

# LA MANCHA

## mediterranean dining

### A La Carte Menu

#### STARTERS

<b>Scallops</b>	<b>£9.95</b>
Pancetta & Asparagus	
<b>Tapas (for two to share)</b>	<b>£10.00</b>
Chorizo, Grilled Halloumi, Grapes, Olives, Pitta Bread, Hummus	
<b>Mixed Game Pate</b>	<b>£5.95</b>
with Port Wine	
<b>Spanish Meatballs</b>	<b>£5.75</b>
Spicy Tomato Sauce	
<b>Unpeeled Garlic Prawns</b>	<b>£8.95</b>
<b>Salmon Gravlax</b>	<b>£6.95</b>
<b>Garlic Mushrooms (V)</b>	<b>£4.95</b>
Served on Toasted French Bread	
<b>Beetroot &amp; Goats Cheese Salad (v)</b>	<b>£5.45/£11.95</b>
<b>Chef's Soup of the Day</b>	<b>£3.95</b>
<b>Fish Cake</b>	<b>£6.25</b>
Chilli, Ginger & Coriander dressing	

#### MAIN COURSE

<b>8oz Fillet Steak</b>	<b>£22.95</b>
Dauphinoise Potatoes, Baked Vegetables & Grilled Tomato	
<b>8oz Ribeye Steak</b>	<b>£18.95</b>
Dauphinoise Potatoes, Baked Vegetables & Grilled Tomato	
<b>Surf &amp; Turf</b>	<b>£22.95</b>
8oz Ribeye Steak & Garlic Prawns	
<b>Chicken La Mancha</b>	<b>£16.95</b>
Chicken Fillet stuffed with Diced Chorizo, Mozzarella, Garlic and Chickpeas on Mediterranean Potatoes with Chablis Sauce	
<b>Duck Breast</b>	<b>£17.95</b>
Served with Dauphinoise Potatoes & Port & Orange Jus	
<b>Chicken Caprese</b>	<b>£12.95</b>
Tomato, Mozzarella, Fresh Basil & Mediterranean Potatoes	
<b>Tapas (for two to share)</b>	<b>£29.95</b>
Ribeye Steak, Chorizo, Grilled Halloumi, Grapes, Olives, Pita Bread, Garlic Bread, Hummus, Potatoes & Salad	
<b>Pork Medallion</b>	<b>£15.95</b>
Served with Mediterranean Potatoes & Diane Sauce	
<b>Spinach &amp; Ricotta Tortellini (V)</b>	<b>£11.95</b>
with Parmesan Shavings & Herb Oil	
<b>Salmon &amp; Courgette Pasta (V)</b>	<b>£12.45</b>
<b>La Mancha Chicken Salad</b>	<b>£11.95</b>
Grilled Chicken, Chorizo & Mozzarella	

#### Main fish

<b>Salmon with Tomato &amp; Olive Crust</b>	<b>£14.95</b>
Mediterranean Potatoes & Ratatouille	
<b>Hake</b>	<b>£15.95</b>
Mediterranean Potatoes & Valenciana Jus	
<b>Fillet of Sea Bass</b>	<b>£15.95</b>
Mediterranean Potatoes & Catalonia Dressing	
<b>Mussels</b>	<b>£13.95</b>
White Wine & Garlic Sauce	
<b>Baked Cod</b>	<b>£13.95</b>
Potatoes, Salsa Verde & Ratatouille	
<b>Dover Sole with a Lobster Bisque</b>	<b>£18.95</b>
<b>Sea Food Platter</b>	<b>Priced Accordingly</b>
Daily Choice of Fresh Fish & Shellfish	
<b>Catch of the Day</b>	<b>See Board for Details</b>
Fresh Fish from Neath Fish Mongers	
<b>La Mancha Seafood Salad</b>	<b>£11.95</b>
Mussels, Calamari, Prawns & Whitebait	
<b>Paella to Share</b>	<b>£15.00 p.p.</b>
Please allow 30 minutes cooking time	

#### Sides & Sauces

<b>Garlic &amp; Chilli Mushrooms</b>	<b>£3.95</b>
<b>Ratatouille Castiliana or Side Salad</b>	<b>£3.95</b>
<b>Ciabatta Garlic Bread with Parmesan</b>	<b>£3.50</b>
<b>Marinated Olives and French Bread</b>	<b>£3.25</b>
<b>Dauphinoise or Mediterranean Potatoes, Hand Cut Chips, Jacket Potatoes or Boiled Potatoes</b>	<b>£2.95</b>
<b>Sauces: Green Peppercorn, White Wine, Diane, Stilton or Port &amp; Orange Sauce</b>	<b>£2.95</b>

#### Desserts

<b>Crème Catalana, citrus peel &amp; Cinnamon</b>	<b>£5.30</b>
<b>Vanilla Cheesecake, Fruits of the Forest</b>	<b>£5.30</b>
<b>Chocolate Truffle Mousse, Mint Ice-Cream</b>	<b>£5.30</b>
<b>Panna Cotta</b>	<b>£5.30</b>
<b>Ice Cream, Chocolate; Vanilla; Mint</b>	<b>£5.30</b>

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