

## Great Offers at La Tasca

Join our fantastic La Tasca Club and be the first to hear about our irresistible offers, news and events!  
Simply visit [www.latasca.co.uk](http://www.latasca.co.uk) and sign up today.

### The Essentials!

<b>Hola</b>	Hello	<b>El menú</b>	The menu
<b>Adiós</b>	Goodbye	<b>La cuenta</b>	The bill
<b>Por favor</b>	Please	<b>Cerveza</b>	Beer
<b>Gracias</b>	Thank you	<b>¡Salud!</b>	Cheers!
<b>De nada</b>	You're welcome	<b>Para mí</b>	I'll have
<b>Sí/No</b>	Yes/No	<b>Quedamos</b>	Let's meet
<b>Perdón</b>	Sorry/excuse me	<b>Fiesta</b>	Party

**WINES from SPAIN** *La Tasca*  
SPANISH TAPAS RESTAURANT AND BAR  
*Spain is closer than you think! [www.latasca.co.uk](http://www.latasca.co.uk)*

## The Little Book of Spanish Food and Wine



**WINES from SPAIN**

*La Tasca*  
SPANISH TAPAS RESTAURANT AND BAR



## *The La Tasca Experience*

At La Tasca, we're passionate about freshly cooked, authentic Spanish food.

Our exciting tapas range lets you choose from a variety of dishes and taste experiences. Simply choose 3 or 4 dishes per person or why not enjoy one of our tapas selections, where we've done the hard work for you? There's Your Favourites, Healthy Choice and Chef Recommends. Alternatively, why not try one of our famous paellas, great to share and cooked to order?

To the Spanish, meals together are one of the most important parts of the daily routine; this tradition is central to the La Tasca experience...

..with over sixty fun and vibrant restaurants, spread across the UK, you'll find that a meal at La Tasca means that

*Spain is closer than you think!*

## *The Tale of Tapas*

Nothing says Spanish cuisine like tapas.

These bite-sized morsels – bursting with intense, zesty flavour – have a name derived from ‘tapar’ meaning ‘to cover’ or ‘lid’.

The precise origins may be hazy, but there is one story which we especially like. At the end of the working day, farmers and labourers would retire to their local ‘tasca’ for a well-earned drink, which was covered by a hunk of bread to keep the flies away.

Over time, the innkeeper began to add small items, such as cured meats and olives. This edible lid gradually evolved into today’s tapas dishes.

These roots are proudly displayed in every restaurant, thanks to a rustic décor and vibrant atmosphere.





## *La Tasca's Paellas*

Paella is a rice dish which originated in its modern form in the mid 19th century near lake Albufera, a lagoon near the eastern coast of Spain's Valencian region. Contrary to popular belief, 'la paella' is actually a cooking utensil. Nowadays, many Valencians regard paella as one of their identity symbols.

At La Tasca, we use arroz redondo rice, from the Albufera National Park, in the Valencian region. It proudly carries the D.O. label, granted by the Denomination of Origin Organism. This rice variety is recognised as the best for paellas, with its main characteristics being its capacity to absorb flavours and its whitish shade. The texture, once boiled, is tender and juicy.

At La Tasca, we have adapted the traditional Valencian recipe and created a whole range for you to enjoy. You can choose a meat, chicken & seafood, seafood or vegetarian paella.

## *A Taste of the Regions*

Across the 17 regions of Spain, the customs and characters can vary as dramatically as the landscapes which shape them. La Tasca has brought many regional tastes to our menu.

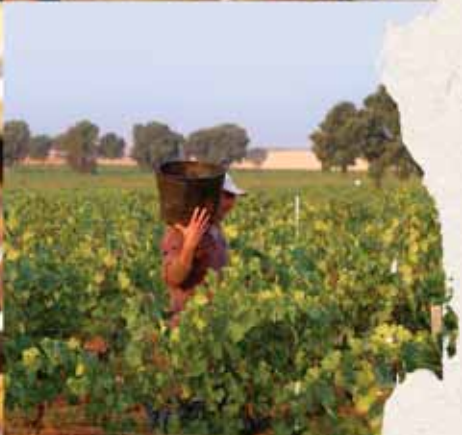
**PAPRIKA** is produced from Spanish peppers, introduced to Spain in the 17th century. These peppers come from Murcia, an arid Mediterranean region in southeast Spain, from the 'bola' variety – and were introduced by the Jerónimos monks.

