

# English



*La Mancha*  
STEAKHOUSE & BAR



## Before dinner

Codorníu Ecológica EKO 20cl Cava  
Zonin prosecco Cuvee 20cl

105KR  
105KR

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GT  
Gin, tonic, lemon  
**WHISKEY SOUR**  
Bourbon whiskey, lemonjuice  
syrup, eggwhite

5cl  
149KR

# Starters

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

<b>TOASTED GARLIC BREAD</b>	79kr
Toasted garlic bread. Served with sour cream and salsa.	
<b>“A LOT OF NACHOS”</b>	79kr
Nacho chips with salsa, guacamole and cheese.	
<b>JALAPEÑO CREAM CHEESE POPPERS</b>	95kr
Deep fried jalapeños and cheese. Served with sour cream and salsa.	
<b>BUFFALO HOT WINGS</b>	95kr
Deep fried hot chicken wings. Served with sour cream and salsa.	
<b>HOT CAMARONES</b>	109kr
Hot scampi. Served in a garlic, chili and lime sauce. Served with garlic bread.	
<b>PLOCKTALLRIK</b> (minimum 2 persons)	169kr/per person
Cheese and mince filled tortillas, toasted garlic bread, cheese filled jalapeños poppers, chicken wings, olives, halloumi sticks, onion rings, manchego cheese and nachochips. Served with salsa and sour cream.	

# Kids

Up to 12 years

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

## 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 buffalomozzarella cheese 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, red wine sauce.

*Choose potatoes*

## SHERIFF DINNER

325kr

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

*Choose potatoes.*

## WILD DEER

329kr

200g Grilled deer fillet, with fried vegetables, lingonberry butter, chantarelle sauce.

*Choose potatoes*

## COWBOY DINNER

329kr

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

*Choose potatoes.*

## SITTING BULL

339kr

250g beef fillet, turning the edges of freshly ground pepper mix. Served with pepper sauce, corn, 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

349kr

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

Sweet potatoes fries +40kr



# Specials

All meat served is grilled and of the best quality.

## **BEEF TENDERLOIN PASTA** 189kr

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

## **DESPERADO** 229kr

240g Grilled fillet of pork. Served with garlic butter,  
pepper sauce, fried garlic mushrooms,  
corn on the cob and stir-fried vegetables.

*Choose potatoes.*

## **TEXAS CHICKEN GARLIC** 229kr

200g Grilled chicken fillet. Served with garlic butter,  
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

240g 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, 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

## **BBQ TIJUANA** 229kr

Seared char fillet with lime aioli sauce  
on a bed of stir-fried vegetables.

*Choose potatoes.*

## **MARINATED GRILLED SALMON** 239kr

Marinated and grilled salmon fillet. Served with  
sun-dried tomatoes, Mexican chili sauce,  
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

## 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

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## DEER FILLET

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

## 2 SAUCES

Béarnaise sauce, Red wine sauce, Salsa, Garlic Butter, Pepper sauce, Hickory sauce, BBQ sauce, Garlic sauce, Guacamole, Melted cheese, chantarelle sauce, Lime aioli, Truffel 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 lettuce, cucumber, tamtoes, onion, pickles, coleslaw and french fries

### THE MANCHAS TRUFFEL BURGER 169kr

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

### BBQ BURGER 169kr

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

### GUNSMOKE BURGER 169kr

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

### MAGIC MOUNTAIN BURGER 209kr

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
		Truffel 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.

### BBQ NAKE CHICKEN SALAD

159KR

Marinated chicken fillet, bacon, iceberg lettuce, tomato, cucumber, onion, jalapeño and corn.  
Served with guacamole 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

Halloumi, iceberg lettuce, tomato, cucumber, onion and corn.  
Served with guacamole och garlic bread.



# Desserts

## **CREME BRULÉ** 89kr

Rich custard base topped with a texturally contrasting layer of hardened caramelized sugar

## **ICE-MOUNTAIN** 89kr

A small mountain of vanilla ice cream topped with chocolate sauce

## **DAIM CAKE** 89kr

Daim cake with vanilla ice cream and chocolate sauce

## **CLASSIC ETON MESS** 99kr

Vanilla ice cream with meringue, whipped cream, marshmallows, banana and chocolate sauce

## **SORBET** 89kr

Three scoops of sorbet - frozen fruit- or berry puree

## **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

## **FRIED CAMEMBERT** 110kr

Fried camembert cheese. Served with warm cloudberry jam, fried parsley and vanilla ice cream

# 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, coffee and whipped cream

## **88**

Fangelico, Licor 43, Crème de Cacao, coffee and cream

# House wine

**Red**

Glass  
**95kr**

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**

**95kr**

**389kr**

Origin: Italy, Marche

Grapes: Montepulciano 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**

**105kr**

**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.

## **Llebre**

**419kr**

Origin: Spain, Catalonia

Grapes: Tempranillo 60%, Garnacha 15%, Merlot 15%, Cariñena 10%

Flavour: Medium ample and modern Tempranillo dominated whine in an elegant velvety style.

