

ALLERGEN/DIETARY

LUPIN CELERY SULPHITES GLUTEN FISH MOLLOSCS CRUSTACEAN
 DAIRY NUTS SESAME SEEDS EGG PEANUTS SOYA MUSTARD
 V vegetarian * vegetarian Parmesan substitute GF gluten free
 VEGAN MAKE IT VEGAN some of our dishes are vegan or can be made vegan on request

tapas

snacks, cold meats & cheeses

gordal olives
 marinated in thyme, orange & garlic 3,75
 GF VEGAN SULPHITES SOYA

marcona almonds 3,50
 GF VEGAN NUTS

Spanish anchovies 3,50
 GF SULPHITES FISH

padrón peppers
 with sea salt 5,25
 VEGAN GLUTEN SOYA

flatbread strips & dips
 hummus, carrot & cumin 5,75
 V MAKE IT VEGAN
 SULPHITES GLUTEN
 DAIRY SESAME SEEDS SOYA

Spanish cured meats
 100g selection with pickled fennel & capers: 18 month aged serrano ham, Ibérico chorizo, Ibérico salchichón 10,50
 GF SULPHITES

Spanish cheeses
 with torta de aceite & garnishes. Picos blue, manchego d.o., montenebro goats 10,50
 SULPHITES GLUTEN
 DAIRY NUTS

cheese & cured meats
 manchego d.o. La Mancha, Ibérico chorizo, Ibérico salchichón 9,50
 SULPHITES DAIRY NUTS

menú del día 13,95

your choice of Catalan bread VEGAN GLUTEN SULPHITES
 or marinated olives GF VEGAN SULPHITES SOYA, plus two tapas & one side

meat

chicken wings
 sweet chilli jam, sesame & coriander
 SULPHITES GLUTEN SESAME SEEDS SOYA

baresca meatballs
 spiced tomato sauce, Parmesan
 GF CELERY SULPHUR DIOXIDE DAIRY SOYA MUSTARD

lamb koftas
 coriander & cumin yoghurt, dukkah
 GF SULPHITES MUSTARD DAIRY NUTS
 SESAME SEEDS SOYA

chicken fillet skewers
 (marinated in molasses, honey & thyme)
 lemon yoghurt, salsa verde
 GF SULPHITES FISH MUSTARD DAIRY SOYA

baby chorizo
 glazed in honey & sherry vinegar
 GF SULPHITES SOYA

pork belly tacos
 kimchi cabbage, chipotle & lime mayonnaise
 SULPHITES GLUTEN EGG NUTS SESAME SEEDS
 PEANUTS SOYA

sweet & sticky crispy px beef
 spring onions, red chilli 1,95 supplement
 SULPHITES GLUTEN SESAME SEEDS SOYA

fish

crispy fried squid
 in a light coating of cumin, turmeric & paprika flour, roast garlic aioli
 GLUTEN MOLLOSCS EGG SOYA

salmon 'tikka'
 red mojo marinated salmon fillet, Bombay potato, curried mayonnaise, baby coriander
 GF SULPHITES FISH MUSTARD
 EGG SOYA

haddock, green chilli & leek smokies
 glazed in a rich cheese sauce
 GF SULPHITES FISH MUSTARD
 DAIRY SOYA

garlic & chilli prawns
 lemon, parsley 1,95 supplement
 GF CRUSTACEAN SOYA

desserts

churros (Spanish doughnuts) salted chocolate caramel sauce 6,50 V GLUTEN DAIRY SOYA [MAY CONTAIN TRACES OF EGG NUTS PEANUTS]

San Sebastián baked cheesecake berry compote 6,25 V GF DAIRY EGG

apple & walnut baklava vanilla ice cream 6,95 V GLUTEN DAIRY NUTS EGG SOYA

chocolate brownie chocolate sauce, orange mascarpone 6,50 V GF VEGAN DESSERT AVAILABLE DAIRY EGG

ice cream/ sorbet selection 4,95 V GF VEGAN DESSERT AVAILABLE DAIRY NUTS EGG

coffee & sweet treat choose an espresso, americano or tea to go with your sweet treat 3,05 [ALLERGENS VARY PLEASE ASK]

coffee & churros your choice of coffee or tea to accompany a smaller portion of our churros with salted chocolate caramel sauce 5,95
 GLUTEN DAIRY SOYA [MAY CONTAIN TRACES OF EGG NUTS PEANUTS]



