

English



La Mancha
STEAKHOUSE & BAR



Before dinner

Codorníu Ecológica EKO 20cl Cava	105KR
Zonin prosecco Cuvee 20cl	105KR

GT	5cl
Gin, tonic, lemon	149KR

WHISKEY SOUR

Bourbon whiskey, lemonjuice
syrup, eggwhite

Starters

If you have allergies or questions about our ingredients, please ask our staff.

- TOASTED GARLIC BREAD** 79kr
Toasted garlic bread.
Served with garlic sauce and salsa.
- “A LOT OF NACHOS”** 79kr
Nacho chips with salsa, guacamole and cheese.
- JALAPEÑO CREAM CHEESE POPPERS** 95kr
Deep fried cheese filled jalapeños.
Served with sour cream and salsa.
- BUFFALO HOT WINGS** 95kr
Deep fried hot chicken wings.
Served with sour cream and salsa.
- HOT CAMARONES** 109kr
Hot scampi. Served in a garlic, chili and lime sauce.
Served with garlic bread.
- BEEF TENDERLOIN CARPACCIO** 139KR
Beef tenderloin carpaccio, parmesan cheese, pine nut, olive oil, arugula and truffle mayo
- PLOCKTALLRIK** 169kr/per person
(minimum 2 persons)
Salami & bresaola, spring rolls
toasted garlic bread, cheese filled jalapeños poppers,
chicken wings, nachochips, olives, halloumi sticks, onion rings
and manchego cheese.
Served with salsa and sour cream & garlic sauce

Kids

Up to 12 years

- KID COWBOY BURGER** 79kr
90g hamburger with bread, dressing, lettuce
cucumber, tomatoes and french fries.
- PANCAKES** 79kr
Pancakes with jam and cream.
- BBQ CHICKEN** 109kr
Grilled chicken fillet.
Served with tomatoes, cucumber, lettuce, french fries
and béarnaise sauce.
- BABY PORK** 109kr
Mini Pork fillet. Served with tomatoes,
cucumber, lettuce, french fries
and béarnaise sauce.
- TACO PLATE MINI** 109kr
Taco seasoned ground beef with salsa and
sour cream. Served with grated cheese,
tomato, cucumber, lettuce,
corn, soft tortillas and nacho-chips.
- MEATBALLS** 109KR
With mashed potatoes, cream sauce, lingonberry jam
- BABY BEEF** 159kr
Mini file of beef. Served with tomatoes,
cucumber, lettuce, with french fries
and béarnaise sauce.

Texas style

If you have allergies or questions about our ingredients, please ask our staff.

All meat served is grilled.

BBQ RIBS

229kr

Our tender ribs with smokey flavor. Served with bbq-sauce, coleslaw, corn on the cob and stir-fried vegetables.

Choose potatoes.

LADY DINNER

239kr

200g chicken fillet stuffed with mozzarellacheese and sundried tomatoes, 3 pieces of small ribs, coleslaw, pickles, corn on the cob, guacamole and stir-fried vegetables.

Choose potatoes.

BUFFALO BILL

239kr

270g Bacon wrapped pork tenderloin served with stir-fried vegetables, corn on the cob, chantarelle sauce, redwine sauce.

Choose potatoes

SHERIFF DINNER

325kr

200g beef fillet, 3 pieces of small ribs. Served with hickory sauce, coleslaw, pickles, corn on the cob, and stir-fried vegetables.

Choose potatoes.

COWBOY DINNER

339kr

200g Entrecôte, 3 pieces of small ribs. Served with hickory sauce, coleslaw, pickles, corn and stir-fried vegetables.

Choose potatoes.

RED DEER FILLET

329kr

Choose different gram meat: Grilled red deer fillet, with fried vegetables, lingonberrybutter, chantarelle sauce.

Choose potatoes

SITTING BULL

339kr

250g beef fillet, turning the edges of freshly ground pepper mix. Served with pepper sauce, corn on the cob, pickles and stir-fried vegetables.

Choose potatoes.

