

## STARTERS

ASK FOR TODAY'S SPECIAL

<b>Selection of Bread for 2</b> White Bloomer, Multi Grain & Multi Cereal	4.95€
<b>Fresh Calamari</b> In a Crispy Salt and Pepper coating with Ali-Oli	12.95€
<b>Pil Pil Prawns</b> 🍷 Cooked with Fresh Chilli, Garlic and Smoked Paprika	12.95€
<b>Traditional Prawn and Avocado Cocktail</b> With Homemade Marie Rose Sauce	11.45€
<b>Jumbo Tiger Prawns</b> Coated in a Crunchy Coconut, Lime and Sesame Panko, with Asian Salad and Dipping Sauces	13.95€
<b>Smoked Salmon Parcel</b> With Lettuce, Avocado and Horseradish Crème Fraîche	14.75€
<b>Selection of Homemade Mixed Nigiri and Maki Sushi</b> Served with Wasabi Paste, Soy Sauce, Pickled Ginger & Wasabi Mayonnaise	6/12/18 Pieces 14.50€ / 25.00€ / 37.50€
<b>Tuna Tataki</b> With Asian Salad and Wasabi and Soy Sauce Dressing	15.95€
<b>Crispy Duck Spring Rolls</b> Served with Asian Salad and a duo of Dipping Sauces	9.95€
<b>Steamed Dim Sum with a Trio of Dipping Sauces</b>	11.95€
<b>Traditional Platter of Iberian Ham and Manchego Cheese</b> Served with a sun dried Tomato and Black Olive Tapenade with Piquitos	19.00€
<b>Chilled Melon with hand carved Iberian Ham</b>	9.95€
<b>Fillet of Beef Carpaccio</b> Served with a Rocket and shaved Parmesan Salad and a sun dried Tomato and Black Olive Tapenade	13.95€
<b>Homemade Chicken Liver Parfait</b> Served with Toasted Ciabatta and Caramelised Apple Compote	9.90€
<b>Baked Whole Camembert (v)</b> With Toasted Dipping Bread and a Sweet and Sour Compote	13.95€
<b>Delicious Homemade Soup of the Day</b>	8.95€

## SALADS

<b>Buffalo Mozzarella and Vine Tomato (v)</b> With Pesto Dressing and a Balsamic Reduction	Starter 8.95€	Main 15.00€
<b>Caesar Salad</b> Crispy Bacon, Anchovies, Croutons, Boiled Egg and Shaved Parmesan	9.25€	
With Grilled Chicken	14.95€	
With Teriyaki glazed Salmon	16.50€	
With Prawns	17.50€	
<b>Crispy Beef Salad with Asian Vegetables</b> Served with Soy, Chilli and Coriander Dressing	Starter 11.95€	Main 18.95€
<b>Chargrilled Mediterranean Vegetables (v)</b> Topped with Grilled Goats Cheese, Onion Marmalade and Toasted Pine Nuts	16.00€	

## CHEF'S RECOMMENDATIONS

<b>Spaghetti Vongole 'La Sala Style'</b> 🍷 With succulent Prawns, Clams, Garlic, Chilli and Tomato	20.95€
<b>Chateaubriand for Two</b> (price per person) Served with Buttered New Potatoes, Crispy Onion Rings, Hand Cut Chips, Grilled Tomatoes, Mushrooms, Pepper Sauce and Béarnaise Sauce	29.00€
<b>5oz Chargrilled Fillet Mignon and King Prawns topped with Garlic Butter and Rock Salt</b> Served with Hand Cut Fries and Béarnaise Sauce	29.95€
<b>5oz Chargrilled Fillet Mignon and Half Lobster Thermidor topped with Garlic Butter and Rock Salt</b> Served with Hand Cut Fries and Béarnaise Sauce	36.95€
<b>The Famous 'La Sala Fillet Steak Burger' with Grilled Bacon and Melted Cheese</b> With Coleslaw, Hand Cut Fries, Crispy Onion Rings & Smoked Jalapeño Mayonnaise	17.95€
<b>Indulge and add a Half Lobster Thermidor</b>	32.95€

