

OUR MAIN COURSES

- MEAT & CHICKEN -

- POLLO AL HORNO** £19.95
PAN FRIED CHICKEN BREAST, COOKED IN CREAM, TOPPED WITH SPINACH AND SULTANAS, MOZZARELLA & CHEDDAR CHEESE THEN BAKED IN THE OVEN. SERVED WITH POTATOES.
- CHICKEN SHISH KEBAB** £17.95
MARINATED IN CHEF'S OWN SPECIAL RECIPE, GRILLED CUBES OF CHICKEN BREAST. SERVED WITH RICE AND SALAD.
- LAMB SHISH KEBAB** £19.95
GRILLED LARGE CUBES OF LAMB LEG, MARINATED IN TOMATO PUREE, GARLIC AND MIXED HERBS. SERVED WITH RICE AND SALAD.
- POLLO CON GAMBAS Y CHAMPIÑONES** £21.95
PAN FRIED CHICKEN BREAST, STUFFED WITH BABY PRAWNS, COOKED IN CREAMY WHITE WINE AND MUSHROOM SAUCE, TOPPED WITH KING PRAWN. SERVED WITH POTATOES.
- POLLO CLIVE (S)** £17.95
CUBES OF CHICKEN BREAST, COOKED IN FRESH TOMATO, CHILLI AND CORIANDER SAUCE. SERVED WITH RICE.
- ENTRECOT DE LA CASA** £24.95
GRILLED 10OZ SIRLOIN STEAK, COOKED TO YOUR PREFERENCE. SERVED WITH POTATOES AND GRILLED VEGETABLES.
ADDITIONAL SAUCE: BLUE CHEESE, RED WINE OR PEPPERCORN £3.95
- CHICKEN WINGS** £15.95
GRILLED, MARINATED CHICKEN WINGS, SERVED WITH RICE AND SALAD.
- MIXED GRILL** £22.95
MIX OF LAMB AND CHICKEN SHISH, LAMB CHOPS AND CHICKEN WINGS, SERVED WITH RICE AND GRILLED VEGETABLES.
- CHULETAS DE CORDERO** £21.95
GRILLED LAMB CHOPS, MARINATED IN CHEF'S SPECIAL SEASONING. SERVED WITH GRILLED VEGETABLES, RICE AND SALAD.

- VEGETARIAN -

- HOMEMADE VEGETARIAN MOUSSAKA (V)** £16.95
OVEN BAKED COURGETTES, AUBERGINES, POTATOES AND CARROTS, TOPPED WITH BECHAMEL SAUCE AND CHEESE. SERVED WITH RICE.
- MANTARLI GUVEC (V)** £16.95
A RICH MUSHROOM DISH, COOKED WITH ONIONS, RED AND GREEN PEPPERS, DASH OF CREAM THEN BAKED WITH MOZZARELLA CHEESE. SERVED WITH RICE.
- HALLOUMI SALAD (V)** £11.95
MIXED LEAVES, CHERRY TOMATOES, CUCUMBER AND ONIONS, TOPPED WITH GRILLED HALLOUMI CHEESE, DRIZZLED WITH OLIVE OIL. SERVED WITH SIDE OF SWEET CHILLI SAUCE.

- FISH & PASTA -

- SALMON ASADO** £19.95
FRESH SALMON FILLET, BAKED IN THE OVEN WITH GREEN ASPARAGUS, CHEESE AND CREAM. SERVED WITH RICE.
- GAMBAS AL HIERRO** £20.95
PEELED KING PRAWNS COOKED IN GARLIC AND SWEET CHILLI TOMATO SAUCE, SERVED WITH RICE.
- LUBINA FRITA** £18.95
FRESH, PAN-FRIED SEA BASS, SERVED WITH POTATOES AND MIXED SALAD.
- PEZ ESPADA** £19.95
FRESH, GRILLED SWORDFISH ON A BED OF FRIED VEGETABLES WITH GRILLED TOMATOES, LEMON JUICE AND RICE.
- MEJILLONES DE LA VIDA** £16.95
FRESH MUSSELS COOKED WITH TOMATOES, GARLIC, ONIONS, RED AND GREEN PEPPERS, MILD CHILLIES AND CREAM. SERVED WITH BREAD.
- PASTA CON ALBONDIAGAS** £14.95
PASTA WITH MEATBALLS, COOKED IN TOMATO SAUCE.
- LA VIDA SEAFOOD SPECIAL** £17.95
PASTA MIXED WITH FISH AND SEAFOOD, COOKED WITH TOUCH OF GARLIC, WHITE WINE AND CREAM.

