

Welcome

We want you to relax and enjoy your time safely with us and know that we take your allergies and intolerances extremely seriously

Our food is freshly prepared just before service, so cannot be adapted on demand

You will have seen the note on our website and on-line booking diary that we cannot accommodate guests with **extreme gluten sensitivity**. This is due to the complexity of our kitchen and the number of products imported from Spain

This Matrix has been carefully compiled to include not only the main known allergens, but also the ones which guests have made us aware of over the years

Love
Team Tapas x

(PS Ask the team for assistance or clarification!)

Allergens are marked in **BOLD**

FC: Factory Check

We import a large quantity of produce direct from Spain and a lot of these suppliers process many types of food. We also undertake a huge amount of baking in our own kitchens so cannot therefore 100% guarantee the absence of certain allergens

Where this occurs, you will notice the letters "FC" next to the item, along with the possible allergen

Sides & Nibbles

Marinated gordal olives:
Garlic | Chillies

Spanish smoked almonds:
Nuts

Sourdough bread:
Gluten | (FC Dairy/ Nuts)

Cheesy garlic sourdough bread:
Gluten | **Dairy** | Garlic | (FC Dairy/ Nuts)

Mozzarella sticks:
Dairy | **Gluten** | **Egg**

Skinny fries:
Potato

Cecina gran reserva:
None (FC Gluten)

Bellota salchichon and chorizo:
None

Meat

Tostadas Sobrasada de Mallorca:
Paprika | **Gluten** (FC Dairy)

Morcilla de Burgos:
Onion | Rice | Pimenton | Paprika | Peppers | Tomatoes

Albondigas:
Tomato | Onion | Paprika | **Egg** | **Gluten** | Garlic | **Celery** | **Soya** | **Mustard** | **Dairy** | **Sulphites**

Chorizo en Vino Tinto y Miel:
Paprika | Wine - **Sulphites** (FC Gluten)

Chuletillas de Cordero:
Garlic

Platters

Cold Cuts Sharing platter:
Gluten | **Dairy** | **Egg** | **Mustard** | Garlic | **Nuts**

Mordisquea Mixta:
Gluten | **Dairy** | **Egg** | **Mustard** | Garlic | **Nuts**

Fish

Pescaditos Fritos:
Fish | Paprika

Gambas Pil Pil:
Crustaceans | Garlic | Chillies | **Soya**

Chocos Fritos:
Molluscs | **Gluten** | **Celery** | **Soya** | **Dairy** | **Egg**

Gambas y Chorizo:
Crustaceans | Garlic | Chillies | **Soya**

Vegetarian

Queso Manchego:
Dairy | unpasteurised | **Gluten**, (FC Dairy/Nuts/Sesame)

Berenjenas Gratinadas:
Dairy | Tomato | Garlic | **Sulphites** (wine)

Patatas Bravas:
Potato | **Mustard** | **Egg** | Garlic | Tomato | Paprika | Peppers

Tortilla Espanola:
Potato | Onion | **Egg** | **Mustard** | Garlic

Seta de Mozzarella:
Garlic | **Dairy**

Desserts

Toblerone Fondue:
Dairy | Nuts | Gluten | Egg

Spanish Churros:
Gluten | Dairy

Turrón Alexander:
Dairy | Egg | Nuts | (FC Gluten/ Peanuts / Nuts)

Ice Creams:
Clotted Cream - **Dairy | Egg** | (FC Gluten / Nuts)

Ice Cream Specials: - Subject to availability

Lavender - **Dairy | Egg** | (FC Gluten / Nuts)

Turrón & Disaronno - **Dairy | Egg | Nuts | Sulphites** (FC Gluten)

Blueberry - **Dairy | Egg** | (FC Gluten) / Nuts)

Cinnamon - **Dairy | Egg** | (FC Gluten) / Nuts)

Cafe Gourmand:
Dairy | Egg | Gluten | Nuts | Soya

Torta and Dips

Chilli jam:
Red peppers | Garlic | Chillies

Torta:
Gluten (FC Dairy/ Nuts/ Sesame)

Fig relish:
Mustard seeds | Garlic | Chillies | Onion

Caramelised Almonds/Walnuts:
Nuts | Dairy

Alioli:
Mustard | Garlic | **Egg**

Bravas Sauce:
Tomatoes | Onions | Garlic | Paprika

Specials

(Subject to availability)

Pan con tomate:
Gluten | (FC Dairy/Nuts) | Tomatoes | Garlic

Pimientos del piquillo rellenos de atun:
Gluten | Fish | Garlic | Peppers | Onion | **Dairy | Egg**

Croquetas de Bacalao:
Gluten | Fish | Garlic | Peppers | **Dairy | Egg**

Pollo Pimenton:
Garlic | Sulphites (brandy) | Paprika

Croquetas de Chorizo:
Gluten | Egg | Dairy | Paprika

Jamon Serrano Croquetas:
Gluten | Dairy | Egg | Onion

Coliflor Frita:
Gluten | Egg | Paprika

Paella de Verduras:
Peppers | Onion | Tomatoes | Garlic | Paprika | **Celery** | **Mustard | Soya**

Pulpo Frito:
Molluscs | Chillies | Garlic | Paprika

Ensalada Queso: (Manchego, Oveia, Peral)
Dairy | Unpasteurised | **Nuts**

Bunuelos de bacalao:
Gluten | Egg | Dairy | Chillies | Potato

Gazpacho:
Tomatoes | Peppers | Garlic | Onion

Padron Peppers:
None

Boquerones:
Fish | Garlic | **Gluten**

Boletus Croquetas:
Gluten | Egg | Dairy | Garlic

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Allergies and Intolerances