

La Tasca SS 2019 Allergens

Please inform your server before ordering, of any specific dietary requirements that you may have. All our dishes are prepared and cooked in kitchens where allergen ingredients (e.g. nuts, flour, etc.) are commonly used, and we therefore cannot guarantee our dishes will be free from traces of these products. Allergen information will be kept up to date and should be checked each time you visit, as we may update recipes from time to time.

Bread & Olives	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs
BEETROOT HUMMUS	yes - wheat, rye, barley										yes	yes		
BEETROOT HUMMUS GF			yes								yes	yes		
BREAD BOARD	yes - wheat, rye, barley		may		may	may	may	may			may	yes		
CHEESY GARLIC BREAD	yes - wheat					may	yes				may			
CHEESY GARLIC BREAD GF			yes				yes							
CLASSIC HUMMUS	yes - wheat, rye, barley										yes			
CLASSIC HUMMUS GF			yes								yes			
GORDAL OLIVES														
KIKOS Y HABAS														
PAN TUMACA	yes - wheat					may	may				may			
PAN TUMACA GF			yes											
RED PEPPER HUMMUS	yes - wheat, rye, barley										yes			
RED PEPPER HUMMUS GF			yes								yes			
SALT & PEPPER MARCONA ALMONDS					may			yes - almonds						
SMOKY MANZANILLA OLIVES														
Charcuteria	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs
CHARCUTERIA LA TASCA						yes	yes					may		
EMBUTIDOS RESERVA						yes						may		
MANCHEGO CON MEMBRILLO							yes							
Tablas	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs
TABLA MIXTA	yes - wheat		yes	yes	may	may	yes	may	yes		may	yes		yes
TABLA DE VERDURAS	yes - wheat, rye, barley					may	yes		yes		yes	yes		
Tapas	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs
Pescado	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs
CALAMARES	yes - wheat		yes											yes
FRITURA MIXTA	yes - wheat, barley	yes	yes	yes		yes								yes
GALICAN-STYLE MUSSELS				yes					yes			yes		yes
GAMBAS PIL PIL	yes - wheat	yes				may	may				may			
GAMBAS PIL PIL GF		yes	yes											
PESCADO REBOZADO	yes - wheat, barley		yes	yes		yes								
Carne	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs
ALBONDIGAS	yes - wheat						yes	may						
CARNE CON PATATAS	may													
PEDRO XIMENEZ PORK RIBS	yes - wheat						yes					yes		
RED WINE CHORIZO	yes - wheat					may	may				may	yes		
RED WINE CHORIZO GF			yes						yes			yes		
SERRANO JAMON CROQUETAS	yes - wheat						yes					yes		
SLOW-COOKED PORK CHEEKS	may		may				yes					yes		
Pan Sabroso	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs
PAN SABROSO & AUBERGINE	yes - wheat		may				yes				may			
PAN SABROSO & STEAK	yes - wheat		may				yes				may			
Pollo	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs
CHICKEN CROQUETAS	yes - wheat	may	yes	may		may	yes	may			may			may
LEMON & THYME CHICKEN														
POLLO CON SALSA							yes					yes		
POLLO CON CHORIZO				yes			yes		yes			yes		
STICKY CHICKEN WINGS	may													
Verduras	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs
AUBERGINE & GOATS CHEESE SALAD							yes							
AUBERGINE SALAD VEGAN														
COURGETTE & ASPARAGUS							yes							
COURGETTE & ASPARAGUS VEGAN														
CROQUETAS DE ESPINACAS	yes - wheat						yes					yes		
ENSALADA DE TOMATE														
ENSALADA DE TOMATE W/ GOATS CHEESE							yes							
HONGOS	yes - wheat					may	may		yes		may			
HONGOS GF			yes						yes					
PADRON PEPPERS														

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Verduras														
PATATAS BRAVAS	may		yes											
Bravas Topping:														
BRAVAS TOPPING CHEESE							yes							
BRAVAS TOPPING CHORIZO														
BRAVAS TOPPING EGGS			yes											
TORTILLA			yes											
Paellas														
PAELLA CARNE				yes					yes			yes		
PAELLA MARISCOS		yes		yes					yes			yes		yes
PAELLA MIXTA		yes		yes					yes			yes		yes
PAELLA VERDURAS									yes					
Sides														
ALIOLI			yes											
PIQUILLO PEPPER PUREE												yes		
PAN	yes - wheat					may	may				may			
FRIES	may													
RICE														
SAUTEED POTATOES	may		may											
ENSALADA MIXTA												yes		
Desserts														
CHOCOLATE ORANGE TART	yes - oats				may	yes		may						
CHURROS	yes - wheat		may		may	yes	yes	may						
CHURROS MESS	yes - wheat		may		may	yes	yes	may						
CREMA CATALANA			yes			yes	yes							
CREMA CATALANA ICE CREAM			yes				yes							
LEMON SORBET														
PEAR & ALMOND TART	yes - wheat		yes		may		yes	yes - almonds			may	may		
RASPBERRY SORBET					may			may						
SUMMER BERRY CHEESECAKE	yes - wheat, oats		yes				yes							
VANILLA ICE CREAM							yes							