V dish is suitable for vegetarians
 * we use a premium vegetarian substitute for Parmesan
 GF dish is suitable for a gluten free diet
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iWIN! a menú del dia for two
 to enter: post a photo of your time here and tag @barescatapas or @escabechetapas

escabeche est. 2010
 our original neighbourhood tapas restaurant & bar in West Bridgford
 escabeche.co.uk

baresca est. 2015
 our city centre tapas restaurant with cellar bar on Byard Lane
 baresca.co.uk

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GF VEGAN SULPHITES SOYA

marcona almonds 3,50

GF VEGAN NUTS

Spanish anchovies 3,50

GF SULPHITES FISH

padrón peppers

with sea salt 5,25

VEGAN GLUTEN SOYA

flatbread strips & dips

hummus, carrot & cumin 5,75

V MAKE IT VEGAN

SULPHITES GLUTEN

DAIRY SESAME SEEDS SOYA

Spanish cured meats

100g selection with pickled fennel & capers: 18 month aged serrano ham, Ibérico chorizo, Ibérico salchichón 10,50

GF SULPHITES

Spanish cheeses

with torta de aceite & garnishes. Picos blue, manchego d.o., montenebro goats 10,50

SULPHITES GLUTEN

DAIRY NUTS

cheese & cured meats

manchego d.o. La Mancha, Ibérico chorizo, Ibérico salchichón 9,50

SULPHITES DAIRY NUTS

Catalan bread

grilled bread with fresh tomato 3,95

VEGAN SULPHITES GLUTEN

meat

chicken wings

sweet chilli jam, sesame & coriander 6,95

SULPHITES GLUTEN SESAME SEEDS SOYA

baresca meatballs

spiced tomato sauce, Parmesan 6,25

GF CELERY SULPHUR DIOXIDE DAIRY SOYA MUSTARD

lamb koftas

coriander & cumin yoghurt, dukkah 6,95

GF SULPHITES MUSTARD DAIRY NUTS

SESAME SEEDS SOYA

chicken fillet skewers

(marinated in molasses, honey & thyme)

lemon yoghurt, salsa verde 6,25

GF SULPHITES FISH MUSTARD DAIRY SOYA

pork belly tacos

kimchi cabbage, chipotle & lime mayonnaise 7,25

SULPHITES GLUTEN EGG NUTS SESAME SEEDS

PEANUTS SOYA

sweet & sticky crispy px beef

spring onions, red chilli 7,95

SULPHITES GLUTEN SESAME SEEDS SOYA

baby chorizo

glazed in honey & sherry vinegar 5,95

GF SULPHITES SOYA

fish

crispy fried squid

in a light coating of cumin, turmeric & paprika flour, roast garlic aioli 5,95

GLUTEN MOLLOSCS EGG SOYA

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red mojo marinated salmon fillet, Bombay potato, curried mayonnaise, baby coriander 7,50

GF SULPHITES FISH MUSTARD

EGG SOYA

haddock, green chilli & leek smokies

glazed in a rich cheese sauce 6,95

GF SULPHITES FISH MUSTARD

DAIRY SOYA

garlic & chilli prawns

lemon, parsley 7,95

GF CRUSTACEAN SOYA

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chocolate brownie chocolate sauce, orange mascarpone 6,50 V GF VEGAN DESSERT AVAILABLE DAIRY EGG

ice cream/ sorbet selection 4,95 V GF VEGAN DESSERT AVAILABLE DAIRY NUTS EGG

churros & coffee

your choice of coffee or tea to accompany a smaller portion of our churros with salted chocolate caramel sauce V 5,95

GLUTEN DAIRY SOYA [MAY CONTAIN TRACES OF EGG NUTS PEANUTS]



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baresca tapas family

f i t barescatapas escabechetapas

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