BILLY THE KID

345kr

250g Jack Daniels marinated bacon wrapped tenderloin. Served with pepper sauce, pickles, corn and stir-fried vegetables.

Choose potatoes.

BONANZA

389kr

300g Entrecôte, 3 pieces of small ribs. Served with hickory sauce, coleslaw, pickles, corn and stir-fried vegetables.

Choose potatoes.

CHOOSE POTATOES

French fries

Dollar Chips

Fried potato wedges

Potato gratin

Sweetpotatoes fries +40kr

Three courses

499:-

2 COURSES 399:-

STARTERS

Beef tenderloin carpaccio

EFTERRÄTT

Pickled strawberries

MAIN COURSE

CHOOSE BETWEEN 200G:

Beef tenderloin

Red deer fillet

Rib eye

Served with:

Potato wedges

Peppersauce

Garlic butter

Specials

All meat served is grilled.

BEEF TENDERLOIN PASTA 189kr

Chantarelles, pepper, leeks and cream.
Topped with Parmesan and olives and served with garlic bread.

DESPERADO 229kr

Grilled fillet of pork. Served with garlic butter, pepper sauce, fried garlic mushrooms, bearnaisesauce corn on the cob and stir-fried vegetables.

Choose potatoes.

TEXAS CHICKEN GARLIC 199kr

Grilled chicken fillet. Served with garlicbutter, bearnaisesauce, garlic-fried mushrooms, corn on the cob and stir-fried, vegetables.

Choose potatoes.

AMERICAN PLANK 249kr

Baconwrapped pork fillet and BBQ-ribs served with corncobs, BBQ-bearnaise, mashed potatoes and grilled tomato.

BLACK AND WHITE 269kr

Grilled beef fillet & fillet of pork served with red wine sauce & béarnaise sauce

Choose potatoes

SWEDSTYLE BEEF 329kr

200g Grilled tenderloin. Served with béarnaise sauce, BBQ-sauce and stir-fried vegetables.

Choose potatoes.

HOUSE PLANK 329kr

Grilled tenderloin 250gr, pommes duchesse, served with fried mushrooms, baconwrapped asparagus, bearnaisesauce, mashed potatoes and grilled tomato.

TOTALLY BIG: GRILL MIX 349kr

Grilled tenderloin, chicken fillet, small ribs, bacon, garlic butter, red wine sauce, corn on the cob and stir-fried vegetables.

Choose potatoes.

CHOOSE POTATOES

French fries

Dollar Chips

Fried potato wedges

Potato gratin

Sweetpotatoes fries +40kr

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From the sea

BRAISED PIKE-PERCHFILLET 229kr

Served with cream, anchovies, dill, spring onion, tomatoes and potatoes.

Choose potatoes.

MARINATED GRILLED SALMON 239kr

Marinated and grilled salmon fillet. Served with skagen mixture, guacamole and stir-fried vegetables.

Choose potatoes.

SALMON PLANK 249kr

Grilled salmon trout served with skagen mixture, asparagus, lemon, dill, mashed potatoes and grilled tomato.

Compose your own...

Choose one meat dish, two sauces and one potato sort.

1 RIBEYE STEAK

Regular 200g	329kr
American 300g	389kr
Texas 400g	449kr
Texas size 500g	499kr

TENDERLOIN

Regular 200g	329kr
American 300g	409kr
Texas 400g	519kr
Texas size 500g	619kr

FILLET OF PORK

Regular 200g	239kr
American 300g	259kr
Texas 400g	299kr

RED DEER FILLET

Regular 200g	329kr
American 300g	429kr
Texas 400g	529kr
Texas size 500g	629kr

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2 SAUCES

Béarnaise sauce, Red wine sauce, Salsa, Garlic Butter, Pepper sauce, Hickory sauce, BBQ sauce, Garlic sauce, Guacamole, Melted cheese, chantarelle sauce, Truffle mayonnaise, Coleslaw, Sour Cream.

