

We cannot guarantee that items on our menu are free from nut or nut trace elements or any other allergens. If you have a food allergy please let any of our team know and we will be happy to advise on which dishes may be suitable.

## STARTERS

ASK YOUR WAITER FOR TODAY'S SPECIALS

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|---|---------------|---|---------------|
| <b>SELECTION OF BREAD FOR TWO</b><br>White Bloomer, Multi Grain & Multi Cereal  | <b>5.50€</b>  | <b>SMOKED SALMON PARCEL</b><br>With Lettuce, Avocado, Horseradish and Crème Fraîche   | <b>16.50€</b> |
| <b>DELICIOUS HOMEMADE SOUP OF THE DAY</b>   | <b>9.90€</b>  | <b>FILLET OF BEEF CARPACCIO</b><br>Served with a Rocket and shaved Parmesan Salad and a Sun Dried Tomato & Black Olive Tapenade         | <b>16.95€</b> |
| <b>FRESH CALAMARI</b><br>In a Crispy Salt and Pepper coating with Ali-Oli   | <b>15.95€</b> | <b>HOMEMADE CHICKEN LIVER PARFAIT</b><br>Served with Toasted Ciabatta, Caramelised Onions and Cumberland Relish                         | <b>10.95€</b> |
| <b>CLASSIC PIL PIL PRAWNS</b> 🌶️🌶️<br>Cooked with Fresh Chilli, Garlic, Smoked Paprika, Parsley and White Wine                                  | <b>14.95€</b> | <b>BUFFALO CHICKEN WINGS</b> 🌶️ <b>SHWINGS</b><br>Original Hot Wing Recipe with a Shwings Twist served with a Blue Cheese Dipping Sauce | <b>10.95€</b> |
| <b>TEQUILA PIL PIL PRAWNS</b> 🌶️🌶️<br>With Tequila, Fresh Chilli, Garlic, Smoked Paprika, Grated Parmesan, Coriander and Lime Juice             | <b>16.50€</b> | <b>HONEY &amp; CHILLI CHICKEN WINGS</b> 🌶️ <b>SHWINGS</b><br>Seven Spice, Honey, Chilli Sauce, Chives, Spring Onion & Sesame            | <b>10.95€</b> |
| <b>TRADITIONAL PRAWN AND AVOCADO COCKTAIL</b><br>With Homemade Marie Rose Sauce   | <b>13.90€</b> | <b>RED TUNA TARTARE</b> 🌶️<br>Marinated in Sesame Oil, Wasabi and Ginger served with Sliced Truffle, Avocado, Mango and Wakame Seaweed  | <b>19.90€</b> |
| <b>TRADITIONAL PLATTER OF IBERIAN HAM AND MANCHEGO CHEESE</b><br>Served With a Sun Dried Tomato cream & Black Olive Tapenade and Ciabatta Bread | <b>21.95€</b> |   |               |

