

STARTERS

ASK YOUR WAITER FOR TODAY'S SPECIALS

HOMEMADE SOUP OF THE DAY	12€
FRESH CALAMARI In a Crispy Salt and Pepper coating with Ali-Oli	17€
CLASSIC PIL PIL PRAWNS 🌶️🌶️ Cooked with Fresh Chilli, Garlic, Smoked Paprika, Parsley and White Wine	16€
TEQUILA PIL PIL PRAWNS 🌶️🌶️ With Tequila, Fresh Chilli, Garlic, Smoked Paprika, Grated Parmesan, Coriander and Lime Juice	19€
TRADITIONAL PLATTER OF IBERIAN HAM AND MANCHEGO CHEESE Served With a Sun Dried Tomato cream & Black Olive Tapenade and Toasted Ciabatta Bread	28€
TRADITIONAL PRAWN AND AVOCADO COCKTAIL With Homemade Marie Rose Sauce	17€
SMOKED SALMON PARCEL With Lettuce, Avocado, Horseradish and Crème Fraîche	19€
FILLET OF BEEF CARPACCIO Served with a Rocket and shaved Parmesan Salad and a Sun Dried Tomato & Black Olive Tapenade	19€

SALADS

CREAMY BURRATA WITH SUN DRIED TOMATOES (V) Served with Rocket Salad, Pine Nuts, Fresh Tomatoes Parmesan Crisp, Pesto Dressing and Balsamic Glaze	19€
CAESAR SALAD Crispy Bacon, Anchovies, Croutons, Boiled Egg and Shaved Parmesan With Grilled Chicken With Grilled Prawns	16€
CRISPY BEEF SALAD WITH VEGETABLES 🌶️ Served with Soy, Chilli and Coriander Dressing Starter Main	18€ 25€
CRISPY VEGAN 'BEEF' SALAD 🌶️ With Heura, Stir-Fried Vegetables and a Soy, Chilli and Coriander Dressing Starter Main	18€ 25€

SCANDINAVIAN CORNER 🍷

SALMON GRAVLAX Served with homemade Mustard & Dill Sauce and fresh Rye Bread	19€
SKAGEN TOAST With Shrimp, Avocado Salad, Red Onion, Crème Fraiche, Dill & Salmon Roe	19€
OPEN SHRIMP SANDWICH With Fresh Shrimp & Egg, on a bed of Salad Leaves topped with Mayonnaise, Caviar & Lemon. Choose between Sliced White or Fresh Rye Bread	21€
SWEDISH MEATBALLS Served with Mashed Potatoes, Pickled Gherkins and a Creamy Dill Sauce	23€

CHEF'S SPECIAL

T BONE STEAK Served with Hand Cut Fries, Padrón Peppers, Grilled Cherry Tomatoes & Mushrooms. Choose from Béarnaise, Peppercorn or Chimichurri Sauce	POD
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HOMEMADE CHICKEN LIVER PARFAIT Served with Toasted Ciabatta, Caramelised Onions and Cumberland Relish	15€
BUFFALO CHICKEN WINGS 🌶️🌶️🌶️ SHWINGS Original Hot Wing Recipe with a Shwings Twist served with a Blue Cheese Dipping Sauce	15€
HONEY & CHILLI CHICKEN WINGS 🌶️ SHWINGS Seven Spice, Honey, Chilli Sauce, Chives, Spring Onion & Sesame	15€
RED TUNA TARTARE Marinated in Sesame Oil, Wasabi and Ginger served with Avocado, Mango and Wakame Seaweed	23€
JUMBO TIGER PRAWNS Coated in a Crunchy Coconut, Lime and Sesame Panko, with Asian Salad and Dipping Sauces	22€
CRISPY DUCK SPRING ROLLS Served with Asian Salad and a duo of Dipping Sauces Starter Main	19€ 29€

