

LA PLANCHA

Ripe with the flavours of history and seasoned with the tastes of modern times, Spanish Tapas are mouth watering little dishes of delight. According to Spanish folklore, the first Tapas was a slice of cured ham thrown hastily over a glass of sherry, to keep the flies out. The ham was so popular that it gave birth to the tradition of Spanish Tapas. Today, Tapas Bars are at the centre of every Spanish community, from the remote, relaxed mountain regions to the busy crowded city streets. Twice daily, Spaniards congregate at their favourite local bar for a glass of chilled sherry or wine, conversation with friends and of course to celebrate Tapas. We give you La Plancha, enjoy her surroundings and atmosphere, and enjoy the varied Tapas dishes on offer.

Oskar

SPANISH BREAD

- B1 BARRA GALLEGA** £4.20
Golden brown and crisp Barra Gallega is one of the finest breads from Galicia. Accompanied with Olive Oil and Balsamic Vinegar. An exclusive to La Plancha and a great starter to share
- B2 PAN DE AJO CON QUESCO** £4.50
Barra Gallega bread served half sliced with garlic butter and topped with Spanish cheese
- B3 PAN DE AJO** £4.50
Barra Gallega bread served half sliced with garlic butter

ENSALADAS

- S1 ENSALADA ACEITUNAS MIXTAS** £3.15
Mixed olives, marinated with peppers, onions and lemons
- S2 ENSALADA CATALANA** £4.50
Catalonian green leaf salad with boiled eggs and peppers
- S3 ENSALADA DE JUDIAS VERDES** £4.50
Warm green beans salad served with a green leaf salad, olives
- S4 ENSALADA DE TOMATE Y CEBOLLA ROJA** £4.50
Red beef tomato and red onion salad served on a green leaf salad with cucumber
- S5 ENSALADA DE TRES QUESOS** £4.50
A trio of Spanish cheese's served with a green leaf salad, and onions
- S6 ENSALADA DE MARISCOS** £5.50
Squid, Octopus Shrimps and Prawns served with a green salad
- S7 ENSALADA A LA GRECA** £4.50
Mixed salad served with Feta Cheese and Olives

TAPAS

- T1 TORTILLA ESPANOLA** £3.95
Traditional Spanish potato and onion omelette
- T2 TORTILLA ESPANOLA CON CHORIZO** £3.95
Traditional Spanish potato and onion omelette with Spanish chorizo
- T3 ALBONDIGAS CON SALSA DE TOMATE** £3.95
La Plancha's famous ground beef meatballs in tomato sauce

T4	BOQUERONES EN VINAGRE <i>Fresh, succulent anchovies topped with garlic and olive oil</i>	£3.75
T5	JAMON SERRANO <i>Spanish cured Serrano ham</i>	£4.50
T6	PIMIENTOS A LA MARINERA <i>Marinated peppers</i>	£3.95
T7	BERENJENAS A LA MARINERA <i>Marinated aubergines</i>	£3.50
T8	MONTADO DE POLLO PICANTE <i>Chicken breasts pan fried with chilli, red wine and tomato and served with Barra Gallega</i>	£4.95
T9	PATATAS BRAVAS <i>Oven baked potatoes in a spicy tomato & red onion sauce with peppers</i>	£3.50
T10	MONTADO DE LOMO <i>Grilled Pork loin with paprika and garlic served with Barra Gallega</i>	£3.95
T11	GAMBAS PIL PIL <i>King Prawns sautéed in Olive Oil with hot Chilli Peppers</i>	£4.95
T12	SELECCION DE EMBUTIDOS <i>A selection of Spanish meats</i>	£4.25
T13	CHORIZO FRITO AL VINO <i>Spicy Spanish sausage pan- fried in white wine</i>	£3.95
T14	POLLO AL AJO <i>Chicken breasts cooked in white wine and garlic</i>	£4.50
T15	PAELLA VALENCIA <i>Classic mixed fish and chicken and rice dish</i>	£3.50
T16	GARBANZOS <i>Hummus made from chick peas and served with Barra Gallega</i>	£2.70
T17	ESCALIVADA <i>Ratatouille mixed vegetables in tomato sauce</i>	£3.95
T18	LOMO LA MALAGUENA <i>Pork loin in Malaga wine with pine nuts and sultanas</i>	£4.00
T19	PAELLA VEGETARIANA <i>Vegetarian Paella</i>	£3.50
T20	SETAS EN ESCABECHE <i>Marinated wild mushrooms</i>	£4.50
T21	CHAMPINONES CON AJO <i>Mushrooms in garlic sauce</i>	£3.95
T22	PIMIENTOS CON FETA QUESO <i>Fresh peppers with Feta Cheese</i>	£3.50

