

# ALLERGEN/ DIETARY

LUPIN CELERY SULPHUR DIOXIDE GLUTEN FISH MOLLOSCS CRUSTACEAN DAIRY NUTS SESAME SEEDS EGG SOYA MUSTARD SULPHITES

allergens only reference specific ingredients within each dish.

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VEGAN MAKE IT VEGAN some of our dishes are vegan or can be made vegan on request.

## snacks, cold meats & cheeses

**gordal olives** marinated in thyme, orange & garlic 4,25

V VEGAN SOYA SULPHITES

**Spanish almonds** 3,95

V VEGAN NUTS-ALMONDS

**padrón peppers** with sea salt

5,50 V VEGAN

GLUTEN-WHEAT SOYA

**Spanish cheeses** 105g selection

with torta de aceite & garnishes:

Picos blue, Manchego d.o.,

montbrú goat's 10,95

GLUTEN-WHEAT DAIRY SESAME SEEDS

NUTS-WALNUTS/ALMONDS SULPHITES

**Spanish cured meats**

90g selection with pickled

fennel & capers: 18 month aged

serrano ham, Ibérico chorizo,

Ibérico salchichón 12,50

SULPHITES

**cheese & cured meats**

70g Manchego d.o and our

90g Spanish cured meat

selection with torta de aceite

& garnishes 17,95

GLUTEN-WHEAT DAIRY

NUTS-WALNUTS NUTS-ALMONDS

SESAME SEEDS SULPHITES

**Catalan bread** grilled Welbeck

estate ciabatta with olive oil

& fresh tomato 4,95 V VEGAN

GLUTEN-WHEAT SULPHITES

## COCAS *fresh flatbreads*

**strips & dips** flatbread strips: hummus,

carrot & cumin purée 7,95 V MAKE IT VEGAN

GLUTEN-WHEAT DAIRY SESAME SEEDS SOYA SULPHITES

**beetroot, goats cheese & thyme** beetroot ketchup 8,50

V MAKE IT VEGAN GLUTEN-WHEAT DAIRY MUSTARD SULPHITES

**Spanish hot** chorizo, pepperoni, tomato, mozzarella,

guindillas 8,95 CELERY GLUTEN-WHEAT DAIRY SOYA SULPHITES

**caprese** sunblush & vine tomatoes, mozzarella,

basil & Spanish almond pesto V 8,95

GLUTEN-WHEAT DAIRY NUTS-ALMONDS

**Peshwari** butternut squash, coconut, chilli, sultanas,

honey, toasted almonds 8,95 V MAKE IT VEGAN GLUTEN-WHEAT

NUTS-ALMONDS SOYA SULPHITES

## meat & fish

**garlic & chilli prawns** lemon, parsley 7,95 CRUSTACEAN SOYA

**jamón & Manchego tortilla** (cooked to order) Dijon aioli 7,95

DAIRY EGG SOYA

**pork belly tacos** braised local pork, kimchi cabbage, chipotle

& lime mayonnaise 7,95 GLUTEN-WHEAT NUTS-PEANUTS EGG

**baby chorizo** from La Rioja, glazed in honey

& sherry vinegar 6,50 SOYA SULPHITES

**chicken wings** sweet chilli & sesame jam, coriander 7,95

GLUTEN-WHEAT SESAME SEEDS SOYA

**cod tacos** freshly crumbed cod fillet, kimchi cabbage,

lemon mayonnaise, pickled red onion 8,50 GLUTEN-WHEAT FISH

NUTS-PEANUTS SESAME SEEDS EGG SOYA SULPHITES

**baresca meatballs** local pork belly & loin meatballs in a spiced tomato

sauce, Parmesan\* 7,75 CELERY DAIRY SOYA MUSTARD SULPHITES

**sweet & sticky crispy px beef** spring onions, sesame, red chilli

8,95 GLUTEN-WHEAT SESAME SEEDS SOYA SULPHITES

**salmon 'tikka'** red mojo marinated salmon fillet, Bombay potato,

curried mayonnaise 9,50 FISH EGG SOYA MUSTARD SULPHITES

**Moroccan lamb tagine** yoghurt, dried apricot, red onion,

toasted almonds 9,95 CELERY DAIRY NUTS-ALMONDS SOYA SULPHITES

## vegan & vegetables

**grilled mushrooms with goat's cheese** basil & almond pesto,

toasted almonds 6,50 V DAIRY NUTS-ALMONDS SOYA

