



Gluten Free Cafe

ESPAI LA VALL



Carrer Llorenç Villalonga, 1, 43007, Tarragona

625 597 645

www.espailavall.com

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Breakfasts

Coffee or tea - Lemon/Santiago cake.....	3,90€
Coffee or tea - Carrot cake.....	4,10€
Coffee or tea - Toast with:	
Tomato and olive oil.....	3,60€
Jam and butter.....	3,70€
Fuet/cheese/sweet ham.....	5,30€
Iberian ham recebo.....	6,70€
Bacon + fried eggs.....	7,50€
Scrambled eggs.....	6,40€
Coffee or tea - mini sandwich with:	
Fuet/cheese/sweet ham/tuna.....	5,20€
Iberian ham recebo.....	6,50€
Bacon/omelette/pork loin/sobrasada.....	5,50€
Bikini or mallorquin.....	5,70€
Hot chocolate with churros or cake.....	5,20€
Add fresh orange juice for 2.80 €	



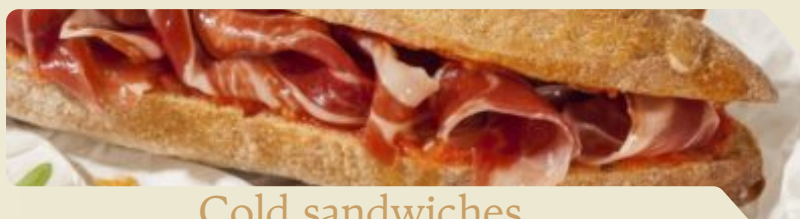
Homemade cakes and desserts

Orange/lemon/Santiago.....	3,00€
Carrot.....	3,20€
Dulce de leche and coconut.....	3,90€
Brownie.....	3,95€
Cheesecake.....	3,45€
Carrot cake.....	4,80€
Fruit tartlets (4.25).....	4,00€
Alfajores.....	2,60€
Velvet, pistachio, cookies, kinder biscuits.....	3,90€
Homemade cookies (5 units).....	2,50€
Crepes with nutella or dulce de leche.....	4,95€
Crepes with sweet ham and cheese or tuna.....	5,50€
Churros portion (6 for 5€ or 12 for 9€)	



Hot sandwiches

Caesar (chicken, lettuce, tomato, cheese, caesar sauce).....	8,80€
Chicken schnitzel (lettuce, tomato, mayonnaise).....	10,70€
Country sausage (tomato or aioli).....	6,80€
Romerito (pork loin with cheese).....	6,80€
British (bacon with cheese).....	6,40€
Pepito (chicken, bacon, onion, cheese, potatoes, sauces).....	12,90€
Frankfurt XXL.....	7,90€
Sobrasada with cheese.....	5,95€
French omelette.....	5,50€
Spanish omelette.....	5,90€
Sandwich: Bikini/mallorquin/bacon (4.20).....	4,00€



Cold sandwiches

Fuet/cheese/sweet ham and cheese.....	5,60€
Iberian ham recebo.....	8,50€
Vegetable (mayonnaise, lettuce, tomato, tuna or cheese).....	6,50€
Mediterranean (tuna, pepper and olives).....	6,50€
Anchovies and cheese.....	7,95€

Mini sandwiches hot and cold

Fuet/sweet ham and cheese/.....	3,40€
Pork loin/bacon/omelette/.....	3,95€

We are a 100% Gluten Free cafe | We make all our products by hand and homemade. We want you to feel at home, in a warm and cozy space. Celebrating a birthday? Order your custom cake. You can also book our venue for private events. Ask about availability!



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Sharing Tapas

Stuffed olives with anchovy.....	2,50€
Gilda (1 unit).....	2,20€
Padron peppers.....	5,50€
Bag of potato chips.....	1,85€
Russian salad.....	5,90€
Bravas potatoes "La Vall" with brava sauce or aioli.....	6,80€
French fries with mayonnaise and ketchup.....	5,80€
Spanish omelette with bread and tomato.....	5,80€
Grilled chistorra.....	5,80€
Meatballs.....	7,80€
Croquettes (6 units).....	8,60€
Bread with tomato.....	3,20€
Homemade empanadas (beef, chicken).....	4,10€
Homemade empanadas (goat cheese with caramelized onion)...	3,90€
Chicken bites with honey mustard sauce.....	8,60€
Marinated chicken wings.....	7,80€
Cantabrian anchovies.....	8,90€
Marinated white anchovies.....	7,00€
Nachos with melted cheese and guacamole.....	8,60€
Hummus.....	5,80€
Guacamole with tortilla chips.....	7,00€
Caramelized goat cheese with jam and toast.....	7,90€
Brie cheese with honey, walnuts and toast.....	7,90€
Mixed board fuet and semi-cured cheese.....	8,80€
Iberian ham recebo board.....	7,90€
Sheep's cured cheese.....	15,95€
Cheese board.....	16,50€
Mixed Iberian cold cuts and cheese board.....	25,90€
Provolone (tomato, oregano and pesto).....	9,80€
Cold cuts and cheeses are served with bread	