## MAINS

ASK YOUR WAITER FOR TODAY'S SPECIALS

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| <b>TAGLIATELLE PRAWN PIL PIL WITH CHILLI, GARLIC, SMOKED PAPRIKA AND WHITE WINE</b> 🌶️🌶️  | <b>23.95€</b> | <b>THE FAMOUS 'LA SALA FILLET STEAK BURGER'</b><br>With Coleslaw, Hand Cut Fries, Crispy Onion Rings & Smoked Jalapeño Mayonnaise<br>With Grilled Bacon and Melted Cheese <b>22.95€</b><br>With Grilled Goats Cheese and Caramelised Onions <b>23.95€</b> |               |
| <b>WHOLE FRESH SOLE MEUNIÈRE</b><br>Served with Buttered Parsley Potatoes, Sautéed Seasonal Vegetables and a Caper, Shrimp and Brown Butter Sauce             | <b>29.95€</b> | <b>STEAK TARTARE</b> 🌶️<br>Fresh ground Fillet Steak, Capers, Gherkins, Olives and Traditional Spices Served with Hand Cut Fries, Mixed Salad and Grilled Ciabatta  | <b>26.95€</b> |
| <b>PAN FRIED SEA BASS MARINATED IN GINGER AND SOY</b><br>Served with Basmati Rice and Stir-Fried Vegetables   | <b>28.95€</b> | <b>AUTHENTIC HOMEMADE THAI GREEN CURRY</b> 🌶️<br>Served with Steamed Basmati Rice<br>With Vegetables (v) <b>20.95€</b><br>With Chicken <b>22.95€</b><br>With Prawns <b>24.95€</b>   |               |
| <b>TRADITIONAL FISH &amp; CHIPS</b><br>Deep Fried Hake in Crispy Beer Batter, Hand Cut Fries, Minted Mushy Peas & Homemade Tartar Sauce                       | <b>22.50€</b> | <b>SUCCULENT BRAISED LAMB SHANK, WITH A RICH RED WINE JUS</b><br>Served with Fresh Asparagus, Cherry Tomatoes, Seasonal Vegetables and Dauphinoise Potatoes   | <b>27.95€</b> |
| <b>FULL RACK OF BBQ PORK RIBS</b><br>Served with Hand Cut Fries, Onion Rings and Homemade Coleslaw  | <b>22.95€</b> | <b>CHATEAUBRIAND FOR TWO</b> (per person) <b>33.95€</b><br>Served with Buttered New Potatoes, Crispy Onion Rings, Hand Cut Fries, Grilled Tomatoes, Mushrooms, Peppercorn Sauce & Béarnaise Sauce   |               |
| <b>CHARGRILLED SIRLOIN STEAK</b><br>Served with Hand Cut Fries, Grilled Cherry Tomatoes, Mushrooms & Peppercorn Sauce   | <b>29.95€</b> | <b>STICKY PORK BELLY</b> <b>25.50€</b><br>With Carrot and Pumpkin Cream, Tender Stem Broccoli, Asparagus and a Pistachio, Prune & Date Tartare  |               |
| <b>CHICKEN MILANESE</b> 🌶️<br>Topped with a Rich Tomato Sauce and Grilled Parmesan, served with Chilli and Parsley Spaghetti                                  | <b>22.50€</b> |   |               |
| <b>CHARGRILLED FILLET STEAK TOPPED WITH GARLIC BUTTER AND ROCK SALT</b><br>Served with Grilled Cherry Tomatoes, Mushrooms, Hand Cut Fries and Béarnaise Sauce | <b>33.95€</b> |   |               |

## SALADS

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| <b>CREAMY BURRATA WITH SUN DRIED TOMATOES (V)</b><br>Served with Rocket Salad, Pine Nuts, Fresh Tomatoes Parmesan Crisp and Pesto Dressing                              | <b>16.95€</b> |
| <b>CAESAR SALAD</b><br>Crispy Bacon, Anchovies, Croutons, Boiled Egg and Shaved Parmesan<br>With Grilled Chicken <b>16.95€</b><br>With Prawns <b>19.95€</b>             | <b>12.95€</b> |
| <b>POLYNESIAN SEAFOOD SALAD</b><br>Lobster, Prawns & Mussels served with Avocado, Mangetout, Apple, Cashew Nuts, Cherry Tomatoes, Green Rice and Tahitian Vanilla Sauce | <b>23.00€</b> |
| <b>CRISPY BEEF SALAD WITH VEGETABLES</b> 🌶️<br>Served with Soy, Chilli and Coriander Dressing<br>Starter <b>14.95€</b><br>Main <b>21.95€</b>                            |               |

## VEGGIE & VEGAN

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| <b>HUMMUS</b><br>Smooth dip made with Chickpeas, Tahini, Lemon Juice, Tomato, Parsley & Mint served with Chopped Tomatoes & Warm Pitta Bread  | <b>11.95€</b> |
| <b>VEGETABLE GYOZAS</b> 🌶️<br>With Sweet Chilli & Tamarind Dipping Sauces   | <b>11.95€</b> |
| <b>QUINOA SALAD</b><br>With Carrot, Courgette, Peppers, Asparagus and Feta Cheese served with Mixed Leaves and an Oregano and Lime Vinaigrette (Also available with Beans or Chickpeas instead of Feta Cheese)  | <b>12.95€</b> |
| <b>BEYOND STEAK TARTARE</b> 🌶️  <b>18.95€</b><br>Ground Beyond Meat, Capers, Gherkins, Olives & Traditional Spices served with Hand Cut Fries, Mixed Salad & Vegan Bread |               |
| <b>BEYOND VEGAN BURGER</b>  <b>20.95€</b><br>On a Burger Bun topped with Tomato, Red Onion, Salad Leaves & Chipotle Mayonnaise served with Coleslaw & Hand Cut Fries     |               |
| <b>GAN RED/GREEN CURRY</b> 🌶️ <b>22.95€</b><br>Tofu or Jack Fruit Curry with Coconut Milk, Red and Green Peppers, Baby Corn, Shitake Mushrooms and Broccoli served with Basmati Rice  |               |