3 POTATOES

French fries
Dollar Chips
Fried potato wedges
Potato gratin
Sweetpotato fries +40 kr

BBQ burgers

All hamburgers are served with briochet-bread, lettuce, tomatoes, fried kale, onion, pickles, coleslaw and french fries

THE MANCHAS TRUFFLE BURGER 179kr

200g homemade hamburgers with bread, cheddar cheese, dressing, jalapeños and Truffle mayonnaise. Guacamole on the side.

BBQ BURGER 179kr

200g homemade hamburger with bread, cheddar cheese, dressing and bacon. BBQ-sauce on the side.

GUNSMOKE BURGER 179kr

200g homemade hamburger with bread, cheddar cheese, dressing, hickory sauce and bacon. Melted cheddar cheese on the side.

MAGIC MOUNTAIN BURGER 219kr

400g homemade hamburger with bread, cheddar cheese, dressing and bacon. Guacamole on the side.

Side orders

Corn on the cob	20kr	BBQ sauce	25kr
Dollar Chips	60kr	Chantarell sauce	25kr
French fries	60kr	Garlic sauce	25kr
Fried potato wedges	60kr	Hickory sauce	25kr
Potato gratin	60kr	Garlic butter	30kr
Sweetpotatoe fries	70kr	Green salad	50kr
Béarnaise sauce	30kr	Coleslaw	30kr
Red wine sauce	25kr	Guacamole	30kr
Melted cheese	20kr	Salsa	25kr
Pepper sauce	25kr	Fried garlicmushrooms	40kr
		Truffle mayo	25kr

A Taste of Mexico

FAJITA

With onions and peppers in a hot pan. Served with lettuce, soft tortillas, salsa, guacamole and sour cream.

CHICKEN FAJITA 239kr

Shredded chicken fillet.

BEEF FAJITA 249kr

Shredded tenderloin.

SEAFOOD FAJITA 269kr

10 pieces garlic spiced scampi.

FAJITA COMBO 279kr

Shredded tenderloin, chicken and garlic scampi.

TACO PLATE 159kr

Taco seasoned ground beef. Served with tomato, cucumber, lettuce, onion, corn, jalapeño, melted cheese, salsa, sour cream, soft tortillas and nachochips.

QUESADILLA POLLO 159kr

Fried tortilla filled with chicken, cheese, peppers, jalapeño and onions. Served with salsa and sour cream.

CAESARSALAD 179KR

Grilled chicken fillet with bacon, romaine lettuce, croutons, grana padano cheese, caesar sauce and garlic bread

Vegetarian

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VEGGIE TACO PLATE 159kr

Taco seasoned quornbeef with tomato, cucumber, lettuce, onions, corn, jalapeño, melted cheese, salsa, sour cream, soft and hard tortillas.

VEGGIE FAJITA 159kr

Stir-fried vegetables in a hot pan with iceberg lettuce, soft tortillas, salsa, and guacamole.

(does not contain any milk or egg products)

HALLOUMIBURGER 169kr

Halloumi cheese in roasted hamburger bread served with halloumi cheese, pickles, guacamole, salad, tomato, cucumber, onions, french fries and coleslaw.

HALLOUMI PLANK 219kr

Grilled halloumi, pommes duchesse, fried vegetables, grilled asparagus, bearnaisesauce

Desserts

CREME BRULÉ	89kr
A smooth vanillacream with a brittle surface.	
ICE-MOUNTAIN	89kr
A small mountain of vanilla ice cream topped with chocolate sauce	
PICKLED STRAWBERRIES	89kr
Sevred with vanilla ice cream, mascarpone creme, rosemary and roasted coconut flakes	
SORBET	89kr
Three scoops of sorbet - frozen fruit- or berry puree	
CLASSIC ETON MESS	99kr
Vanilla ice cream with meringue, whipped cream, marshmallows, banana and chocolate sauce	
CHOCOLATE LOVING SPOON CAKE	99kr
A tall chocolate cake filled with chocolate-fromage, topped with chocolate sauce	
CLODBERRY MOUNTAIN	99kr
A little mountain of old style vanilla ice cream topped with cloudberry jam	
TARTUFO LIMONCELLO	99kr
Core of limoncellocreme covered with lemon icecream, and fine cut meringue.	
FRIED CAMEMBERT	110kr
Fried camembert cheese. Served with warm cloudberry jam, fried parsley and vanilla ice cream	