Very delicate tannines and a light licorice tone. Red fresh berries and some spiciness towards the end.

## **Gran Passione Appassimento Organic**

**419kr**

Origin: Italy, Apulia

Grapes: Negroamaro 100%.

Flavour: Spicy, fruity flavour with a little sweetness.

Hints of barrel,

dark cherries, cinnamon, cloves, vanilla and chocolate.



Bottle

### Laneway Shiraz

429kr

Origin: Australia, Central Victoria

Grapes: Shiraz 100%

Flavour: Lovely fruity with soft tannines and hints of blackberry and eucalyptus in classic Aussie style.

Some oak barrel tone but very integrated.

### 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.

### Parigi Nebbiolo d'Alba DOC

899kr

Origin: Italy, Piemonte

Grapes: Nebbiolo 100%

Flavour: Medium body. Dry flavour with tones of cherry, spices, barrel, nuts, dried fruit and chocolate.

## 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

95kr

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 Rhônedalen.

This Viogner 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.

## Codorníu Ecológica EKO 20cl Cava

105kr

410kr

Origin: Spain, Cono Sur

Grapes: Xarel-lo, Parellada, Macabeo

Flavour: Fresh and balanced with a long creamy aftertaste.

# Drinks/Cocktails

5cl

149kr

## 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

## Bacardi razz

Cranberry juice, Bacardi razz, raspberry mix, Sprite

## 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

## Chartreuse Tonic

Gin, liqueur, lemon, tonic

## Vodka redbull

# Whiskey

kr/cl

Famous Grouse

29kr

Maker's Mark Bourbon

29kr

Jameson

29kr

Jack Daniels

29kr

Bells

29kr

Cragganmore 12 years

35kr

Chivas Regal 12 years

35kr

The Glenlivet 12 years

35kr

Tallisker 10 years

35kr

Dalwhinnie 15 years

39kr

Glenkinchie 12 years

39kr

Oban

39kr

Scapa

39kr

Bulleit Bourbon

39kr

Laphroaig

39kr

Highland Park

39kr

Lagavulin

39kr



# Liqueur

Baileys  
Cointreau  
Disaronno Amaretto  
Licor 43  
Fishshot  
Fireball  
Prschtree  
Lakritsshot  
Vodka  
Bäska droppar  
Fernet Branca Menta

29kr/cl

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

# Rom

Captain Morgan  
Spiced Gold  
Rum Plantation  
Grande Reserve

29kr/cl

35kr/cl

## Specialrom

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

45kr/cl

# Tequila

Sauza Silver  
Olmeca Blanco  
Jose Cuervo  
Especial Silver

29kr/cl

# Cognac

	kr/cl
Xanté	32kr
Larsen	32kr
Grönstedts	32kr
Martell	39kr

	kr/cl
Anée Fine Calvados	29kr
Boulard Calvados	29kr
Remy Martin	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	75KR
Smirnoff ice	75KR
Demi-sec	80KR

# Draft beer

	0,4l	0,5l	0,6l
Krusovice	79kr	89kr	99kr
Heineken	79kr	89kr	99kr

# Bottled beer

	33cl	50cl
Eriksberg		90kr
Mariestads		90kr
Paulaner hefe weissbier(wheat beer)		90kr
Efes Pilsen		97kr
Ridgeway IPA (gluten-free beer)		105kr
Medium beer Carlsberg Hof	75kr	
Shipful of IPA	79kr	
Sitting Bulldog IPA	79kr	
Corona	79kr	
Wisby Stout	79kr	
Lagunitas IPA	82kr	
King Kong (from local brewery)	82kr	
The Burning Bock (from local brewery)	82kr	
Peroni Nastro Azzuro	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 fenicans and greeks.

Because of the trade with its american colonies, Spain early became more export oriented than other big européean 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.