## MAINS

ASK FOR TODAY'S SPECIAL

<b>Courgette Spaghetti (v)</b> Served with Rocket, Toasted Pine Nuts, sun dried Tomatoes tossed with Basil and Parmesan shavings and drizzled with Truffle Oil	15.95€
<b>Tagliatelle Prawn Pil Pil with Chilli, Garlic and Smoked Paprika</b> 🍷	20.95€
<b>Lobster &amp; Shrimp Linguini in a Creamy Chanterelle Mushroom Sauce</b>	24.95€
<b>Seared Fresh Tuna Steak</b> Served with Stir-Fried Mixed Vegetables, Sautéed New Potatoes and a Salsa Verde	24.95€
<b>Whole Fresh Sole Meunière</b> Served with Buttered Parsley Potatoes, Sautéed Seasonal Vegetables and a Capers, Shrimp and Brown Butter Sauce	26.95€
<b>Yakitori Noodles Stir-Fried with Asian Vegetables, Bamboo, Water Chestnuts and a Teriyaki Sauce (v)</b> 🍷	18.50€
With Grilled Chicken	19.95€
With Grilled Salmon	21.95€
With Grilled Fillet of Beef	22.95€
<b>Grilled Fresh King Scallops in a Vermouth Cream &amp; Mushroom Sauce</b> Served with crushed New Potatoes and Steamed Asparagus	26.95€
<b>Pan Fried Sea Bass marinated in Ginger and Soy</b> Served with Basmati Rice and Stir-Fried Vegetables	24.95€
<b>Deep Fried Hake in Crispy Beer Batter</b> Served with Fries, Minted Mushy Peas and Homemade Tartar Sauce	18.50€
<b>La Sala's Homemade Fish Pie</b> Served with Mashed Potatoes and Buttered Seasonal Vegetables	19.95€
<b>Pan Fried Cajun Swordfish</b> 🍷 On a bed of Sautéed New Potatoes topped with Guacamole and Crispy Onions	23.95€
<b>Full Rack of BBQ Pork Ribs</b> Served with Hand Cut Fat Chips, Onion Rings and Homemade Coleslaw	19.95€
<b>Chargrilled Sirloin Steak</b> Served with Hand Cut Fries, Grilled Tomatoes, Mushrooms & Peppercorn Sauce	23.95€
<b>Chargrilled Fillet Steak topped with Garlic Butter and Rock Salt</b> Served with Grilled Tomatoes, Mushrooms, Hand Cut Fries and Béarnaise Sauce	26.95€
<b>Steak Tartare</b> 🍷 Fresh ground Fillet Steak, Capers, Gherkins, Olives and Traditional Spices Served with Hand Cut Chips, Mixed Salad and Grilled Ciabatta	22.95€
<b>La Sala's Homemade Shepherd's Pie</b> Slow cooked rich Beef, topped with Creamy Mash served with Peas, Carrots & Red Wine Jus	18.95€
<b>Authentic Homemade Thai Green Curry</b> 🍷🍷 Served with Steamed Basmati Rice	
With Vegetables (v)	17.50€
With Chicken	18.95€
With Prawns	23.50€
<b>Chicken Milanese</b> Topped with a rich Tomato Sauce and Grilled Parmesan, served with Chilli and Parsley Spaghetti	19.95€
<b>Crispy Peking Duck</b> Served with Steamed Pancakes, Hoisin Sauce, Cucumber and Spring Onion Julienne	23.95€
<b>Our Famous Sticky Pork Belly</b> With Crispy Crackling, Creamed Potatoes and Apple Compote	22.95€
<b>Succulent Braised Lamb Shank, shredded with a rich Red Wine Jus</b> Served with fresh Asparagus Tips, Roasted Vine Tomatoes, Baby Carrots and Dauphinoise Potatoes	24.95€

## A LITTLE EXTRA

Hand Cut Fries, Sautéed Potatoes, Dauphinoise Potatoes, Crushed New Potatoes, Creamed Potatoes, Crispy Onion Rings, Chargrilled Mixed Vegetables, Cauliflower au Gratin, Creamed Spinach, Sautéed Green Beans, Seasonal Mixed Vegetables or Buttered Peas	4.95€
Side Salads: Green, Mixed, Rocket, Coleslaw, Rocket and Parmesan, Guacamole	5.00€
Extra Sauces: Mushroom, Red Wine, Béarnaise, Ali-Oli, Curry Mayonnaise, Smoked Jalapeño Mayonnaise	1.75€

## DESSERTS

ASK FOR TODAY'S SPECIAL

<b>Baked Apple and Pear Crumble</b> With Homemade Custard	8.50€	<b>Iced Berries</b> With Hot White Chocolate Sauce	8.50€
<b>Crème Brûlée</b> With Mixed Berry Compote and Shortbread Biscuit	8.50€	<b>Fresh Fruit Platter</b> With Yoghurt and Mint Dip	8.95€
<b>Homemade New York Baked Cheesecake</b> With Salted Caramel Sauce served with Vanilla Ice Cream	8.50€	<b>Cheese Plate</b> With Homemade Chutney and Biscuits	8.95€
<b>Sticky Toffee Pudding</b> With Caramel Sauce and Vanilla Ice Cream	8.50€	<b>Selection of Ice Creams and Sorbets</b> Vanilla, Chocolate, Strawberry, Lemon, Gourmet Flavour of the Day	6.50€
<b>Duo of Chocolate Brownie</b> With Salted Caramel Sauce and Vanilla Ice Cream	8.50€	<b>Add a Topping</b> Salted Caramel Sauce, Hot Dark Chocolate Sauce, Hot White Chocolate Sauce	1.00€