Dessertwine

SAUTERNES 5CL	99KR
MOSCATEL ORO 5CL	99KR

Coffee

Coffee/tea with aftereight	35kr
Cafe Latté	35kr
Cappuccinio	45kr
Espresso	40kr
Dubbel Espresso	45kr

After dinner

5cl

149kr

Irish Coffee
Jameson, coffee, brown sugar and whipped cream
Amaretto Coffee
Amaretto, hot strong coffee and whipped cream
Cuba Kaffe
Dark rum, Crème de Cacao, hot strong coffee and whipped cream
French Coffee
Brandy, brown sugar, strong coffee and whipped cream
Kaffe Karlsson
Baileys, Cointreau, coffee and whipped cream
Spanish Coffee
Licor 43, coffe and whipped cream
88
Fangelico, Licor 43, Crème de Cacao, coffee and cream

House wine

Red

Glass
89kr

Bottle
389kr

Marques de la Mancha

Origin: Spain

Grapes: 100% Temranillo

Flavour: Aromas of ripe fruit with a light olive, nut character.

Taste of red and dark fruit. A versatile wine with nice acidity and a delicate balance between fruit and oak. Long after taste.

Antica Osteria

89kr

389kr

Origin: Italy, Marche

Grapes: Montepulcano 80% och Sangiovese 20%

Flavour: Dark berries like cherry, blackberry black currant, herbs and a discreet tone of almond

Red wine

Glass

Bottle

Ecologica Shiraz Malbec

99kr

419kr

Origin: Argentina, Cuyo , La Rioja, Valles del Famatina

Grapes: 60% shiraz, 40% malbec

Flavour: Very fruity flavor with hints of barrel, raspberries, blackberries, vanilla and licorice.

Le Terra dellabate

Montepulciano D'abruzzo

99kr

419kr

Origin: Italy, Abruzzerna

Grapes: Montepulciano d'Abruzzo 100%.

Flavour: Taste: Fresh, fruity with lovely ripe cherries and raspberry tones that finish in warm spiciness.

Balanced medium-bodied flavor with fine notes of cherry pits in the finish.

Coto Mayor Crianza

109kr

419kr

Origin: Spain, Rioja

Grapes: Tempranillo 100%

Flavour: Medium ample whine, soft and with a fine balance between its dark plum and lightly roasted barrel tones, lightly minty aftertaste. A modern, well balanced Rioja.

Gran Passione Appassimento Organic

419kr

Origin: Italy, Apulia

Grapes: Zinfandel, Negroamaro, Merlot

Flavour:Spicy, fruity flavour with a little sweetness.

Hints of barrel,

dark cherries, cinnamon, cloves, vanilla and chocolate.

Bottle

Epicuro Zinfandel

449kr

Origin: Italy, Apulia

Grapes: Zinfandel 100%

Flavour: Very fruity with barrel character. Hints of dark berries, plum compote, licorice and vanilla.

Torre del Falasco Valpolicella Ripasso Superiore 499kr

Origin: Italy

Grapes: Corvina, Corvinone and Rondinella

Flavour: Medium body wine with flavours of dark fruits, chocolate and some almond, barrel and herbs.

A powerful wine with a rich fruitiness and concentration.

Long and persistent aftertaste.

Valpantena Amarone Della Valpolicella Doc

799kr

Origin: Italian, Veneto

Grapes: Corvina 70%,

Rondinella 25% och Cabernet Sauvignon 5%

Flavor: Mellow, rich flavor of dark berries, dry chocolate, cherry. Delicate tones of barrels and pleasant freshness and warmth. The long finish has hints of tobacco.

