spanish cured meats with mixed olives, manchego cheese, bread and oil.

Jamn serrano (castilla la mancha) 4.25
Slices of 10 to 12-month-matured serrano ham.

Oven-baked sharing bread - for two (balearic islands) (v) 6.95
Topped with roasted peppers, cheese & onion.

Our Famous Paellas

Freshly cooked to order by our chefs (allow a minimum of 20 minutes).
For one, two or more to share served to the table in the traditional
paella pan. *price per person.

Paella verduras (valencia) gf (v) 8.95
With seasonal vegetables.

Paella de carne (valencia) gf 9.95
With chicken breast & chorizo.

Paella valenciana la tasca' (valencia) gf 10.95
With chicken breast, large mussels, king prawns & squid.

Paella de mariscos (valencia) gf 12.55
With patagonian tiger prawns, large mussels, white fish, king prawns &
squid.

Cocido's

Choose from:

New! Cordero (castilla) 5.95
Slow cooked lamb & potato stew, cooked with red wine and
peppercorns.

New! Fabada (asturias) gf 5.95
The famous stew of pork, chorizo, morcilla & white beans.

authentic spanish stews

Tapas to Share

Nothing says spanish cuisine quite like tapas, the name deriving from tapar, meaning to cover or lid. It is widely believed that centuries ago farmers and labourers would visit local tascas for a well-earned drink, on top of which they would place a tapar to protect it from pesky flies.

From The Sea

Gambas gabardina (madrid) 4.95

King prawns, dipped in our special-recipe san miguel batter and fried until crisp.

Boquerones en vinagre (basque country and madrid) gf 5.25

Amazing spanish white anchovies from madrid.

Calamares (andaluca) 4.60

Crispy squid sprinkled with sea salt.

Gambas al ajillo (andaluca) gf 5.95

King prawns, sizzling in a chilli-&-garlic-infused oil.

Pescado blanco frito (malaga) 4.95

Deep-fried white fish, in our special-recipe san miguel batter.

Langostinos (andaluca) gf 5.95

Wild patagonian tiger prawns, salt-baked over a piping-hot plancha.

Pulpo (galicia) 5.15

A medley of potatoes and octopus sauted in a chilli-&-garlic-infused oil.

From The Field

Chorizo (len) 4.70

Simply sauted on the plancha no fuss!

Chorizo & morcilla (castilla y len) 4.95

Simply sauted on the plancha with spanish black pudding, peppers & onions.

Albndigas (madrid) 4.95

Beef & pork meatballs, in a rich, slow-cooked tomato sauce.

Croquetas de pollo (madrid) 4.70
Hand-crumbed with chicken breast.

Empanadas de carne (galicia) 4.35
Filled with spicy minced beef and regato cheese.

Slow-cooked pork cheeks (castilla y len) with pedro ximenez 5.25
Served with skinny fries.

Spanish-style lemon chicken breast and vegetables (extremadura) 4.75
Pan-fried and finished with a sticky lemon glaze.

New! Pollo con crema (castilla) 5.25
Marinated succulent chicken thighs with a creamy spinach and mustard sauce, with toasted almonds.

Paella del da (valencia) 4.25
Ask your server for today's freshly cooked paella.

'Salsa' chicken wings (espa) 4.60
Spiced, with a smoky flavour.

Pollo marbella (malaga) 4.95
Chicken breast, cooked with chorizo in a white wine & cream sauce.

Home-made beef burgers (catalua) 4.95
Two fresh mini home-made beef burgers.

New! Costillas de cerdo (len) 5.25
La tascas famous baby back ribs glazed with a spanish style bbq sauce.

Pollo con salsa (andaluca) 4.95
Chicken breast cooked with mushrooms in a creamy sherry sauce.

From The Vegetable Garden

Patatas bravas con alioli (espa) 3.35
Fried potato, with spicy tomato sauce and roasted garlic mayonnaise.
Add cheese to your patatas bravas extra 60p

Go large on your patatas bravas extra 1.00

New! Patatas negras (espa) 3.50

Fried potato, topped with rich black beans.
Add cheese to your patatas bravas extra 60p

Tortilla espaola (espa) gf (v) 3.85

Traditional spanish omelette.

Vegetable gratin (picos de europa) gf 3.75

A creamy potato gratin, with baby spinach and blue cheese.

Croquetas de manchego (toledo) 4.60

Hand-crumbed with three-month-aged manchego cheese and fresh spinach.

New! Berenjenas (murcia) (v) 4.95

Layers of sliced aubergine with slow roast tomato, topped with a creamy bchamel sauce and manchego cheese.

Spicy roasted vegetable cassolo with almond (castile la mancha)
(v) gf4.85

A spicy vegetarian stew.

Huevos cabreaos (catalua) 3.45

Amazing spanish take on egg and chips, needs to be cut before eating.

A festival of mushrooms (rioja) (v) 3.95

Sauted in garlic butter and white wine.

From The Salad Garden

New! Beetroot, carrot and butternut squash salad (murcia) 4.80 (v)

New! Mixed salad (espaola) gf (v) 4.95

Goat's cheese & tomato salad (valencia) 4.95 gf (v)

La tasca house green salad (navarra) 2.95 gf (v)

New! Habas con chorizo y champinoes (1en) 3.95 gf
A warm salad of sauted mushroom, garlic, broadbeans and chorizo.

Why not try our award-winning
Gluten-free selection? 26.65

Perfect for two to share look out for the medals!

(v) = this dish is suitable for vegetarians

Every effort is made, during kitchen preparation, to ensure that dishes made with gluten-free or vegetarian ingredients are not contaminated by those or other allergens; however, we cannot guarantee this to be the case. For parties of eight or more, a discretionary 10% service charge is added to your final bill. Our waiters receive all cash tips. For credit-card tips, an 8% charge is deducted to cover processing costs.

La tasca does not profit from this charge. All of our dishes are prepared in kitchens where flour and nuts are commonly used.

Unfortunately, we cannot guarantee that our dishes are free from these products ↻ traces. Fish and poultry dishes may contain bones. All dishes may contain items not mentioned in our menu descriptions, so please notify your server (before ordering), if you have any particular allergy or requirement. Prices include vat, at the current rate. All items are subject to availability.