TAPAS BANQUET (20 DISHES)

ONLY £28.95 PER PERSON (MIN 4 PEOPLE)

WEEKDAY

TAPAS OFFER

3 TAPAS DISHES FOR £17.95*

CHOOSE FROM ALL 33 DISHES

- TAPAS OFFER AVAILABLE MONDAY TO WEDNESDAY -

THREE DISHES MUST BE ORDERED PER PERSON. OFFERS ARE NOT AVAILABLE ON BANK HOLIDAYS, DURING DECEMBER AND NEW YEARS EVE/DAY.

THE MANAGEMENT RESERVE THE RIGHT TO WITHDRAW ANY OFFER AT ANYTIME.

CANNOT BE USED IN CONJUNCTION WITH ANOTHER OFFER.

(TB) TAPAS BANQUET | (V) SUITABLE FOR VEGETARIANS

(S) MAY BE SPICY FOR SOME

PLEASE NOTE A MINIMUM ORDER OF TWO TAPAS DISHES OR ONE MAIN COURSE PER PERSON IS REQUIRED FOR EVENING BOOKINGS. SPECIAL SET MENU AVAILABLE FOR PARTY BOOKINGS.

FOOD DESCRIBED WITHIN THIS MENU MAY CONTAIN NUTS, DAIRY PRODUCTS AND OTHER ALLERGENS. IF YOU SUFFER FROM AN ALLERGY OR FOOD INTOLERANCE, PLEASE NOTIFY A MEMBER OF MANAGEMENT.

MENU



TAPAS BAR

&
MEDITERRANEAN RESTAURANT

RESERVATIONS

01243 926196

WWW.LAVIDATAPAS.CO.UK

INFO@LAVIDATAPAS.CO.UK

THE ESPLANADE | BOGNOR REGIS

WEST SUSSEX | PO21 1GF



LA VIDA TAPAS

KEEP UP TO DATE WITH OUR LATEST OFFERS

C H O O S E F R O M O U R S E L E C T I O N O F T R A D I T I O N A L T A P A S D I S H E S

- V E G E T A R I A N -

- PAN AJILLO (V)** (TB) £5.45
 CIABATTA GARLIC BREAD.
- PAN AJILLO CON QUESO (V)** (TB) £6.45
 CIABATTA GARLIC BREAD WITH CHEESE.
- HUMMUS (V)** £6.45
 CREAMED CHICKPEAS WITH TAHINI, OLIVE OIL, LEMON JUICE AND GARLIC. SERVED WITH CIABATTA BREAD.
- CACIK (V)** £6.45
 HOMEMADE, YOGHURT WITH DICED CUCUMBER, MINT, OLIVE OIL AND HINT OF GARLIC. SERVED WITH CIABATTA BREAD.
- DOLMA (V)** £5.95
 TENDER AND DELICIOUS VINE LEAVES STUFFED WITH RICE AND ONIONS, FLAVOURED WITH HERBS AND SEASONINGS.
- CHAMPIÑONES AL AJILLO (V)** (TB) £7.95
 MUSHROOMS COOKED IN WHITE WINE, WITH GARLIC AND FRESH HERBS.
- PATATAS ALI-OLI (V)** (TB) £7.65
 DEEP FRIED CUBED POTATOES TOPPED WITH HOMEMADE GARLIC MAYONNAISE.
- PATATAS BRAVAS (V) (S)** (TB) £7.65
 DEEP FRIED CUBED POTATOES TOPPED WITH HOMEMADE HOT, SPICY TOMATO SAUCE.
- PIMIENTOS FRITOS (V) (S)** (TB) £6.95
 DEEP FRIED MEDITERRANEAN GREEN CHILLIES SPRINKLED WITH SEA SALT.
- ESPINCAS SACRAMENTO (V)** (TB) £7.95
 SPINACH COOKED WITH SULTANAS, ONIONS, CREAM AND MOZZARELLA CHEESE.
- BEREJENAS FRITAS (V)** (TB) £7.55
 DEEP FRIED, FLOUR COATED SLICED AUBERGINES, DRIZZLED WITH WILD HONEY.
- TORTILLA ESPAÑOLA (V)** £8.45
 SPANISH OMELETTE (POTATOES, EGGS AND ONIONS).
- HABAS GUISADAS (V)** (TB) £6.95
 BROAD BEANS, MIXED PEPPERS SAUTEED WITH ONION AND GARLIC.

