

LAS TAPAS TAKE AWAY / COLLECTION MENU

AVAILABLE THURSDAY TO SUNDAY 5PM-9PM

TEL: 0208 529 7870

Email your orders to chingford@lastapas.uk

CHARCUTERIE & PICOTEO

Aceitunas – Marinated Aceitunas Negras & Gordal olives £4.95

Boquerones – Marinated Cantabrian white anchovies with roasted pepper & mix olives £5.95

Padron Peppers – Deep fried Padron peppers finished with Maldon Sea salt £4.95

Berenjena rebozada – Deep fried aubergine and cheese fritters with honey drizzle £5.95

Croqueta del dia – Chef's croqueta choice of the day (please ask) £6.95

Croqueta Vegetariana – Homemade croqueta with vegetables (please ask) £6.75

Patatas Fritas – Roughly cut fried potatoes served with bravas sauce & aioli £4.95

Pan Tostado – Chargrilled sourdough bread served with homemade alioli £4.25

Pan con Tomate – Chargrilled sourdough bread served with fresh tomato, garlic and olive oil £5.50

PAELLA 7"

Seafood £15.95 - Chicken & Chorizo £13.95 - Vegetarian £12.95

Squid ink black Paella with Calamari and Prawns £14.95

FISH TAPAS

ATUN CON AGUACATE & MANGO – Seared Tuna with avocado & fresh mango £8.95

BACALAO – Baked cod fillet with alioli gratin, sweet onion & red pepper marmalade £8.95

PULPO A LA GALLEGA – Galician Octopus with sliced potato, paprika, sea salt and olive oil £9.95

GAMBONES A LA PARRILLA – Grilled king prawns with garlic and chilies confit £9.9

GAMBAS AJILLO – Prawns with garlic, olive oil and cayenne pepper £7.95

MONKFISH – Roasted monkfish fillet with pumpkin & ginger sauce and asparagus garnish £9.95

SCALLOPS – Atlantic scallops with oyster sauce and pistachio crumbles £10.95

MEAT TAPAS

LAS TAPAS MINI BURGER – Two mini burgers with sweet onion marmalade, mustard mayo and crispy potato sticks £7.95

POLLO ROMESCO – Grilled chicken thighs with romesco sauce and hazelnut crust £8.50

CARRILLERA – Slow cooked Ox cheek with Spanish panadera, pisto, Greek yoghurt £9.95

COSTILLA – Membrillo glazed slow roast tender pork rib with grain mustard mash £8.95

ALBONDIGAS – Beef & Pork meatballs with hot Spanish tomato sauce £7.50

BEEF RIB EYE – 5oz Chargrilled rib eye steak served with steak chips and pepperanatta £10.95

CHORIZO PICANTE – Chargrilled chorizo served with mixed peppers and smoked aubergine £8.50

SOLOMILLO IBERICO – Iberico tenderloin pork fillet on pesto meloso rice £8.95

PARRILLADA DE CARNE

Grilled meat board with beef rib eye, boneless chicken thighs, chorizo and spare rib served with steak chips and pepperanatta £29.95

VEGETABLE TAPAS

ALCACHOFAS – Grilled baby artichokes, ajo blanco, almond flakes & black olive crumbs £8.50

ESPARRAGOS VERDES – Blanched asparagus tips on mix peppers, garlic and balsamic garnish finished with burnt alioli £7.95

CALABAZA – Roasted butternut squash with chickpea puree, pumpkin seeds and feta cheese crumble £7.95

BROCCOLI – Grilled tender stem broccoli with olive tapenade and romesco sauce £7.50

TORTILLA ESPANOLA – Classic Spanish onion and potato omelette £6.50

PIQUILLO RELLENO – Spanish baby red peppers stuffed with vegetables served with creamy mushrooms sauce £7.95

BURGERS

All of our burgers are served on a special brioche bun and come with steak fries.

Gourmet Burger

Chargrilled ground beef burger, lettuce, beef tomato, red onion slice, pickle and homemade alioli £9.95

Las Tapas Burger

Ground beef burger, chargrilled chorizo, manchego cheese, onion marmalade and homemade alioli £11.95

Chicken Burger

Marinated chicken thigh fillet char grilled and served with homemade alioli, lettuce, beef tomato, red onion slice and pickle £10.95

Halloumi Burger

Chargrilled halloumi slices with lettuce, beef tomato, red onion marmalade, pickle and homemade alioli £10.95

SALADS

(Lemon and olive oil dressed mix leaf salad with tomatoes, cucumber red onion)

Grilled Chicken Salad with Toasted Almonds £9.95

Garlic King Prawn Salad with Capers and piquillo peppers £11.95

Grilled Halloumi Salad with Olives olives and sundried tomatoes £9.95

DESSERTS

Churros with Chocolate Sauce Dip

Fried dough pastry served with chocolate dip

£6.50

Torte Santiago

Galician almond cake with chocolate sauce

£6.50

Spanish Cheese Platter

Manchego, Mahon, San simon served with crackers and homemade membrillo

£7.50