MAINS

 **VEGAN OPTIONS IN GREEN**

TAGLIATELLE PRAWN PIL PIL 🌶️🌶️ Served in a Rich Tomato Sauce with Chilli, Garlic, Smoked Paprika and White Wine	27€
WHOLE FRESH SOLE MEUNIÈRE Served with Buttered Parsley Potatoes, Sautéed Seasonal Vegetables and a Caper, Shrimp and Brown Butter Sauce	34€
PAN FRIED SEA BASS MARINATED IN GINGER AND SOY Served with Basmati Rice and Stir-Fried Vegetables	32€
TRADITIONAL FISH & CHIPS Deep Fried Hake in Crispy Beer Batter, Hand Cut Fries, Minted Mushy Peas & Homemade Tartar Sauce	27€
RED TUNA SATAY Served with Aubergine & Coconut Sambol, Asian Quinoa Salad and Indonesian Tamarind Vinaigrette	32€
BELGIAN MUSSELS Served in a Creamy Garlic Sauce with Hand Cut Fries	22€
FULL RACK OF BBQ PORK RIBS Served with Hand Cut Fries, Onion Rings and Homemade Coleslaw	28€
STICKY PORK BELLY With Carrot and Pumpkin Cream, Tender Stem Broccoli, Asparagus and a Pistachio, Prune & Date Tartare	29€
THE FAMOUS 'LA SALA FILLET STEAK BURGER' With Coleslaw, Hand Cut Fries, Crispy Onion Rings & Smoked Jalapeño Mayonnaise With Grilled Bacon and Melted Cheese With Grilled Goats Cheese and Caramelised Onions	26€ 27€
CHATEAUBRIAND FOR TWO (per person) Served with Buttered New Potatoes, Padrón Peppers, Crispy Onion Rings, Hand Cut Fries, Grilled Tomatoes, Mushrooms. Béarnaise & Peppercorn Sauce	40€
CHARGRILLED SIRLOIN STEAK Served with Hand Cut Fries, Grilled Cherry Tomatoes, Mushrooms & Peppercorn Sauce	33€
CHARGRILLED FILLET STEAK TOPPED WITH GARLIC BUTTER AND ROCK SALT Served with Grilled Cherry Tomatoes, Mushrooms, Hand Cut Fries and Béarnaise Sauce	37€
BEEF STROGANOFF Served in a Creamy Mushroom Sauce with Seasonal Vegetables and Basmati Rice	29€

BUTTERNUT SQUASH SOUP Topped with Coconut Cream	12€
VEGAN BRUSCHETTA Topped with Fresh Tomato, Vegan Mozzarella and Basil	14€
MANGO & AVOCADO TARTARE With Cherry Tomatoes and a Passion Fruit Vinaigrette	15€
EDAMAME Spicy with Steamed Shichimi Togarashi, Garlic, Sriracha Sauce & Sesame Oil 🌶️🌶️ Not So Spicy with Truffle Salt Flakes	11€
HUMMUS Smooth dip made with Chickpeas, Tahini, Lemon Juice, Tomato, Parsley & Mint served with Chopped Tomatoes & Warm Pitta Bread	14€
VEGETABLE GYOZAS With Sesame Oil, Sweet Chilli & Tamarind Dipping Sauces	15€

STEAK TARTARE 🌶️ Fresh ground Fillet Steak, Capers, Gherkins, Olives and Traditional Spices served with Hand Cut Fries, Mixed Salad and Grilled Ciabatta	30€
HOMEMADE COTTAGE PIE Slow cooked rich Beef, topped with Creamy Mash and Melted Cheese served with Peas, Carrots and Red Wine Jus	26€
AUTHENTIC HOMEMADE THAI GREEN CURRY 🌶️ Served with Steamed Basmati Rice With Vegetables and Tofu With Chicken With Prawns	25€ 27€ 28€
THAI CHICKEN PEPPER GARLIC 🍷 Served with Steamed Basmati Rice	26€
CHICKEN MILANESE 🌶️ Topped with a Rich Tomato Sauce and Grilled, Parmesan, served with Chilli and Parsley Spaghetti	27€
SUCCULENT BRAISED LAMB SHANK, WITH A RICH RED WINE JUS Served with Fresh Asparagus, Cherry Tomatoes, Seasonal Vegetables and Dauphinoise Potatoes	31€
CRISPY PEKING DUCK Served with Steamed Pancakes, Hoisin Sauce, Cucumber and Spring Onion Julienne	28€
BEYOND VEGAN BURGER  BEYOND MEAT On a Burger Bun topped with Tomato, Caramelised Onions, Salad Leaves & Chipotle Mayonnaise served with Coleslaw & Hand Cut Fries	25€
VEGAN BANGERS & MASH Beyond Meat Sausages served with Creamy Mash, Peas, Mushrooms and Onion Gravy	23€
CRISPY HALLOUMI COATED IN PANKO AND NUTS Served with Hand Cut Fries, Vegan Mayonnaise and Tomato-Sweet Chilli Jam Starter Main	16€ 23€
CREAMY VEGAN CARBONARA With Mushrooms, Vegan Bacon, Vegan Cheese and Spinach Pasta served with Garlic Bread	22€

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.

