

Tapas at Essence



**Eat as much as
you like like.....**

**Wednesday, Thursday
& Sunday**

£18.95pp

CHILDREN EAT FREE

**Choice of Lasagne, Margherita Pizza, Spaghetti
Bolognese or Chicken Nuggets with Chips.
One free child per one paying adult.**

**Essence Mediterranean Restaurant
The Green
Darwen
BB3 1PW
01254 772227**



Food allergies and Intolerances (Please see a member of staff about your requirements)

Order 3 dishes at a time, order as many times as you like.



Acompañamientos

- 1. Pan de Ajo (v)**
Garlic bread baguette
- 2. Pan de Tomate y Ajo (v)**
Tomato garlic bread baguette
- 3. Pan de Ajo Con Quesco (v)**
Cheese garlic bread baguette
- 4. Houmous (v) (GF)**
With paprika garnish
- 5. Aceitunas Mixtas (v) (GF)**
Marinated mixed olives
- 6. Pan Fresco (v)**
Fresh bread with dipping oils

Vegetariano - Vegetarian

- 7. Patatas Bravas (v) (GF)**
Deep fried potatoes in a spicy tomato sauce
- 8. Patatas Ali Oli (v) (GF)**
Deep fried potatoes served with garlic mayonnaise
- 9. Champinones al Ajillo (v) (GF)**
Mushrooms sautéed in garlic, olive oil & herbs
- 10. Tortilla Espanola (v) (GF)**
A traditional Spanish omelette with potatoes, peppers & onion
- 11. Champiñones Empanados (v)**
Breaded mushrooms, deep fried served with a garlic mayonnaise dip
- 12. Pimientos de Padron (v) (GF)**
Padron peppers cooked with extra virgin oil and a touch of flaky sea salt
- 13. Pasta Vegetarian (v)**
Penne pasta with peppers & onion in a spicy tomato sauce

Carne - Meat

- 14. Chorizo al Vinto Tinto (GF)**
Chorizo pan fried in red wine
- 15. Cazuela de Cordero**
Lamb casserole with mixed vegetables, cooked in red wine
- 16. Albóndigas (GF)**
Beef meatballs in a spicy tomato & garlic sauce
- 17. Selección de Embutidos (GF)**
Selection of Spanish cured meats
- 18. Carne Crujiente**
Crispy beef strips, deep fried & served with sweet chilli sauce

Pollo - Chicken

- 19. Alitas de Pollo (GF)**
Chicken wings marinated with garlic & paprika
- 20. Pollo Crema (GF)**
Chicken breast with mushrooms in a cream & white wine sauce
- 21. Paella de Chorizo y Pollo (GF)**
Paella with chorizo & chicken
- 22. Pasta de pollo Picante**
Penne pasta with chicken, peppers, fresh chilli & onions
- 23. Pollo Española (GF)**
Tender strips of chicken breast with peppers, onions, tomato, chilli & garlic
- 24. Hígados de Pollo**
Chicken livers with onions, peppers, chilli & Marsala Wine

Pescados y Mariscos - Fish & Seafood

- 25. Gambas Pil Pil (GF)**
King prawns sautéed in olive oil with chilli, garlic and peppers
- 26. Pescaditos**
Deep fried whitebait with garlic mayonnaise dip
- 27. Gambas con Gabardina**
King prawns deep fried in batter & served with garlic mayonnaise
- 28. Mejillones (GF)**
Mussels cooked in a garlic & tomato sauce
- 29. Pescado Blanco Frito**
White fish coated in batter, deep fried & served with sea salt, lemon & garlic mayonnaise
- 30. Calamares Fritos**
Squid in batter, deep fried & served with garlic mayonnaise

Ensaladas - Salads

- 31. Ensalada Mediterranean (v) (GF)**
Salad with cucumber, feta cheese, olives, tomatoes & red onion
- 32. Ensalada de Tomate (v) (GF)**
A salad of tomato & red onion marinated with olive oil & vinegar dressing
- 33. Ensalada de Atún (GF)**
Mixed salad leaves with tuna, onion, sweetcorn & mayonnaise