VERMOUTH +
TAPA
4,40€



Refreshing Drinks

GLUTEN FREE BEERS

Estrella de Galicia gluten free.....	3,00€
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GLUTEN FREE AND ALCOHOL FREE BEERS

Free Damm 00/Free Damm 00 Toasted.....	2,90€
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BEERS

Small draft/shandy (Estrella Damm).....	2,10€
Beer glass/Shandy (Estrella Damm).....	2,70€
Pint/Shandy 500cc (Estrella Damm).....	4,50€
Estrella de Galicia.....	2,60€
1906 Beer.....	2,90€

WINES, CAVAS AND VERMOUT

White wine glass Penedes/Verdejo.....	2,50€
Red wine glass Ribera Duero.....	2,90€
Red wine glass Rioja Montecielgo.....	2,50€
Glass of cava.....	3,00€
Summer red wine (tinto de verano).....	3,30€
Sangria.....	3,30€
Sangria Pitcher.....	13,50€
Martini White or Red.....	4,00€
Homemade vermouth.....	4,00€
Aperol.....	4,00€
Aperol spritz.....	5,00€

SOFT DRINKS AND JUICES

Coca-Cola, Fanta, Sprite, Aquarius, Bitter, tonic,cacaolat.....	2,50€
Pineapple, peach, orange juice.....	2,40€
Fresh orange juice large (small 2.80).....	3,95€
Water 500cc.....	1,40€
Vichy water.....	2,80€
Horchata.....	2,80€
Red Bull.....	3,00€
Smoothies(4.80€)/milkshakes(5.10€).....	4,80€

LIQUOR SHOTS (vodka, rice cream)



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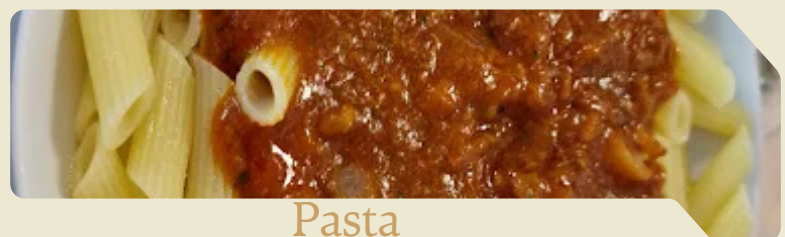
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Salads

Garden salad (tuna supplement 1.50€).....	6,30€
Caesar salad (mixed greens, chicken, parmesan cheese).....	10,95€
Goat cheese salad with walnuts and raisins.....	9,50€
Caprese salad with pesto sauce.....	8,90€
Avocado tartare (mixed greens, tomato, tuna).....	9,80€



Pasta

Macaroni or fusilli (bolognese - carbonara - pesto).....	8,95€
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Main Courses

👉 Always served with 1 egg and fries or salad

Chicken breast, pork loin, country sausage.....	13,95€
Chicken schnitzel.....	15,95€
Frankfurt.....	11,95€
Crispy chicken bites.....	11,95€
Fried eggs with Iberian ham.....	12,95€
Fried eggs with chistorra.....	11,90€



Burgers

100% beef - mayonnaise - tomato - lettuce

*** - Add fries for 2,95€ - ***

Cheeseburger.....	11,95€
Goat cheese burger.....	13,95€
Burger with Iberian ham and brie cheese.....	15,95€
Burger with egg and bacon.....	15,95€
Vegetarian burger.....	11,90€



Flatbread/Focaccia

👉 "Focaccia with tomato base, cheese and oregano, add your favourite ingredient:." ✨ You choose!!!

Olives and tuna / Sweet ham.....	13,95€
Iberian ham with brie cheese and pine nuts.....	19,95€
Escalivada with tuna or anchovies or goat cheese.....	17,95€
Sweet ham/pineapple/bacon/caramelized onion.....	17,50€
Bacon and eggs.....	17,50€
Sobrasada with brie cheese, honey and walnuts.....	16,50€



Toasts 2 (Country Bread)

Semi-cured cheese/fuet.....	8,95€
Vegetable (guacamole, tomato, tuna).....	13,90€
Iberian ham recebo.....	17,95€
Sobrasada and cheese.....	9,30€
Mediterranean (tuna, pepper, olives).....	11,60€
Escalivada.....	9,70€
Escalivada with tuna/goat cheese/anchovies.....	15,95€



Desserts

Orange with Honey and Cinnamon.....	4,50€
Ice Cream Cup (vanilla-chocolate).....	4,00€
Brownie with ice cream.....	5,80€
Santiago cake with muscatel.....	4,40€
Crepe (nutella or dulce de leche and ice cream).....	6,70€
Affogato (Coffee+ice cream).....	5,00€
Crema catalana.....	4,50€