## WHITE WINES

01. La Sala House White	17.95€
02. La Sala House Premier	19.95€
03. Izadi Blanco (Rioja)	23.95€
04. Viña Sol	18.95€
05. Pinot Grigio (Italia)	22.95€
06. Marqués de Riscal 'Verdejo' (Rueda)	24.95€
07. Marqués de Riscal 'Verdejo' (Rueda) Magnum 1.5L	55.00€
08. Marqués de Riscal 'Sauvignon Blanc'	27.95€
09. Pouilly Fume Robert Cantin (France)	46.00€
10. Arena Negra 'Sauvignon Blanc' (Chile)	22.95€
11. Albariño Segral Ambar (D.O. Rias Baixas)	29.95€
12. Gavi di Gavi San Silvestro	35.95€
13. Sancerre Domaine Salmon (France)	39.95€
14. Chablis Domaine Fevre (France)	49.95€
15. Pouilly Fuisse Chardonnay (France)	49.95€
16. Chassagne Montrachet, Vincent Girardin (France)	97.00€

## RED WINES

27. La Sala House Red	17.95€
28. La Sala House Premier (Joven Calavia)	19.95€
29. Izadi 'Crianza' (Rioja)	24.95€
30. Muga 'Crianza' (Rioja)	31.95€
31. Kumala Cabernet Sauvignon/Shiraz (South Africa)	19.95€
32. Marqués de Cáceres Crianza (Rioja)	22.95€
33. Comenge Biberius (Ribera del Duero)	21.95€
34. Protos 'Crianza' (Ribera del Duero)	34.95€
35. Pesquera 'Crianza' (Ribera del Duero)	31.50€
36. Yllera 'Tempranillo - 12 months in the barrel'	23.50€
37. Domaine Bousquet 'Reserve' Malbec (Argentina)	37.95€
38. Lealtanza 'Gran Reserva'	45.95€
39. Viña Ardanza 'Reserva' (Rioja)	45.95€
40. Marqués de Riscal 'Reserva' Magnum 1.5L	65.00€
41. Marqués de Riscal 'Reserva' Jeroboam 3L	119.50€
42. Marqués de Riscal 'Gran Reserva'	69.50€
43. Hacienda Calavia 'Reserva'	27.95€
44. Faustino I 'Gran Reserva'	45.95€
45. Fleurie Anne Delaroche - Beaujolais Cru (France)	29.95€
46. Chateauneuf-du-Pape, Esprit de Vallée	65.95€
47. The Chocolate Block (South Africa)	79.95€
48. Vega Sicilia Valbuena 5 Años	189.00€
49. Vega Sicilia Único	399.00€

## ROSÉ WINES

17. La Sala House Rosé	17.00€
18. La Sala House Premier	19.95€
19. Mateus 'Rosé'	17.95€
20. Echo Falls White Zinfandel (California, USA)	22.95€
21. Pinot Grigio 'Blush'	25.95€
22. Marqués de Riscal 'Rosé'	19.50€
23. Marqués de Riscal 'Rosé' Magnum 1.5L	45.00€

## CAVAS

24. La Sala House Cava - Marqués de Monistrol Especial Brut	19.95€
25. La Sala House Rosé Cava - Marqués de Monistrol Especial	21.95€
26. Premium House 'Reserva' Masa Dibon	24.00€

## CHAMPAGNES

50. Laurent-Perrier Brut	59.95€
51. Laurent-Perrier Brut Magnum 1.5L	185.00€
52. Laurent-Perrier Rosé	124.00€
53. Laurent-Perrier Rosé Magnum 1.5L	335.00€
54. Dom Pérignon	335.00€
55. Cristal	450.00€



**LA SALA™**  
GIBRALTAR



**OAK**  
GARDEN & GRILL  
by SALA™



**LA SALA™**  
*by the Sea*  
PUERTO BANUS



**AQUA™**  
*Mist*  
PUERTO BANUS



**LA SALA™**  
CHIGWELL ROAD



**MAHIKI BEACH**  
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