**OLIVES** The Camporeal olive comes from Sevilla and is seasoned with oregano, garlic and bay leaf.

The Black Aragón olive is a natural olive which ripens on the tree and is marinated in brine and herbs. It comes from Teruel, in the Aragón region.

The Manzanilla is the Spanish olive – par excellence. It comes from the Andalucian region in the south of Spain.





## *Spanish Wines*

WINES   
*from* SPAIN

Over the past 30 years, the Spanish wine industry has evolved more than that of any other country in Europe, to modernise, innovate and improve the quality of the wines produced, beyond all recognition.

Today, Spain is producing wines which display the best which local indigenous grapes have to offer, as well as showcasing some classic examples of wines made from international grapes.

Our wine list gives the taste buds a real tour of the Spanish regions, from the northern Rioja region to a sweet sherry from Jerez in the south.

Spain's vine-growing country is a mosaic of very diverse terrain and climatic conditions. Growing areas vary from semi-arid southern terrains to wet northern ones, while, in the central tableland, vines have adapted to extremely cold, dry winter weather. They can survive in a great diversity of soils, the main requirement being that soil should not be too damp.

*For more information on Spanish Wines: [www.winesfromspain.com](http://www.winesfromspain.com)*

# Spain's Wine Regions

WINES from SPAIN

## Rioja

This is Spain's pre-eminent wine region and best-known grape variety, named after the Río Oja river.

## Cataluña – Penedès and Costers del Segre

This is the home of cava and the widespread use of French varieties of grape which was pioneered, in the area, by Miguel Torres. The wide range of altitudes in the area of Penedès makes it ideal for planting a variety of grapes, including tempranillo at lower altitudes through to sauvignon and Chardonnay in the upper Penedès region.

## La Mancha and Valdepeñas

The areas of La Mancha and Valdepeñas fall into the region of the Meseta Central – the high central plateau of Spain. La Mancha is the largest wine-making region in Spain and is a real success story.

Grape variety is one of the most significant factors in the production of quality wines. Behind every wine, there is always



Map not to scale.

one or more grape varieties lending their aroma, body and colour to the wine's character. Spain is fortunate to have a broad range of high-quality native grape varieties which produces noble wines.



# TORRES



## *Torres Wines*

The Torres family surname has been linked with wine for more than three centuries. The family has been dedicated to working the land, passing on skills and the secrets of wine-making, from generation to generation.

The Spanish Civil War created a big crisis at Torres. In 1939, the winery was bombed. It took the determined efforts of Miguel Torres Carbó, with the help of his wife, Doña Margarita, to rebuild it, following this disaster, and turn it into one of Spain's most-loved wine brands.

Our wine list features numerous Torres family wines, including the popular white Torres Viña Sol, a light and fruity wine with gorgeous apple and pear fruits – redolent of summer holidays. Our new addition to the white wines is Torres San Valentín – slightly sweet and overflowing with fresh fruitiness and floral notes. We also have the famous silky red Torres 'Mas La Plana' Cabernet Sauvignon – a voluptuous and world-class wine, to name a few.

*Codorníu*

**CODORNÍU**  
Método Tradicional. Since 1872.

Spain produces many fine sparkling wines, called *cava*, after the cellars where the wine is produced, made in the 'méthode champenoise' or 'Champagne method', the same as is used to make champagne.

In 1872, Josep Raventós learned this method, applying this to his native Penedès grapes, creating the first bottle of sparkling wine. He was so happy with the wine that he ordered that a cool cellar or 'cava' be dug. In a few short years, the family introduced its first bottles of cava to the public – an instant success, particularly among high society. Soon, Codorníu estate's sparkling wine was being sent to the Spanish royal family. Group Codorníu is a family-owned company, established in Penedès, Spain, in 1551.

The family has the most extensive vineyard holding in Spain, with over 30km<sup>2</sup>. Codorníu sparkling wines are the number-one choice for Spaniards and are, therefore, the cava of choice for La Tasca's wine list.





## *Party Time at La Tasca*

Does anyone know how to party quite like the Spanish? Their calendar is a non-stop whirl of fiestas – more, it is said, than is possible to see in a lifetime. Many are joyful, vibrant affairs – like the famous bull-runs in Pamplona and the colourful La Tomatina – yet, if there's one way in which the Spanish really love to celebrate, it's by eating together.

Our party menus are perfect for groups of eight or more. With three sublime set menus to choose from, all you have to do is enjoy yourself in our fun, vibrant restaurant!

You can book your party on line or simply speak to the restaurant manager for further details: [www.latasca.co.uk](http://www.latasca.co.uk)

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# *La Tasca*

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