

Starters

SPECIALITY SOUP OF THE DAY £4.95
(ASK YOUR SERVER FOR DETAILS)

SCOTTISH MUSSELS £7.95
A STEAMING BOWL OF FRESHLY COOKED MUSSELS SERVED WITH GARLIC WHITE WINE CREAM SAUCE TOPPED WITH CHOPPED FRESH HERBS AND A FRESH PIECE OF LA CANTINA FLAVOURED BREAD TO DIP

WATERMELON, MINT & CHORIZO COCKTAIL £6.95
CUBES OF FRESH WATERMELON FRESHLY CHILLED COMBINED WITH SPICY PAN FRIED CHORIZO TOPPED WITH OLIVE OIL AND FRESH MINT

SMOKED HAM HOCK AND LEEK TERRINE £5.95
SMOKED HAM HOCK AND LEEK TERRINE SERVED ON SEARED CIABATTA WITH A SIDE OF LA CANTINA FRESH PICALILLI

KING PRAWN COCKTAIL £6.95
A CLASSIC KING PRAWN COCKTAIL SERVED WITH FRESH CONFIT CHERRY TOMATOES, FRESH CRISP SALAD LEAVES AND TOPPED WITH A FRESH MARIE ROSE SAUCE AND PAPRIKA

CALAMARI DORE £6.95
DEEP FRIED CALAMARI RINGS SERVED WITH SALAD AND GARLIC MAYONNAISE

BABY CALAMARI £6.95
BABY SQUID WITH GARLIC WHITE WINE CREAM SAUCE AND HERBS

HALLOUMI £6.95
CHEWY PAN FRIED HALLOUMI WITH SWEET CHILLI DIP

CHICKEN LIVER PATÉ £5.95
FRESHLY MADE CHICKEN LIVER PARFAIT WITH CLARIFIED BUTTER MELBA TOAST AND IN-HOUSE SWEET ONION MARMALADE

PIMENTOS DE PADRON £6.95
BELL PEPPERS STUFFED WITH SOFT FRENCH CHEESE COATED IN BREAD CRUMBS WITH A SWEET CHILLI SAUCE

MEDITERRANEAN GOATS CHEESE ALLE PERE £7.95
BAKED GOATS CHEESE SERVED ON A BREAD CROUTON WITH SLICES OF WARM PEAR COATED IN A PEAR COULIS GARNISHED WITH MIXED DRIED FRUITS

MIXED FRITO SEAFOOD £9.95
CALAMARI, PRAWNS, MUSSELS, WHITE BAIT

KING PRAWN ALLA CANTINA £7.95
PAN FRIED GARLIC KING PRAWNS IN A CREAMY WHITE WINE SAUCE

SPANISH TOMATO SALAD £5.95
WITH GARLIC RED ONION, PARSLEY OLIVE OIL AND HOUSE DRESSING

CHORIZO SALAD £6.95
CHORIZO AND CHICKPEAS WITH HOUSE DRESSING

CHICKEN SALAD £6.95
MIXED SALAD LEAVES TOPPED WITH STRIPS OF GRILLED CHICKEN AND HOUSE DRESSING

Meat Main Course

CHICKEN CHORIZO £13.95
CHICKEN AND CHORIZO IN A CREAMY WHITE WINE AND SMOKEY PAPRIKA SOUS

CHEF'S SPECIAL DISH £12.95
STIR FRIED CHICKEN STRIPS MARINATED IN AUTHENTIC SPANISH SPICES, LEMON, GARLIC, CHOPPED ONION, CUMIN, CORIANDER, SAFFRON, PAPRIKA, THYME AND SERVED WITH RICE

SLOW BRAISED LAMB SHOULDER £17.95
SLOW BRAISED PRIME LAMB SHOULDER SERVED ON A BED OF SWEET POTATO AND ROAST GARLIC MASH WITH A RICH RED WINE AND MINT REDUCTION

KING PRAWN LINGUINE £14.95
KING PRAWN AND SWEET PEA LINGUINE SERVED WITH WHITE WINE CREAM AND TOPPED WITH SEARED SCALLOP

MEDITERRANEAN MEATBALLS £11.95
LA CANTINA FRESHLY MADE PORK AND BEEF MEATBALLS WITH A NAPOLITANA SAUCE, SPAGHETTI TOPPED WITH FRESH SHAVED PARMESAN AND HERB OIL