**falafel** sweet potato hummus, pickled carrot, tahini 'yoghurt',

pistachio, pomegranate 6,50 V VEGAN GLUTEN-WHEAT NUTS-PISTACHIO

SESAME SEEDS SOYA SULPHITES

**giant couscous, wild rice & spinach salad** pecan, feta, cranberry,

carrot, courgette, lemon dressing 6,50 V MAKE IT VEGAN

GLUTEN-WHEAT DAIRY NUTS-PECANS SESAME SEEDS SULPHITES

**spiced aubergine & tomato tagine** red chilli, yoghurt & coriander V 6,50

MAKE IT VEGAN CELERY DAIRY SOYA MUSTARD SULPHITES

**patatas bravas** seasoned chips with bravas sauce V 5,50 MAKE IT VEGAN

CELERY GLUTEN-WHEAT EGG SOYA SULPHITES

**halloumi fritters** tempura halloumi, lemon aioli V 6,75

GLUTEN-WHEAT DAIRY EGG SOYA

**Korean cauliflower** gochujang, spring onion & sesame seeds 6,50

V VEGAN GLUTEN-WHEAT SESAME SEEDS SOYA MUSTARD SULPHITES

**butternut squash, chilli, sultana & coriander empanadillas**

feta, honey & dukkah 5,95 V MAKE IT VEGAN

GLUTEN-WHEAT DAIRY NUTS-HAZELNUTS SESAME SEEDS

**mushroom risoni** rice shaped pasta, mushrooms, Parmesan\*

& chive cream sauce V 6,50 GLUTEN-WHEAT DAIRY SOYA SULPHITES

## desserts

VEGAN DESSERT  
AVAILABLE ON REQUEST

**crema Catalana** V 6,95 DAIRY EGG

**sticky toffee pudding** toffee sauce, salted caramel

& Bourbon ice cream V 7,50 DAIRY

**chocolate brownie** chocolate sauce, orange mascarpone V 6,95 DAIRY EGG

**churros** (Spanish doughnuts) chocolate sauce V 6,95 GLUTEN-WHEAT DAIRY SOYA

**ice cream selection** V 5,95 DAIRY TREE NUTS\*\* EGG

**churros & coffee**

your choice of coffee

or tea to accompany a

smaller portion of our

churros with chocolate

sauce V 6,50

GLUTEN-WHEAT

DAIRY SOYA

## coffee

*all served with*

*double shot espresso*

**espresso** 3,15

**americano** 3,25 DAIRY

**cappuccino** 3,65 DAIRY

**cortado** 3,35 DAIRY

**latte** 3,75 DAIRY

## tea

**one person pot** *English breakfast, decaffeinated breakfast tea,*

*Earl Grey* 3,75 DAIRY

**herbal teas glass** *camomile, peppermint, green tea & peach,*

*lemongrass & ginger, jasmine tea pearls* 2,95 DAIRY

tapas

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escabeaenies

## MAIN MENU 8,95

includes one main dish, one side, small glass of fruit juice available from 11.45am

### 1. choose your tapas dish

freshly made tomato & mozzarella flatbread

V MAKE IT VEGAN SULPHITES GLUTEN-WHEAT

DAIRY SESAME SEEDS SOYA

freshly made tomato, mozzarella & salami flatbread

SULPHITES GLUTEN-WHEAT DAIRY SOYA MUSTARD

spicy meatballs with tomato sauce & cheese

CELERY SULPHITES DAIRY SOYA MUSTARD

sweet & sticky crispy px beef spring onion, sesame

GLUTEN-WHEAT SESAME SEEDS SOYA SULPHITES

spicy aubergine & tomato tagine yoghurt & coriander

V MAKE IT VEGAN CELERY DAIRY SOYA MUSTARD SULPHITES

cod tacos baby gem, lemon aioli

GLUTEN-WHEAT FISH EGG SOYA

mushroom risoni (rice shaped pasta) with creamy sauce

V SULPHITES GLUTEN-WHEAT DAIRY SOYA

### 2. choose your side

French fries V GLUTEN-WHEAT SOYA

patatas bravas spiced tomato sauce, garlic aioli V

MAKE IT VEGAN CELERY GLUTEN-WHEAT EGG SOYA SULPHITES

tomato & cucumber salad

sautéed vegetables VEGAN

### 3. choose your fruit juice

apple, orange, pineapple, cranberry

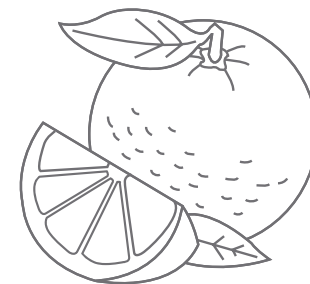
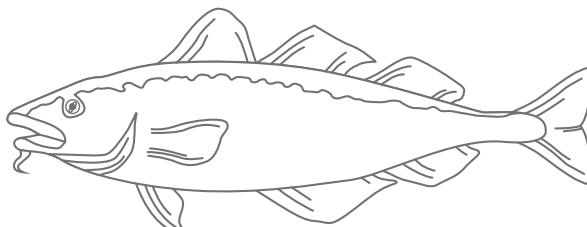
### add a sweet treat for 1,95

