



TROPIC TAPAS

MEAT

Meat Balls

Slightly spiced beef and pork meatballs in a cherry tomato & paprika sauce
SERVED WITH BREAD 6.95

Sticky Pork Ribs

Sticky pork ribs cooked in olive oil, sea salt, garlic, fresh ginger, chill flakes, honey and rice wine 10

Grilled Chorizo

Grilled chorizo 5.90
you can choose spicy chorizo for 5.95

Chicken Pintxo

Skinless boneless chicken thighs marinade with paprika, olive oil and garlic 7.95

Pinchos Morunos (Moorish Skewers)

Beef cooked in olive oil, garlic ground black pepper, cumin seeds, chilli with Mojo picon sauce. 9.95

Pork Belly

Grilled pork belly in rich aromatic herbs and spicy sauce 6.95

Chicken Wings

Cooked in honey, black pepper, paprika & garlic 5.95

Chorizo a la sidra

Chorizo cooked in cider 4.95

Steak with Blue Cheese

Cooked in olive oil, white wine sauce and garlic 7.95



£19.50 PER PERSON
(minimum of two people ordering)

DEALS ? on Tapas!

"What is this" Insanity?

Three Tapas and a glass of wine

for just £19.50

Monday to Wednesday !



VEGETARIAN

Potatoes & Mushrooms (V) (VG)

Sliced & cooked in a rich lemon, garlic and black pepper sauce with truffle oil 6.95

Patatas Bravas (VG)

Potatoes, covered with spicy bravas sauce and alioli sauce 6.50

Fried Eggplant (VG)

Aubergine with Plain flour, Oat Milk Black Pepper and honey syrup 6.50

Stuffed Mushrooms (VG)

With plum tomatoes, mozzarella, garlic drizzled with balsamic glaze 6.75

Bruschetta (VG) (V)

Grilled bread rubbed with garlic topped up with tomatoes, avocado, red onion, olive oil and Balsamic 5.95

Spanish Salad - Pipirrana (VG)

Tomatoes, cucumber, Red onion peppers, mozzarella, diced garlic garlic 4.95

FISH

Chilli Prawns

Cooked in olive oil, chillies and garlic 6.90

Honey-Glazed Scallops

Cooked in extra virgin olive oil with lemon garlic sauce 13.95

Prawns & Chorizo

Prawns and chorizo cooked in a rich white wine, garlic, extra virgin olive oil 6.50

Honey Tiger Prawns

Marinated with garlic, ginger, honey, soy sauce, chilli flakes and olive oil. 9.95

Chilli Squid

Cutted squid cooked with olive oil, garlic 6.95

Mussels

Mussels cooked in a rich olive oil with garlic, coriander, white wine, and lemon sauce. 9.95 (GF)

Lemon Garlic Butter Scallops

Coated in a deliciously silky lemon garlic butter sauce 13.95



DESSERTS

Portuguese custard tart 3.50
Tiramisu 4.70
Crema Catalana 4.70
Chocolate Mousse 4.70
Dessert cake - ask member of staff 3.95

SIDES

Chorizo Bread 3.50
"Bolo do caco" 3.50
add garlic butter 4.50
Chips 3 (GF) (VG) (V)
Sweet Potato Fries
With aromatic herbs and sea salt 4
Cod Cakes
Made with potato, onions, parsley and garlic 6.95
Fried Cornmeal 4.95 (GF) (VG) (V)
Milho
Olives 3.85 (VG) (V)
A mixture of green and black olives
Spicy Rice 4.95 (VG) (V)
Lightly spiced rice, onions, peppers and peas



TROPIC DEAL

EXCLUDING SATURDAY

A BOTTLE OF PROSECCO OR WINE
WITH ANY CHARCUTERIE PLATTER
FOR 25.

CHARCUTERIE Tropic Board

Mixed Selection of cured hams, cheese, olive oil, olives, fresh bread, jams & nuts 18

Cheese Board

Selection of Portuguese cheese, olive oil, fresh bread, olives, nuts, jams & fruits 16

MAINS

Prego

Traditional Madeira - bolo do caco with garlic butter, Rump steak, cheese, ham, salad, tomato served with chips 10.95

Espetada

Grilled cubes of succulent meat (Ribeye) covered in sea salt, garlic, bay leaf in a skewer served with salad, fried cornmeal, garlic bread and chips - 29.95

Picados Beef or Chicken

Meat Ribeye Cooked in a creamy/peppered white sauce, mushrooms, black olives served with chips - 14.95

Octopus

Baked in extra olive oil, garlic & sea salt served with baby potatoes 13.95

Francesinha

Portuguese Sandwich with Cured Ham, Steak, egg and Chorizo Covered with Melted Cheese and Hot Thick Tomato Beer Sauce Served with Chips 17.95

PIZZA

Tropic Bolognese

Organic tomato sauce, bolognese, mozzarella, peppers mushrooms and oregano 11.95

Margherita 10

Organic tomato sauce, mozzarella, oregano & basil

Tropic Prawn Pizza 12.95

Organic tomato sauce, mozzarella, prawns & oregano add Pineapple for 1

Tropic Chicken Pizza 11.95

Organic tomato sauce, mozzarella, chicken, bacon, double cream & oregano

Tropic Diavola Pizza 11.95

Organic tomato sauce, salami fresh chillies fresh mozzarella & basil

All prices are inclusive of VAT.

If you have any dietary requirements or allergies please inform your waiter.

(V) Vegan, (VG) Vegetarian, (GF) Gluten Free