Pasco Muchietto Nero D'avola-Shiraz Eko

399kr

Origin: Italy

Grapes: Nero d'Avola 80%, Shiraz 20%

Flavour: Medium body and a lively fruity flavour with hints of forest raspberries and black currant. Succulent and balanced relatively light finish. Pleasant spiciness with licorice and fine tannin finish.

Rose wine

Glass

Bottle

Miradou

99:-

399:-

Origin: France. Provence

Grapes: Carignan 45%, Grenache 10%,

Cinsault 10%, Syrah 10%, Caladoc 25%

Flavour: Medium body, dry with hints of strawberry, raspberry, cherries and redcurrants. Fresh and refreshing.

Champagne

Ask the staff

White wine

Glass

Bottle

Antica Osteria Vino Bianco

89kr

389kr

Origin: Italy

Grapes: Trebbiano 70% och Verdicchio 30%

Noticably fruity flavour reminiscent of peach and nectarine with a nicely balanced herb tone.

Pasqua Mucchietto

89kr

389kr

Chardonnay grillo eko

Ursprung: Italien, Sicilien

Druvor: Chardonnay 80%, Grillo 20%

Taste: Dry, fresh, fruity taste with light aromatic hints of pears, honeydew and yellow apples. The after taste is lively with mature lime and a hint of almond, slight saltiness towards the end.

Secret de lunes viognier eko

95kr

399kr

Ursprung: Frankrike, Languedoc-Rousillon

Druvor: Viognier 100%

Taste:

Viognier-wines from Languedoc are easier, dryer and fresher in taste than its cousins from north Rhône-dalen.

This Viognier is dry with rich hints of apricot, peach, nectar and an element of honeysuckle.

The taste is rounded and aromatic with a distinct and fresh ending.

Even & Odd Riesling

105kr

419kr

Origin: Germany, Rheingau

Grapes: Riesling

Flavour: Classic riesling with a crisp flavour of lemon, green apples, grapefruit and peach.

Sparkling wine

Glass

Bottle

Prosecco Treviso Brut DOC EKO

105kr

410kr

Origin: Italy, Veneto

Grapes: Treviso DOC

Flavour: Medium bodied, elegant, fresh and fruity flavour of green pear, peach, lemon, grapefruit and minerals.

Rich mousse with small bubbles and a fresh finish.

Delapierre Brut Tradicion

105kr

410kr

Origin: Spain, DO Cava

Grapes: Macabeu 34%, Xarel·lo 33%, Parellada 33%

Flavour: Medium bodied, dry taste with hints of yellow apples and citrus.

Drinks/Cocktails

5cl

145kr

Margarita

Tequila, Cointreau, lime juice

Mojito

Fresh mint, white rum, squeezed lime juice, syrup, soda water

Whiskey sour

Bourbon whiskey, lemon juice, syrup, eggwhite

Aperol Spritz

Prosecco, Aperol, soda water, ice cubes, orange

Cuba Libre

Rum, Coca Cola, limeslice

P2

Vanilla vodka, Apple Sourz, Sprite, lime slice

Cherry berry

Sourz Redberry, Peachtree, Bacardi Limón, Sprite

Piggelin

Midori, Apple Sourz, Sprite, lime slice

Bacardi razz

Cranberry juice, Bacardi razz

Strandbaren

Milk, Licor 43, Midori, Passoá

Espresso Martini

Vodka, Kahlua, espresso

Amaretto Sour

Amaretto, syrup, lemon juice, eggwhite

Bubbel Sorbet

Two scoops of sorbet, prosecco

Bilmetro

Gin, Bacardi Raz, raspberry liqueur, syrup, Sprite, lemon juice

Hugo

Elderberry liqueur, prosecco, lemon juice, ice, mint, lemon slice

We also have alcoholfree alternatives! 65kr

Whiskey

kr/cl

Famous Grouse	29kr
Maker's Mark Bourbon	29kr
Jameson	29kr
Jack Daniels	29kr
Bells	29kr
Cragganmore 12 years	39kr
Chivas Regal 12 years	39kr
The Glenlivet 12 years	39kr
Tallisker 10 years	39kr
Dalwhinnie 15 years	45kr
Glenkinchie 12 years	45kr
Oban	45kr
Scapa	45kr
Bulleit Bourbon	45kr
Laphroaig	45kr
Highland Park	45kr
Lagavulin 16 years	49kr

