

Tapa
organic



We use nuts, sesame and other allergens in some products.
Please let us know if you have allergies that we should be aware of.

Breakfast

- Toasted brioche with butter & jam £2.75
- Toast with butter & jam or peanut butter £2.75
- Muesli with yogurt, milk and homemade fruit compote £3.95
- Baked beans on buttered toast £3.50
- Homemade scone with butter and jam £2.75
- Crusty baguette roll with cheddar £1.95

Pastries

- Pain au raisin £1.65
- Pain au chocolat £1.65
- Croissant £1.65 or £2.75 with butter & jam

Bagels

- Toasted bagel with: £2.75
 - cream cheese
 - blueberry cream cheese
 - honey & banana
 - butter & jam
 - hummus (vegan)

Soup, sandwiches and specials

- Homemade soup served with Tapa organic bread £3.75
- Fresh sandwiches made daily – check the cabinet to see what we've made today £4.45
- Soup & a sandwich £6.95 (save £1.25)
- Hot specials – we make different delicious curries, stews and goulashes daily.
Served with bread. £5.95

In the cabinet

- Homemade foccacia stuffed with a selection of organic fillings and grilled £4.85
- Savoury tarts £3.45
- Vegetable flan £ 3.65
- Frittata £2.85
- Tortilla £2.85
- Add bread with butter or olive oil for £1.45 or a salad for £2.75

fresh & organic | breakfast | brunch | lunch | catering

19 - 21 Whitehill St, Glasgow G31 2LH

Tel 0141 554 9981 | Open 7 days

www.tapabakehouse.com

Coffee

We roast our own coffee to ensure freshness, quality and flavour. Tapa's espresso blend is made up of top quality arabica coffee beans, each of which is an award winner in its own right. We don't bulk up our blend with lower grade coffees.

We also roast a range of rare, single-estate and co-op grown coffees so you can make great coffee at home or at work.

Bread and cakes

We bake all our own bread and cakes using organic ingredients, and our bakery is certified organic by the Soil Association. We're the only certified organic bakery in Glasgow – accept no imitations!



We make our breads the old fashioned way, using basic ingredients and lots of time to release all the flavours and nutrients in the dough. You'll find sourdoughs, saved doughs, poolishes and bigas in the bakery, but no "improving agents".

We make lots of scrummy cakes too, some from old family recipes. All our cakes are made with love from quality organic ingredients that are familiar to home bakers. We don't use anything you wouldn't use at home – we're a bit suspicious of ingredients that sound like they've come from a laboratory.

Kitchen

We make all our own soups, hummus, pesto, grilled vegetables, salad dressings, frittatas, tortillas, chillis, curries, stews and stroganoffs using great organic ingredients. We don't use cheap starch fillers, artificial flavours or colours, and there's no msg in our food.

Wheat and gluten free

Try our almond or polenta based cakes for a gluten-free delight. Our soups and hot dishes are gluten-free too.

We use spelt flour in many of our cakes, and we make spelt breads. Spelt is an ancient form of wheat first cultivated in Britain by the Romans. It has a more fragile gluten structure than modern wheat and is easier on the digestion. It's packed with nutrients too.

We make great rye sourdoughs that are both wheat and yeast free.

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