A LITTLE EXTRA

Hand Cut Fries, Sautéed Potatoes, Dauphinoise Potatoes, Crushed New Potatoes, Creamed Potatoes, Sweet Potato Fries, Crispy Onion Rings, Chargrilled Mixed Vegetables, Creamed Spinach, Sautéed Green Beans, Seasonal Mixed Vegetables or Buttered Peas	7€
Side Salads: Green, Mixed, Coleslaw, Rocket and Parmesan,	7€
Extra Sauces: Peppercorn, Mushroom, Red Wine, Béarnaise, Ali-Oli, Curry Mayonnaise, Chimichurri Smoked Jalapeño Mayonnaise 🌶️	3€

DESSERTS

ASK YOUR WAITER FOR TODAY'S SPECIALS AND VEGAN OPTIONS

BAKED APPLE AND PEAR CRUMBLE With Homemade Custard	10€	ICED BERRIES With Hot White Chocolate Sauce	10€
CRÈME BRÛLÉE With Mixed Berry Compote and Shortbread Biscuit	10€	FRESH FRUIT PLATTER With Yoghurt and Mint Dip	12€
HOMEMADE NEW YORK BAKED CHEESECAKE With Salted Caramel Sauce and Vanilla Ice Cream	10€	PINEAPPLE CARPACCIO With Coconut Ice Cream and Vanilla Syrup	10€
DUO OF CHOCOLATE BROWNIES With Salted Caramel Sauce and Vanilla Ice Cream	10€	SELECTION OF ICE CREAMS AND SORBETS Vanilla, Chocolate, Strawberry, Lemon and Mango	10€
WHITE CHOCOLATE GRATINATED FRESH FRUIT With Passion Fruit Syrup and Vanilla Ice Cream	10€	Add a Topping Salted Caramel Sauce, Hot Dark Chocolate Sauce, Hot White Chocolate Sauce	1€

WHITE WINES

	GLASS	BOTTLE
LA SALA HOUSE WHITE	6€	24€
LA SALA HOUSE PREMIUM ★	8€	28€
VIÑA SOL (CATALUNYA)		29€
PINOT GRIGIO (ITALY)		32€
MARQUÉS DE RISCAL 'VERDEJO' (RUEDA)		34€
FAUSTINO ART COLLECTION VIURA (RIOJA)	9€	34€
MARQUÉS DE RISCAL 'SAUVIGNON BLANC' (RUEDA)		37€
HORGELUS BLANC CÔTE DE GASCOGNE (FRANCE)		34€
SEGREL AMBAR "ALBARIÑO" (RIAS BAIXAS)		38€
PIRINEOS CHARDONNAY (SOMONTANO)		42€
GAVI DI GAVI (ITALY)		44€
FINCA RÍO NEGRO GEWÜRZTRAMINER (TIERRA DE CASTILLA)		48€
SANCERRE (FRANCE)		49€
CIGALUS BLANC LANGUEDOC - GÉRARD BERTRAND (FRANCE) ★		56€
CHABLIS (FRANCE)		58€
CHÂTEAU ROUBINE PREMIUM BLANC - CÔTES DE PROVENCE (FRANCE)		64€
VALDUERO BLANCO LÍAS (RIBERA DEL DUERO)		64€
MARQUÉS DE RISCAL 'VERDEJO' (RUEDA) MAGNUM 1.5L		75€
CHASSAGNE MONTRACHET 1 ER CRU (FRANCE)		160€
CORTON CHARLEMAGNE GRAND CRU (FRANCE)		245€

ROSÉ WINES

	GLASS	BOTTLE
LA SALA HOUSE ROSÉ	6€	24€
LA SALA HOUSE PREMIUM ★	8€	28€
MATEUS 'ROSÉ' (PORTUGAL)		26€
MARQUÉS DE RISCAL 'ROSÉ' (RIOJA)		31€
MARQUÉS DE RISCAL 'ROSÉ' MAGNUM 1.5L (RIOJA)		64€
GRIS BLANC (FRANCE) ★	9€	36€
GRIS BLANC 1.5L (FRANCE) ★		70€
GRIS BLANC 3L (FRANCE) ★		130€
PINOT GRIGIO 'BLUSH' (ITALY)		34€
NOTORIOUS PINK BLUSH (FRANCE) ★		39€
NOTORIOUS PINK BLUSH 1.5L (FRANCE) ★		82€
STUDIO BY MIRAVAL - CÔTES DE PROVENCE (FRANCE)		44€
MARBELLA BLUSH ROSÉ (SIERRAS DE MÁLAGA)		54€
CHÂTEAU ROUBINE LION & DRAGON - CÔTES DE PROVENCE (FRANCE)		59€
DOMINIO DEL PIDIO ROSADO (RIBERA DEL DUERO)		79€
CLOS DU TEMPLE LANGUEDOC CABRIÈRES - GÉRARD BERTRAND (FRANCE)		285€

