

great offers at la tasca

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news and events!

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the essentials!

Hola	Hello	El menú	The menu
Adiós	Goodbye	La cuenta	The bill
Por favor	Please	Cerveza	Beer
Gracias	Thank you	¡Salud!	Cheers!
De nada	You're welcome	Para mí	I'll have
Sí/No	Yes/No	Quedamos	Let's meet
Perdón	Sorry/excuse me	Fiesta	Party

www.latasca.co.uk

Spain is closer than you think!

the little book of spanish food and drink



La Tasca

SPANISH TAPAS RESTAURANT AND BAR



party time at la tasca

Does anyone know how to party quite like the Spanish? Their calendar is a non-stop whirl of fiestas – more, it is said, than is possible to see in a lifetime. Many are joyful, vibrant affairs – like the famous bull-runs in Pamplona and the colourful La Tomatina – yet, if there's one way in which the Spanish really love to celebrate, it's by eating together.

Our party menus are perfect for groups of eight or more. With two sublime set menus to choose from, all you have to do is enjoy yourself in our fun, vibrant restaurant! You can book your party on line or simply speak to the restaurant manager for further details: www.latasca.co.uk

Spain is closer than you think!





the la tasca experience

At La Tasca, we're passionate about freshly cooked, authentic Spanish food.

Our exciting tapas range lets you choose from a variety of dishes and taste experiences. Simply choose 3-4 dishes per person or pick our chef's selection of tapas, where we've done all of the hard work for you.

Alternatively, why not try our famous paellas – great to share and cooked to order?

To the Spanish, meals together are one of the most important parts of the daily routine; this tradition is central to the La Tasca experience...

..with over seventy fun and vibrant restaurants, spread across the UK, you'll find that a meal at La Tasca means

Spain is closer than you think!



the tale of tapas

Nothing says Spanish cuisine like tapas.

These bite-sized morsels – bursting with intense, zesty flavour – have a name derived from ‘tapar’ meaning ‘to cover’ or ‘lid’.

The precise origins may be hazy, but there is one story which we especially like. At the end of the working day, farmers and labourers would retire to their local ‘tasca’ for a well-earned drink, which was covered by a hunk of bread to keep the flies away.

Over time, the innkeeper began to add small items, such as cured meats and olives. This edible lid gradually evolved into today’s tapas dishes. These roots are proudly displayed in every restaurant, thanks to a rustic décor and vibrant atmosphere.



We feature a rich and smooth **ARIUM CRIANZA**, produced in Valdepeñas, a wine region in south-central Spain (Castile-La Mancha). The climate is continental, with little rainfall and extreme temperature differences, day and night, helping to give a concentration of flavour and colour to the wines – aged for six months in oak barrels and for around two years in the bottle.

For white-wine-lovers, Spain does not disappoint, with our wine list featuring a light and fresh **VERDEJO ANALIVIA** from the Rueda region. Rueda is Castile and León's fine white wine region, leading the way for white wine in Spain since the 1970s.

Why not end your meal with one of our **TORRES BRANDIES** or a delicious liqueur? They're a perfect way to finish to your Spanish experience.

TORRES[®]





Faustino has been a 100%-family-owned company since 1861, with world-renowned wines of high quality and consistency, achieved through quality control, from the grape to the bottle. Faustino wines are aged longer than required by law.

FAUSTINO I GRAN RESERVA

Aged in both barrel and bottle, with 26 months spent in a combination of French and American oak and at least three years in the bottle.

FAUSTINO VII WHITE

This wine has benefited from temperature-control during fermentation, so maximising the fruit potential from the 100% Viura grapes.

What the Roman numbers mean:

- I** The best in Spain
- V** Originally a Reserva was aged for five years
- VII** Sin Crianza
– a young Rioja wine



B O D E G A S
Faustino





the history of paella

Paella is a rice dish which originated in its modern form in the mid 19th century near lake Albufera, a lagoon near the eastern coast of Spain's Valencian region.

Contrary to popular belief, 'la paella' is actually a cooking utensil. The Moorish people of Al-Andalus often make casseroles of rice, fish and spices, for family gatherings and religious feasts, so establishing the custom of eating rice in Spain.

Nowadays, many Valencians regard paella as one of their identity symbols.

At La Tasca, we have adapted the traditional paella Valenciana recipe and created a whole range for you to enjoy. Our paellas are freshly cooked, taking around 45 minutes' careful preparation, so why not enjoy a few tapas, to whet your appetite, while waiting?



a taste of the regions

Across the 17 regions of Spain, the customs and characters can vary as dramatically as the landscapes which shape them. Throw in the various languages and strong cultural identities of regions like Catalonia and Galicia – and you begin to touch on the country's rich diversity. La Tasca has brought many regional tastes to our menu.

There are hundreds of regional varieties of **SPANISH CHORIZO**, a highly seasoned sausage, typically flavoured with paprika, garlic, herbs and spices. Our chorizo is still cured and gently smoked, in the traditional way, giving it its distinctive flavour and quality.

Everywhere you go in Spain, you will find tiny markets selling all kinds of wonderful **FRESH FISH**. With so much coastline, it is easy to understand why fish is such a major part of Spanish cuisine.



spanish drinks

The Spanish regions are reflected in our wine list, featuring velvety reds from the northern Rioja region and sweet sherries from Jerez in the south.

RIOJA is perhaps the best red wine of Spain, grown in arid, mountainous northern Spain and named after the Rio Oja river.

SHERRY or 'jerez' is the Spanish wine from the southern region of Cádiz. It has been around for many centuries and was mentioned in Greek texts as far back as the 4th century BC! Sherry is the traditional Spanish drink to accompany tapas.

TIO PEPE

SANGRÍA – the blood-red colour of this beverage inspired its name, derived from the Spanish word for 'blood'. Sangría is made with red wine, fruit juices, soda water, fruit and sometimes liqueurs, brandy or cognac. It's the perfect drink to get you in that 'fiesta' mood!





MANCHEGO CHEESE is Spain's most famous cheese, made exclusively using Manchega sheep's milk. The sheep graze the high plateau of La Mancha (situated in central Spain, 700m above sea level), nibbling on the abundance of wild herbs in this central rocky region, resulting in a cheese with a unique taste and aroma.

JAMÓN SERRANO is a dry-cured Spanish ham, generally served raw in thin slices. It is one of the cornerstones of Spanish cuisine. The word 'serrano' in Spanish refers to the sierra or mountains. The ham is traditionally produced in mountainous environments, where the air is clean, the moisture levels just right and the winters very cold – the perfect requirements for curing quality serrano ham.

CHURROS (Spanish doughnuts) are a classic Spanish treat – fried strips of dough, typically served hot, sprinkled with powdered sugar, cinnamon and sugar or dipped in chocolate.

