

LUNCH MENU

Served from 11.00am till 5.00pm seven days a week

ANY 2 TAPAS & BREAD
£6.50

* Excluding Gambas Al Ajillo and Verias

ANY 3 TAPAS & BREAD
£9.50

SALADS £6.50

Avocado & Halloumi Salad
Chicken Salad
Feta Cheese Salad

WRAPS £5.50

Served with salad and chips

Mediterranean

Avocado, Rocket, Feta cheese,
Pesto Sauce, Roast Pepper.

Chicken

Grilled chicken, Mozzarella Cheese,
Red Onion, Roast Pepper, Rocket.

Chili Chicken

Crispy Chicken, Spicy Bravas Sauce,
Avocado, Rocket, Tomato.

Halloumi & Chorizo

Grilled Chorizo,
Grilled Halloumi,
Lettuce Avocado,
Red Peppers, Tomato.

BREAKFAST £6.00

Served with choice of ciabatta or
home made bread

Vegetarian Selale

Mushroom, Halloumi Cheese,
Tomato, Cucumber, Olives,
Tortilla, Scrambled Egg

Spanish Breakfast

Grilled Chorizo, Tortilla,
Manchego Cheese, Tomato,
Cucumber, Olives, Queens Jam,
Fried egg.

Selale Tapas Breakfast

Grilled Spicy Sausage,
Grilled Tomato, Cucumber, Jam,
Honey, Olives, Feta Cheese,
Fried egg.

OMELETTES £4.00

Served with salad and chips

Fillings 50p each

Mushroom, Chorizo,
Halloumi, Spicy Beef Sausage,
Tomato and Prawn

La Taperia

Breakfast - Lunch - Dinner

Tapas,
Sangria

Wines, Cocktails

Live
Music
Every
Friday & Saturday



We are Now Open

3 Salisbury Promenade, Green Lanes, Haringey, N8 0RX

Tel: 020 8809 3997

TAPAS

TAPAS VEGETARIANAS

- 1 **Aceitunas V** £2.50
Olive marinated with herbs and garlic
- 2 **Patatas Ali Oli V** £3.00
Fried potatoes with garlic mayo
- 3 **Patatas Bravas V** £3.00
Fried potatoes served with spicy brava sauce
- 4 **Pimientos Rellenos V** £3.50
Roasted peppers stuffed with goat cheese and herbs
- 5 **Escalivada V** £3.50
Roast aubergines, peppers and onions with garlic and olive oil
- 6 **Tortilla V** £4.00
Classic spanish omelette
- 7 **Triangulo Filo V** £4.00
Filo pastry stuffed with cheese and herbs. Served with sweet chili sauce
- 8 **Champiñones Al Ajillo V** £4.50
Mushrooms with garlic topped with mozzarella cheese
- 9 **Champiñón Relleno V** £4.50
Big flat mushroom stuffed with seasonal vegetables and topped with mozzarella cheese. Served with special tomato sauce.
- 10 **Cuerno Vegetariano V** £4.50
Red pepper stuffed with mixed vegetables topped with mozzarella cheese and tomato sauce
- 11 **Alcachofas V** £4.50
Artichoke pieces cooked with garlic and herbs
- 12 **Espinacas V** £4.00
Spinach cooked with garlic and tomato sauce and topped with yoghurt
- 13 **Queso Ahumado A La Plancha V** £4.50
Smoked pan fried goat cheese with honey and nuts powder

TAPAS DE CARNE

- 14 **Chorizo Al Vino** £4.00
Chorizo cooked with spanish wine
- 15 **Pollo Al Ajillo** £4.00
Chicken pieces cooked with garlic, herbs, mix peppers and special sauce
- 16 **Albóndigas** £4.50
Meatballs cooked with special spicy tomato sauce

- 17 **Croquetas De Pollo** £4.00
Chicken croquettes served with all oil or brava sauce
- 18 **Croquetas De Jamón** £4.50
Ham croquettes served with all oil or brava sauce
- 19 **Caldereta De Cordero** £4.50
Spicy hot lamb stew
- 20 **Corno De Toro** £4.50
Red pepper stuffed with minced lamb and topped with mozzarella and tomato sauce
- 21 **Kafta De Carne** £4.00
Grilled special minced lamb kofta

TAPAS DE PESCADO

- 22 **Calamares A La Romana** £4.50
Fried calamari rings served with tartar sauce
- 23 **Gambas Al Ajillo** £5.50
Prawns cooked with garlic, herbs and olive oil
- 24 **Veiras** £5.50
Pan cooked scallops with creamy sauce and herbs
- 25 **Chanquetes** £4.50
Fried whitebait served with tartar sauce

TABLAS

- 26 **Tabla De Queso** £6.50
Cheese Board
- 27 **Tabla De Embutidos** £7.50
Meat Platter

PLATOS PARA COMPARTIR

Platters to share

- 28 **Selección De Tapas** £8.75
Filo pastry, tortilla, pimientos rellenos, chicken croquettes, grilled chorizo
- 29 **Gran Selección De tapas** £12.75
Whitebait, tortilla, escalivada, filo pastry, grilled chorizo, stuffed mushroom, grilled halloumi cheese, mitite kotte.
- 30 **Selección De Tapas Vegetarianas V** £9.75
Escalivada, pimientos rellenos, filo pastry, tortilla, champiñón relleno, patatas ali oli or bravas, manchego cheese

MAIN DISHES

- 31 **Pollo Con Espinacas** £7.50
Breaded chicken breast stuffed with spinach mozzarella cheese. Served with mash potato and garnish
- 32 **Pollo Con Albarricoques** £7.50
Chicken cooked with mushroom and apricots in creamy sauce. Served with rice
- 33 **Gambas Picantes Al Ajillo** £11.00
Prawns cooked with spicy tomato sauce. Served with salad and rice
- 34 **Gambas Cremosas** £11.00
Prawns cooked in creamy mushroom sauce. Served with rice
- 35 **Champiñón Relleno V** £7.50
Big flat mushroom stuffed with seasonal vegetables and topped with mozzarella cheese and special tomato sauce. Served with rice and salad
- 36 **Cuerno Vegetariano V** £7.50
Red pepper stuffed with mixed vegetables topped with mozzarella cheese and tomato sauce. Served with rice and salad.
- 37 **Cuerno De Toro** £8.00
Red peppers stuffed with minced lamb and topped with mozzarella and tomato sauce. Served with rice and salad.
- 38 **Entrecot A La Parrilla** £14.00
Sirloin steak served with chips and fried vegetables.

PAELLA

Freshly prepared per order. Minimum 2 people. Please allow 20 mins cooking time.

- 39 **Paella Vegetariana V** £8.50 pp
With seasonal vegetables
- 40 **Paella Castellana** £9.50 pp
With lamb, sausage, chicken and vegetables
- 41 **Paella Valenciana** £9.50 pp
Mixed seafood, chicken, mixed vegetables
- 42 **Paella Marinera** £9.50 pp
Mixed seafood and vegetables

SIDE ORDERS

- 43 **Arroz** £2.75
Rice
- 44 **Patatas Fritas** £2.75
Chips
- 45 **Pure De Patatas** £3.00
Mash Potato
- 46 **Selección De Verduras** £3.00
Seasonal Vegetables
- 47 **Ensalada De De Queso** £3.00
Feta Salad
- 48 **Ensalada De Aquacate** £3.00
Avocado Salad
- 49 **Ensalada De Roquette** £3.00
Roquette Salad

%10 Discount
for Takeaway orders!

pp : per person V : vegetarian foods