Liqueur/shot

29kr/cl

Baileys
Cointreau
Disaronno Amaretto
Licor 43
Fishshot
Fireball
Peachtree
Lakritsshot
Vodka
Gammeldansk
Fernet Branca Menta

Drambuie
Kahlua
Galliano
Malibu
Jägermeister
Fernet-Branca
Midori
Galliano shot
jägermeister
Sourfisk cola
Sambuca
Minttu

Rum

Captain Morgan
Spiced Gold
Rum Plantation
Grande Reserve

29kr/cl

35kr/cl

Special rum

45kr/cl

Diplomatico
Ron Zacapa
23 year Centenario XO
Asia Pacific rum
French overseas rum
Spanish Carribean xo
British west indies xo
Plantation XO 20 years

Tequila

29kr/cl

Sauza Silver
Olmecca Blanco
Jose Cuervo
Especial Silver

Cognac

	kr/cl		kr/cl
Xanté	32kr	Anée Fine Calvados	29kr
Larsen	32kr	Boulard Calvados	29kr
Grönstedts	32kr	Remy Martin	39kr
Martell	39kr	Jannaeu vsop	39kr

Alcohol can damage your health

Soft drinks

	33cl	40cl	50cl
Coca cola		40kr	50kr
Coca cola Zero		40kr	50kr
Fanta		40kr	50kr
Sprite		40kr	50kr
Loka (Natural / Lemon / Pear)	35kr		
Lightbeer	38kr		
Orange juice		40kr	50kr
Apple juice		40kr	50kr
Lingonberry drink		40kr	50kr
Milk		40kr	50kr
Cranberry juice		40kr	50kr
Ice water	12kr		

Cider

	33cl
Briska Pear/Peach	75KR
Smirnoff ice	75KR

Draft beer

	0,4l	0,5l	0,6l
Krusovice	85kr	95kr	105kr
Heineken	80kr	90kr	100kr

Bottled beer

	33cl	50cl
Eriksberg		89kr
Mariestads		89kr
Paulaner hefe weissbier(wheat beer)		89kr
Höga kusten		89kr
Efes Pilsen		95kr
Ridgeway IPA (gluten-free beer)		105kr
Medium beer Hof	75kr	
Bira Moretti	79kr	
Shipful of IPA	79kr	
Sitting Bulldog IPA	79kr	
Corona	79kr	
Guinness	79kr	
Lagunitas IPA	82kr	
The Burning Bock	82kr	

Non alcoholic

	Glass
Non alcoholic wine(red/white)	65kr
Non alcoholic beer	59kr
Non alcoholic cider	50kr
Non alcoholic drink	65kr



La Mancha

STEAKHOUSE & BAR

Spanish wines

Long viticulture

Spain has a wine growing tradition dating back at least 2000 years, to fenicians and greeks.

Because of the trade with its american colonies, Spain early became more export oriented than other big european wine countries. In the beginning it was mostly strong wines that were exported while the rest of the country wines were consumed locally.

Phylloxera Invades

Phylloxera rampage in the 19th- century created large problems in Europe but it came relatively late to Spain – and then they already knew how to handle it. The phylloxera-rampage in France made wine makers from Bordeaux to come to Rioja and Navarra and because of it led to new investments and more modern methods.

Civil war and dictatorship

The bigger part of 20th century was a difficult century for Spain which after a devastating civil war was hindered by Francos dictatorship. From the late 1960s parts of the wine nutrients began to recover, starting with a sherry boom and the rediscovery of Rioja. With the dictatorships fall the economy improved and the local demand for quality wine rose.

Powerful change

With the entry in to the European union 1986, even the poorer regions have gotten investments and since 1990s the Spanish wine industry has transformed rapidly and dynamically.