## SCANDINAVIAN CORNER

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| <b>SALMON GRAVLAX</b><br>Served with homemade Mustard & Dill Sauce and fresh Rye Bread   | <b>16.95€</b> |
| <b>SKAGEN TOAST</b><br>With Shrimp, Avocado Salad, Red Onion, Crème Fraiche, Dill & Salmon Roe   | <b>15.95€</b> |
| <b>OPEN SHRIMP SANDWICH</b> <b>16.95€</b><br>With Fresh Shrimp & Egg, on a bed of Salad Leaves topped with Mayonnaise, Caviar & Lemon.<br>Choose between Sliced White or Fresh Rye Bread |               |

### DAILY SET MENU

Enjoy a fabulous two course Set Lunch Menu available Monday to Friday from 1pm to 5.30pm **for just 16.50€**

### SALA SUNDAYS

Choose between either Roast Sirloin of Beef, Braised Lamb Shank or Baked Sea Bass served with all the trimmings and a glass of Champagne **for just 25€**

## A LITTLE EXTRA

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| Hand Cut Fries, Sautéed Potatoes, Dauphinoise Potatoes, Crushed New Potatoes, Creamed Potatoes, Sweet Potato Fries, Crispy Onion Rings, Chargrilled Mixed Vegetables, Cauliflower au Gratin, Creamed Spinach, Sautéed Green Beans, Seasonal Mixed Vegetables or Buttered Peas | 5.95€ |
| Side Salads: Green, Mixed, Coleslaw, Rocket and Parmesan,   | 5.95€ |
| Extra Sauces: Peppercorn, Mushroom, Red Wine, Béarnaise, Ali-Oli, Curry Mayonnaise, Smoked Jalapeño Mayonnaise 🌶️   | 2.50€ |

## DESSERTS

ASK YOUR WAITER FOR TODAY'S SPECIALS

|  |       |   |        |
|--|-------|---|--------|
| <b>BAKED APPLE AND PEAR CRUMBLE</b><br>With Homemade Custard                                 | 9.90€ | <b>ICED BERRIES</b><br>With Hot White Chocolate Sauce   | 9.90€  |
| <b>CRÈME BRÛLÉE</b><br>With Mixed Berry Compote and Shortbread Biscuit                       | 9.90€ | <b>FRESH FRUIT PLATTER</b><br>With Yoghurt and Mint Dip   | 10.95€ |
| <b>HOMEMADE NEW YORK BAKED CHEESECAKE</b><br>With Salted Caramel Sauce and Vanilla Ice Cream | 9.90€ | <b>SELECTION OF ICE CREAMS AND SORBETS</b><br>Vanilla, Chocolate, Strawberry, Lemon and Mango     | 7.95€  |
| <b>DUO OF CHOCOLATE BROWNIES</b><br>With Salted Caramel Sauce and Vanilla Ice Cream          | 9.90€ | <b>Add a Topping</b><br>Salted Caramel Sauce, Hot Dark Chocolate Sauce, Hot White Chocolate Sauce | 1.00€  |

## WHITE WINES

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| LA SALA HOUSE WHITE (TIERRA DE CASTILLA)          | 19.95€ |
| LA SALA HOUSE PREMIUM 'PAMPANO' (RUEDA)★          | 23.95€ |
| IZADI BLANCO (RIOJA)                              | 27.95€ |
| VIÑA SOL (CATALUNYA)                              | 23.95€ |
| PINOT GRIGIO (ITALY)                              | 27.95€ |
| MARQUÉS DE RISCAL 'VERDEJO' (RUEDA)               | 28.95€ |
| MARQUÉS DE RISCAL 'SAUVIGNON BLANC' (RUEDA)       | 31.95€ |
| POUILLY FUME ROBERT CANTIN (FRANCE)               | 55.95€ |
| ARENA NEGRA 'SAUVIGNON BLANC' (CHILE)             | 27.95€ |
| ALBARIÑO SEGRAL AMBAR (RIAS BAIXAS)               | 33.95€ |
| GAVI DI GAVI SAN SILVESTRO (ITALY)                | 39.95€ |
| SANCERRE (FRANCE)                                 | 44.95€ |
| CHABLIS (FRANCE)                                  | 55.95€ |
| POUILLY FUISSE CHARDONNAY (FRANCE)                | 55.95€ |
| MARQUÉS DE RISCAL 'VERDEJO' (RUEDA) MAGNUM 1.5L   | 62.95€ |
| CLOUDY BAY SAUVIGNON BLANC (NEW ZEALAND)          | 74.45€ |
| LA CALMA CHENIN BLANC, RÁFOLS DELS CAUS (PENEDÉS) | 82.95€ |