RED WINES

	GLASS	BOTTLE
LA SALA HOUSE RED	6€	24€
LA SALA HOUSE PREMIUM ★	8€	28€
MARQUÉS DE CÁCERES CRIANZA (RIOJA)		32€
EDULIS DE ALTANZA CRIANZA (RIOJA) ★	9€	34€
EDULIS DE ALTANZA RESERVA (RIOJA) ★		48€
LAN D-12 (RIOJA)		36€
TINTO FIGUERO 4 (RIBERA DEL DUERO)		36€
SEÑORÍO DE SOTILLO CRIANZA (RIBERA DEL DUERO) ★		38€
FLEURIE - BEAUJOLAIS CRU (FRANCE)		40€
MARQUÉS DE RISCAL RESERVA (RIOJA)		39€
PIETRO MARINI CABERNET SAUVIGON (ARGENTINA)		40€
MUGA 'CRIANZA' (RIOJA)		44€
DEMUERTE DELUXE RESERVA (YECLA)		44€
PROTOS 'CRIANZA' (RIBERA DEL DUERO)		45€
DOMAINE BOUSQUET 'RESERVE' MALBEC (ARGENTINA)		48€
PESQUERA 'CRIANZA' (RIBERA DEL DUERO)		50€
CORIMBO (RIBERA DEL DUERO)		52€
FAUSTINO I 'GRAN RESERVA' (RIOJA)		55€
CALLEJÓN DEL CRIMEN GRAN RESERVA MALBEC (ARGENTINA)		65€
VALDUERO I CEPA (RIBERA DEL DUERO)		79€
MARQUÉS DE RISCAL 'RESERVA' MAGNUM 1.5L (RIOJA)		86€
MARQUÉS DE RISCAL 'GRAN RESERVA' (RIOJA)		85€
MARQUÉS DE RISCAL 'RESERVA' JEROBOAM 3L (RIOJA)		170€
CHÂTEAUNEUF-DU-PAPE (FRANCE) ★		80€
CHÂTEAU L'HOSPITALET - GÉRARD BERTRAND (FRANCE)		79€
TADEO PETIT VERDOT (RONDA)		84€
RODA I (RIOJA)		93€
THE CHOCOLATE BLOCK (SOUTH AFRICA)		99€
GEVREY-CHAMBERTIN (FRANCE)		119€
CÔTE-RÔTIE (FRANCE)		165€
CLOS D'ORA MINERVOIS LA LIVINIÈRE (FRANCE)		298€
VEGA SICILIA VALBUENA 5 AÑOS (RIBERA DEL DUERO)		PRICE ON REQUEST
VEGA SICILIA ÚNICO (RIBERA DEL DUERO)		PRICE ON REQUEST

CAVAS

	GLASS	BOTTLE
LA SALA HOUSE CAVA - BRUT	8€	29€
LA SALA HOUSE CAVA - ROSÉ	9€	33€
PROSECCO		40€
CODORNÍU ARS COLLECTA BLANC DE BLANC RESERVA		47€
CODORNÍU ARS COLLECTA ROSE RESERVA		47€

★ OUR RECOMMENDATIONS

CHAMPAGNES

	GLASS	BOTTLE	BOTTLE
LAURENT-PERRIER BRUT	18€	90€	290€
LAURENT-PERRIER BRUT MAGNUM 1.5L		210€	540€
LAURENT-PERRIER ROSÉ		160€	415€
LAURENT-PERRIER ROSÉ MAGNUM 1.5L		380€	520€
LAURENT-PERRIER MILLESIMÉ		200€	545€
LAURENT PERRIER GRAND SIÈCLE			290€
LAURENT PERRIER ALEXANDRA			540€
DOM PÉRIGNON			415€
DOM PERIGNON LUMINOUS			520€
CRISTAL			545€