

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.

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.

ENTRECOT DE LA CASA £24.95

GRILLED 100Z SIRLOIN STEAK, COOKED TO YOUR PREFERENCE. SERVED WITH POTATOES AND GRILLED VEGETABLES.

ADDITIONAL SAUCE: BLUE CHEESE, RED WINE OR PEPPERCORN £3.95

- 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.

LUBINA FRITA £18.95

FRESH, PAN-FRIED SEA BASS, SERVED WITH POTATOES AND MIXED SALAD.

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.

WEEKDAY TAPAS OFFER

3 TAPAS DISHES
FOR £17.95*

- CHOOSE FROM ALL DISHES -

AVAILABLE
MONDAY TO WEDNESDAY 12PM - 3PM

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



CHOOSE FROM OUR SELECTION OF TRADITIONAL TAPAS DISHES

- VEGETARIAN -

PAN AJILLO (V)	£5.45
CIABATTA GARLIC BREAD.	
PAN AJILLO CON QUESO (V)	£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.	
DOLMA (V)	£5.95
TENDER AND DELICIOUS VINE LEAVES STUFFED WITH RICE AND ONIONS, FLAVOURED WITH HERBS AND SEASONINGS.	
CHAMPIÑONES AL AJILLO (V)	£7.95
MUSHROOMS COOKED IN WHITE WINE, WITH GARLIC AND FRESH HERBS.	
PATATAS ALI-OLI (V)	£7.65
DEEP FRIED CUBED POTATOES TOPPED WITH HOMEMADE GARLIC MAYONNAISE.	
PATATAS BRAVAS (V) (S)	£7.65
DEEP FRIED CUBED POTATOES TOPPED WITH HOMEMADE HOT, SPICY TOMATO SAUCE.	
PIMIENTOS FRITOS (V) (S)	£6.95
DEEP FRIED MEDITERRANEAN GREEN CHILLIES SPRINKLED WITH SEA SALT.	
ESPINCAS SACRAMENTO (V)	£7.95
SPINACH COOKED WITH SULTANAS, ONIONS, CREAM AND MOZZARELLA CHEESE.	
BEREJENAS FRITAS (V)	£7.55
DEEP FRIED, FLOUR COATED SLICED AUBERGINES, DRIZZLED WITH WILD HONEY.	

- MEAT & CHICKEN -

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)	£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	£8.45
CUBES OF CHICKEN BREAST IN GARLIC AND WHITE WINE SAUCE.	
POLLO CON TOMATE (S)	£8.45
CUBES OF CHICKEN BREAST IN TOMATO AND CHILLI SAUCE, COOKED WITH CORIANDER.	
ALBONDIGAS	£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.	
CHORIZO AL VINO BLANCO	£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.	
FABADA ESPAÑOLA	£9.25
BEANS, PORK, BLACK PUDDING AND CHORIZO CASSEROLE.	

- FISH & SEAFOOD -

SARDINAS A LA PLANCHA	£8.45
GRILLED SARDINES SERVED WITH SALAD AND FRESH LEMON.	
GAMBAS AL AJILLO	£9.75
KING PRAWNS SAUTEED IN GARLIC AND WHITE WINE WITH A HINT OF CHILLI.	
CALAMARES A LA ROMANA	£8.95
DEEP FRIED, COATED IN FLOUR SQUID RINGS.	
GAMBAS CON LIMA	£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.	

- SIDES -

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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