## ROSÉ WINES

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| LA SALA HOUSE ROSÉ (TIERRA DE CASTILLA)      | 19.95€  |
| LA SALA HOUSE PREMIUM (RIOJA)★               | 23.95€  |
| MATEUS 'ROSÉ' (PORTUGAL)                     | 21.95€  |
| PINOT GRIGIO 'BLUSH' (ITALY)                 | 29.95€  |
| MARQUÉS DE RISCAL 'ROSÉ' (RIOJA)             | 25.95€  |
| MARQUÉS DE RISCAL 'ROSÉ' MAGNUM 1.5L (RIOJA) | 53.95€  |
| NOTORIOUS PINK (FRANCE)★                     | 31.95€  |
| NOTORIOUS PINK 1.5L (FRANCE)★                | 65.95€  |
| GRIS BLANC (FRANCE)★                         | 27.75€  |
| GRIS BLANC 1.5L (FRANCE)★                    | 56.00€  |
| GRIS BLANC 3L (FRANCE)★                      | 115.00€ |

## CHAMPAGNES

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| LAURENT-PERRIER BRUT             | 69.95€  |
| LAURENT-PERRIER ROSÉ             | 136.95€ |
| LAURENT-PERRIER BRUT MAGNUM 1.5L | 204.95€ |
| LAURENT-PERRIER ROSÉ MAGNUM 1.5L | 370.95€ |
| LAURENT PERRIER MILLESIMÉ        | 180.00€ |

## RED WINES

|  |                  |
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| LA SALA HOUSE RED (TIERRA DE CASTILLA)           | 19.95€           |
| LA SALA HOUSE PREMIUM (JOVEN CALAVIA - RIOJA)★   | 23.95€           |
| IZADI 'CRIANZA' (RIOJA)                          | 27.95€           |
| MUGA 'CRIANZA' (RIOJA)                           | 39.95€           |
| KUMALA SHIRAZ (SOUTH AFRICA)                     | 23.95€           |
| MARQUÉS DE CÁCERES CRIANZA (RIOJA)               | 26.95€           |
| SEÑORÍO DE SOTILLO (RIBERA DEL DUERO)★           | 31.95€           |
| PROTOS 'CRIANZA' (RIBERA DEL DUERO)              | 39.95€           |
| PESQUERA 'CRIANZA' (RIBERA DEL DUERO)            | 36.95€           |
| DOMAINE BOUSQUET 'RESERVE' MALBEC (ARGENTINA)    | 41.95€           |
| LEALTANZA 'GRAN RESERVA' (RIOJA)                 | 50.95€           |
| VIÑA ARDANZA 'RESERVA' (RIOJA)                   | 50.95€           |
| MARQUÉS DE RISCAL 'GRAN RESERVA' (RIOJA)         | 76.95€           |
| HACIENDA CALAVIA 'RESERVA' (RIOJA)★              | 30.95€           |
| FAUSTINO I 'GRAN RESERVA' (RIOJA)                | 50.95€           |
| FLEURIE ANNE DELAROCHE - BEAUJOLAIS CRU (FRANCE) | 33.95€           |
| CHATEAUNEUF-DU-PAPE, ESPRIT DE VALLÉE (FRANCE)   | 73.95€           |
| MARQUÉS DE RISCAL 'RESERVA' MAGNUM 1.5L (RIOJA)  | 75.95€           |
| THE CHOCOLATE BLOCK (SOUTH AFRICA)               | 89.95€           |
| MARQUÉS DE RISCAL 'RESERVA' JEROBOAM 3L (RIOJA)  | 139.95€          |
| VEGA SICILIA VALBUENA 5 AÑOS (RIBERA DEL DUERO)  | PRICE ON REQUEST |
| VEGA SICILIA ÚNICO (RIBERA DEL DUERO)            | PRICE ON REQUEST |

## CAVAS

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| LA SALA HOUSE CAVA - GRAN LIVENZA NATURE BRUT           | 21.95€ |
| LA SALA HOUSE ROSÉ CAVA - GRAN LIVENZA ROSE NATURE BRUT | 25.95€ |
| LA SALA HOUSE PREMIUM CAVA - MASA DIBON                 | 28.95€ |

★ OUR RECOMMENDATION

|                              |         |
|------------------------------|---------|
| LAURENT PERRIER GRAND SIÈCLE | 250.00€ |
| LAURENT PERRIER ALEXANDRA    | 490.00€ |
| DOM PÉRIGNON                 | 379.95€ |
| DOM PERIGNON LUMINOUS        | 489.95€ |
| CRISTAL                      | 495.95€ |