T23	VIEIRA	£4.50
	<i>Scallops in a garlic sauce</i>	
T24	CORDERO AL HORNO	£7.00
	<i>Braised lamb with tomato, peppers and onions</i>	
T25	MARISCO	£5.00
	<i>Fresh mussels in white wine and garlic</i>	
T26	CORDERO CON SAISA DE ALBARICOQUE	£8.00
	<i>Lamb cutlets served in an apricot sauce</i>	
T27	CAZUELA DE CARNE	£5.00
	<i>Beef casserole with red wine, onions and potato's</i>	
T28	BISTEC CON CHAMPINONES	£12.00
	<i>Scotch Sirloin Steak with mushroom and red wine sauce</i>	

TAPAS DEL DIA

T29	PESCADO DEL DIA	See Menu Board
	<i>Fresh fish dish, see menu board or ask waiter for details</i>	
T30	TAPAS DEL DIA	£4.00
	<i>A Selection of daily tapas, see menu boards for details</i>	
T31	VEGETARIAN DISHES	£5.00
	<i>A selection of Chefs special vegetarian options</i>	

PAELLA

P1	CLASSIC PAELLA VALENCIAN A	£22.00
	<i>Freshly made Paella suitable for 2 people. The classic Spanish Paella, cooked with chicken, king prawns, squid, clams, peppers, onions, garlic, parsley all prepared with traditional Spanish Paella rice.</i>	

CLASSIC PASTA DISHES

CPI	CLASSIC PASTA DISHES	£6.00
	<i>Ask for details, these classic pasta dishes can be vegetarian or otherwise, see menu board for details</i>	

SPANISH DESSERTS

D1	TARTA DE SANTIAGO	£4.20
	<i>Light and moist almond cake with persistent flavour served with ice cream and a chilled glass of Muscat De Rivesaltes, a sweet dessert wine</i>	
D2	PONCHE DE YEMA	£4.20
	<i>A moist sponge cake with layers of fresh and chocolate cream topped with a sweet yolk cream and decorated with nuts served with single cream and glass of Oxford sherry</i>	
D3	BRAZO DE GITANO de CREMA	£4.20
	<i>A moist custard cake, topped with a sweet yolk cream and elegantly decorated with nuts served with a little fresh fruit and single cream and a glass of Oxford sherry</i>	

- D4 BRAZO DE GITANO de WHISKY £4.20**
A moist cream cake with an indulgent whisky flavour, topped with a yolk cream and elegantly decorated with chocolate a little fresh fruit and single cream, together with a glass of Oxford sherry
- D5 SELVA NEGRA £4.20**
Indulgent chocolate and cocoa cake with layers of sponge and cream topped with flakes of chocolate and icing sugar. Served with grated dark chocolate, single cream and a glass of Oxford sherry
- D6 TIRAMISU £4.20**
Classic Coffee and Mascarpone Cheese dessert

HELADOS

TWO SCOOP ICE CREAMS

- H1/2 VANILLA £3.75**
H2/2 DEVON TOFFEE £3.75
H3/2 STRAWBERRY £3.75
H4/2 PISTACHIO AND ALMOND £3.75
H5/2 COCONUT AND PINEAPPLE £3.75
H6/2 SORBET £3.75
H7/2 RASPBERRY £3.75
H8/2 MANGO £3.75
- H9/2 PICK N MIX EM £3.75**

THREE SCOOP ICE CREAMS

- H1/3 VARITIES AS ABOVE £5.20**

LA PLANCHA DESSERT SPECIALS

- D9 AMERICAN STYLE CHEESECAKE £3.75**
D10 DOUBLE CHOCOLATE FUDGE CAKE £3.75
D11 PROFITEROLES £3.75

BEVERAGES

- B1 ESPRESSO REGULAR £1.50**
B2 ESPRESSO LARGE £2.20
B3 AMERICANO REGULAR £1.50
B4 AMERICANO LARGE £1.80
B5 LATTE £2.20
B6 CAPPUCCINO REGULAR £1.80
B7 CAPPUCCINO LARGE £2.20
B8 TEA VARIOUS TYPES £1.30
B9 HOT CHOCOLATE £2.50
B10 MOCHA £2.20
B11 LIQUEUR COFFEE £3.50

Ask your waiter which liqueurs are available

TAKE AWAY DISHES

By popular demand, all our Tapas dishes and desserts are now available as a take away. Orders can be taken by telephone or in person. Ask for a menu and enjoy a little of La Plancha at home.

OUTSIDE CATERING

La Plancha can provide for parties or functions. Either using the standard Tapas menu or made to order dishes to suit any occasion. Ask for details.

ALL MEALS ARE PREPARED FRESH AND ON SITE SO WE KINDLY ASK YOU TO BE PATIENT AT BUSIER TIMES