MEDITERRANEAN LASAGNE £12.95
TRADITIONAL MINCED BEEF LASAGNE

PENNE A LA CANTINA £12.95
PENNE WITH PAN FRIED CURED CHORIZO, CHICKEN, MIXED PEPPERS, GARLIC AND CHILLI FLAKES COATED IN A TOMATO SAUCE, FINISHED WITH A DASH OF CREAM

AL MERLOT BEEF £16.95
AL MERLOT STRIPS OF SIRLOIN WITH MUSHROOMS, ONION, PEPPERS, PORT WINE REDUCTIONS AND SERVED WITH RICE

Fish Main Course

GRILLED SALMON FILLET £12.95
SERVED WITH AURORA SAUCE, TOMATO AND TARRAGON WITH CHOICE OF VEGETABLES OR CHIPS

GRILLED SEABASS £14.95
FILLET OF SEABASS COOKED IN AN MEDITERRANEAN BROTH TOPPED WITH CHERRY TOMATOES

Vegetarian Main Course

BROCCOLI ALA BRASA £10.95
CHARGRILLED TENDER STEM BROCCOLI WITH GARLIC AND RED CHILLI DRESSING

RAVIOLI £10.95
SPINACH AND RICOTTA CHEESE SERVED IN NAPOLI SAUCE

La Cantina Sides

TRIPLE COOKED FRIES £2.45
SWEET POTATO & ROASTED GARLIC MASH POTATO £2.45
GREEN HOUSE SALAD £2.45
BUTTERED FRESH HOUSE VEGETABLES OF THE DAY £2.45

From the Grill

FILLET STEAK AND KING PRAWN SURF & TURF £26.95
LA CANTINA SURF AND TURF! SHELL ON KING PRAWNS COOKED IN HERB BUTTER SERVED WITH A PRIME 10oz FILLET STEAK, FRESH HOUSE BUTTER AND CONFIT CHERRY TOMATO

MEDITERRANEAN CHICKEN KEBAB (2) £14.95
FRESHY GRILLED CHICKEN KEBAB MARINATED IN FRESH HERBS AND SPICES COOKED TO PERFECTION AND SERVED ON A LARGE FLATBREAD. SERVED WITH HUMMUS WITH A DRESSED SALAD, SERVED WITH CHIPS AND RICE

MEDITERRANEAN BEEF KEBAB (2) £16.95
FRESHY GRILLED BEEF KEBAB MARINATED IN FRESH HERBS AND SPICES COOKED TO PERFECTION AND SERVED ON A LARGE FLATBREAD SERVED WITH HUMMUS WITH A DRESSED SALAD, SERVED WITH CHIPS AND RICE

MEDITERRANEAN MIXED KEBAB (1 OF EACH) £15.95
FRESHY GRILLED BEEF AND CHICKEN KEBAB MARINATED IN FRESH HERBS AND SPICES COOKED TO PERFECTION AND SERVED ON A LARGE FLATBREAD SERVED WITH HUMMUS WITH A DRESSED SALAD, SERVED WITH CHIPS AND RICE

CHICKEN PRINCIPESSA £13.95
PAN FRIED CHICKEN BREAST COOKED IN A MUSHROOM WHITE WINE SAUCE ACCOMPANIED WITH ASPARAGUS SPEARS

GRILLED LAMB CHOPS £15.95
GRILLED LAMB CHOPS SERVED WITH RED WINE AND ROSEMARY JUS SERVED WITH TRIPLE COOKED CHIPS OR HOUSE VEGETABLES

COCK & BULL £26.95
FRESHLY GRILLED CHICKEN BREAST AND 10oz FILLET STEAK COOKED TO YOUR LIKING SERVED IN A CREAMY WHITE WINE AND MUSHROOM SAUCE

Steaks

A SELECTION OF PRIME LOCALLY SOURCED STEAKS COOKED HOW YOU LIKE AND SERVED WITH GRILLED MUSHROOM AND SERVED WITH TRIPLE COOKED CHIPS, TOMATO AND FRESH HOUSE BUTTER - choose from:

FILLET STEAK 10oz £22.95
T-BONE 14-16oz £24.95
SIRLOIN 14oz £16.95

Then add a sauce of your liking to finish it off - **£1.95**
PEPPERCORN - ROSSINI - DIANE

For Little Ones

A SELECTION OF THE DISHES CAN BE PREPARED FOR YOUNGER CHILDREN - JUST ASK

FRESHLY BATTERED CHICKEN GOUJONS £4.95
SERVED WITH CHIPS
LA CANTINA SPAGHETTI & MEATBALLS £4.95
SPAGHETTI IN FRESH TOMATO SAUCE £4.95
CHICKEN KEBAB £4.95
SERVED WITH CHIPS