- M E A T & C H I C K E N -

- POLLO Y JAMÓN CROQUETAS** £8.95
 DEEP FRIED, FULL OF FLAVOUR, CHICKEN AND SERRANO HAM, CREAMY CROQUETAS. SERVED ON TOP OF ALI-OLI.
- ALITAS DE POLLO (S)** (TB) £6.95
 GRILLED, SPICY CHICKEN WINGS, MARINATED IN HOUSE-SPECIAL SAUCE, SERVED WITH SALAD GARNISH.
- COCIDO MADRILEÑO** £9.25
 SPANISH CHICKPEA STEW WITH CHICKEN, CHORIZO, BLACK PUDDING, CURED HAM, PORK BELLY AND VEGETABLES.
- POLLO AL AJILLO** (TB) £8.45
 CUBES OF CHICKEN BREAST IN GARLIC AND WHITE WINE SAUCE.
- POLLO CON TOMATE (S)** (TB) £8.45
 CUBES OF CHICKEN BREAST IN TOMATO AND CHILLI SAUCE, COOKED WITH CORIANDER.
- LENTEJAS RIOJANA** (TB) £9.25
 RIOJA-STYLE LENTIL STEW SLOWLY COOKED WITH CHORIZO, SMOKED BACON, POTATOES AND VEGETABLES.
- ALBONDIGAS** (TB) £8.95
 MEATBALLS IN A HOME-MADE TOMATO AND GARLIC SAUCE.
- CHORIZO ESPAÑOL CROQUETAS** £8.95
 DEEP FRIED, SPANISH CHORIZO CREAMY CROQUETAS. SERVED ON TOP OF ALI-OLI.
- LOMO DE CERDO CON DEMIGLACE** (TB) £7.95
 PORK LOIN MARINATED IN OLIVE OIL, LEMON JUICE AND GARLIC, GRILLED AND FINISHED WITH DEMIGLACE.
- CHORIZO AL VINO BLANCO** (TB) £8.45
 SPANISH CHORIZO SAUSAGE SAUTEED WITH ONIONS AND WHITE WINE.
- POLLO MARBELLA** £8.95
 CHICKEN BREAST COOKED IN OLIVE OIL WITH PAPRIKA, CHORIZO, PEPPERS, ONIONS, WHITE WINE AND CREAM.
- MEDALLONES DE CERDO** £7.95
 SLICED PORK FILLET COOKED IN HOME-MADE TOMATO AND SWEET CHILLI SAUCE.
- FABADA ESPAÑOLA** (TB) £9.25
 BEANS, PORK, BLACK PUDDING AND CHORIZO CASSEROLE.

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- F I S H & S E A F O O D -

- SARDINAS A LA PLANCHA** £8.45
 GRILLED SARDINES SERVED WITH SALAD AND FRESH LEMON.
- MEJILLONES DE LA CASA** (TB) £10.95
 FRESH MUSSELS COOKED WITH TOMATOES, GARLIC, ONIONS, RED AND GREEN PEPPERS, MILD CHILLIES AND CREAM.
- GAMBAS AL AJILLO** (TB) £9.75
 KING PRAWNS SAUTEED IN GARLIC AND WHITE WINE WITH A HINT OF CHILLI.
- CALAMARES A LA ROMANA** (TB) £8.95
 DEEP FRIED, COATED IN FLOUR SQUID RINGS.
- GULAS AL AJILLO** £11.95
 BABY EELS COOKED IN OLIVE OIL AND GARLIC.
- GAMBAS CON LIMA** (TB) £9.95
 PEELED PRAWNS COOKED IN OLIVE OIL, WHITE WINE, GARLIC, CHILLI, PARSLEY AND LIME.
- COD CROQUETAS** £8.95
 DEEP FRIED, CREAMY COD CROQUETAS SERVED ON TARTAR SAUCE.

- S I D E S -

- PAN**
 PLAIN CIABATTA BREAD £2.95
- PAN OLIVE OLIJA**
 CIABATTA BREAD SERVED WITH OLIVE OIL £3.45
- MIXED OLIVES** £4.45
- RICE** £3.95
- POTATOES** £3.75
- MIXED SALAD** £6.55
- ALI-OLI OR BRAVAS SAUCE** £2.50

PLEASE SEE OVER FOR OUR SELECTION OF
 MEDITERRANEAN MAIN COURSE DISHES

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