



## TO PICK AT

Boquerones ( <i>hand filleted cured anchovies</i> ) GF	£3.75
Home marinated giant gordal olives GF V VG	£3.75
Dates wrapped in smoked crispy bacon GF	£2.95
Pan fried almonds with smoked paprika and salt GF V VG	£2.25
Hand cut chips ★	£3.25
Fresh sourdough bread rubbed with fresh tomato, olive oil & sea salt ( <i>add jamon for an extra £2.50</i> ) V VG	£2.95
Freshly baked breads with olive oil & px sherry vinegar V VG	£3.50
Gluten free rustic breads with olive oil & px sherry vinegar GF V VG	£3.50
Sourdough bruschetta with fresh tomato salsa ★ AGF V VG	£3.95

★ LUNCHTIME OFFER / 3 DISHES FOR £9.95 / 12-3 MON-FRI ★

## MEAT

Lamb, mint & chilli meatballs in a rich tomato and red wine sauce ★	£4.75
Pan fried chorizo with shallots deglazed with red wine ★ GF	£4.50
Chicken and chorizo skewers with smoked romesco dip GF	£5.50
Chicken and ham croquettes ★	£4.95
Morcilla (spanish black pudding) with fried hens egg and crushed croutons ★ AGF	£4.50
Slow roasted belly of pork with caramelised apple and sidre jus GF	£5.25
Chicken deia (succulent chicken thigh on a bed of sweet pepper and onion) GF	£5.25
Px braised iberico pig cheek with roast garlic pure de patatas & crispy carrot GF	£5.95
Piquillo peppers stuffed with Px pulled pork and balsamic glaze ★ GF	£3.95

## VEGETABLES & WARM CHEESES

Sauteed wild mushrooms in a creamy white wine sauce on toasted rustic bread ★ AGF V	£4.95
Montbru garrotxa goats cheese with orange blossom honey and pickled fig GF V	£5.25
Traditional Spanish tortilla with aioli ★ GF V VG	£4.50
Patatas bravas with aioli ★ GF	£3.50
Baked serratunt blanc d'oil cheese crusty bread & tomato jam AGF V	£5.50
Warm spinach, chickpea, raisins and pinenuts ★ GF V VG	£4.25
Aubergine chips drizzled with orange blossom honey ★ V	£3.75

### FOOD SERVICE

12 - 10pm Tuesday - Saturday • 12 - 4pm Sunday

★ MIDWEEK SPECIAL ★  
3 dishes for £11.95 on selected dishes★  
*from 6pm Tuesday. Wednesday, Thursday.*

## FISH

San Miguel battered hake with aioli ★ AGF	£5.50
Lightly dusted calamari with a saffron aioli ★ AGF	£5.25
Pan fried gambas with fresh garlic, lemon & olive oil GF	£6.25
Whole pan fried plaice with caper and lemon butter GF	£6.50
Fresh crab tostados with a hint of citrus ★ AGF	£4.95
Sauteed mussels, pancetta & shallots glazed with fino sherry with breads to dip on the side ★ AGF	£4.95
Seared scallops, celeriac puree & morcilla crumb & crispy chorizo GF	£7.75
Grilled monkfish skewers with lemon garlic & olive oil GF	£7.50

## CHARCUTERIA

Cecina Nieto I.G.P – air-dried ox ham GF	£4.50
Chorizo iberico from Montanegra GF	£3.95
Somalo lomo iberico – cured pork loin GF	£3.95
Somalo Serrano iberico GF	£5.50
Selection of charcuteria GF	£11.95

## REGIONAL CHEESES

Montbru Garrotxa (goats cheese) with fresh figs AGF V	£5.50
Queso manchego Villadiego & quince paste AGF V	£4.50
Mahon Son Mercer de Baix AGF V	£4.50
Picos blue vega de Llos Valedon IGP AGF V	£4.50
Selection of cheeses with accompaniments AGF V	£8.95

*All cheeses served with quince paste & artisan rosemary biscuits*

## PLATO PRINCIPAL

*A few main meals we have for the larger appetite*

10oz British sirloin steak, served with half a grilled tomato, wild mushrooms & hand cut chips GF	£18.95
Chicken breast wrapped in bacon with a creamy mushroom and white wine sauce and sautéed potatoes GF	£13.45
Add a pink peppercorn sauce or creamy mushroom & white wine sauce	£2.25

## DESSERTS & PUDS

Creme catalana with px glazed strawberries GF V	£4.50
Churros coated in cinnamon sugar with chocolate dipping sauce V	£4.50
Homemade dark chocolate and pistachio brownie served with vanilla ice cream V	£4.95
Catalan orange and almond cake drizzled with orange syrup GF V	£3.75
Santiago tart served simply with vanilla ice cream GF V	£4.95
Local ice cream - vanilla, chocolate or strawberry (3 scoops) GF V	£3.95
Chocolate orange and px sherry mousse GF V	£3.50
Trio of Puds GF V	£6.50

*(Dark chocolate and pistachio brownie / santiago tart / orange and almond cake)*

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

www.lacocinatapas.co.uk

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*Please note that some 'gluten free' dishes are cooked in the same fryers and cooking appliances as non gluten free items.  
If you have any other dietary requirements then please ask a member of staff and we will be happy to advise.*





# TAPAS MENU