two scoops of ice cream vanilla, strawberry or chocolate

MAKE IT VEGAN DAIRY TREE NUTS\*\* EGG

churros Spanish doughnuts with chocolate sauce

GLUTEN-WHEAT DAIRY SOYA



# ALLERGEN/DIETARY

barescatapas

LUPIN CELERY SULPHUR DIOXIDE GLUTEN FISH MOLLUSCS CRUSTACEAN

DAIRY NUTS SESAME SEEDS EGG SOYA MUSTARD SULPHITES

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## menú del día 17,50

your choice of Catalan bread or marinated olives, plus two tapas & one side

### tapas

**pork belly tacos** braised local pork, kimchi cabbage, chipotle & lime mayonnaise GLUTEN-WHEAT NUTS-PEANUTS EGG

**grilled mushrooms with goat's cheese** basil & almond pesto, toasted almonds V DAIRY NUTS-ALMONDS SOYA

**garlic & chilli prawns** lemon, parsley 0,95pp supplement CRUSTACEAN SOYA

**butternut squash, chilli, sultana & coriander empanadillas** feta, honey, dukkah V MAKE IT VEGAN

GLUTEN-WHEAT DAIRY NUTS-HAZELNUTS SESAME SEEDS

**chicken wings** sweet chilli & sesame jam, coriander GLUTEN-WHEAT SESAME SEEDS SOYA

**baresca meatballs** local pork belly & loin meatballs in a spiced tomato sauce, Parmesan\*

CELERY DAIRY SOYA MUSTARD SULPHITES

**cod tacos** freshly crumbed cod fillet, kimchi cabbage, lemon mayonnaise, pickled red onion

GLUTEN-WHEAT FISH NUTS-PEANUTS SESAME SEEDS EGG SOYA SULPHITES

**Moroccan spiced aubergine & tomato tagine** red chilli, yoghurt & coriander V MAKE IT VEGAN

CELERY DAIRY SOYA MUSTARD SULPHITES

**baby chorizo** from La Rioja, glazed in honey & sherry vinegar SOYA SULPHITES

**Korean cauliflower** gochujang, spring onion & sesame seeds V VEGAN

GLUTEN-WHEAT SESAME SEEDS SOYA MUSTARD SULPHITES

**sweet crispy fried squid** in a light coating of cumin, turmeric & paprika flour, garlic aioli

GLUTEN-WHEAT MOLLUSCS EGG SOYA

**salmon 'tikka'** red mojo marinated salmon fillet, Bombay potato, curried mayonnaise

FISH EGG SOYA MUSTARD SULPHITES

**sweet & sticky crispy px beef** spring onions & red chilli 2,50pp supplement

GLUTEN-WHEAT SESAME SEEDS SOYA SULPHITES

**falafel** sweet potato hummus, pickled carrot, tahini 'yoghurt', pistachio, pomegranate V VEGAN

GLUTEN-WHEAT NUTS-PISTACHIO SESAME SEEDS SOYA SULPHITES

**halloumi fritters** chilli jam aioli V GLUTEN-WHEAT DAIRY EGG SOYA

### sides

**patatas bravas** seasoned chips with bravas sauce V

MAKE IT VEGAN CELERY GLUTEN-WHEAT EGG SOYA SULPHITES

**mushroom risoni** rice shaped pasta, mushrooms, Parmesan\* & chive cream sauce V

GLUTEN-WHEAT DAIRY SOYA SULPHITES

**giant couscous, wild rice & spinach salad** pecan, feta, cranberry, carrot, courgette, lemon dressing V

MAKE IT VEGAN GLUTEN-WHEAT DAIRY NUTS-PECAN SESAME SEEDS SULPHITES

# soft drinks

**limonata** 3,25 **VEGAN**

**aranciata** 3,25 **VEGAN**

**fresh juices** 3,15 **VEGAN**

**coca cola** 3,75 / **diet coke** 3,75 **VEGAN**

**organic ginger beer** 3,85 **VEGAN**

**elderflower pressé** 3,85 **VEGAN**

# sangria

**classic** red wine, brandy, orange liqueur, orange juice, fresh orange & lemon **glass** 7,95 / **carafe** 18,50 **VEGAN** **SULPHITES**

**raspberry & limoncello**

white wine, gin, limoncello, apple juice, raspberry purée, fresh lemon **glass** 7,95 / **carafe** 18,50 **VEGAN** **SULPHITES**

# gin tonica

35ml blended with fever tree tonic

**gin xoriguer** Menorca

a cult gin from Mahón and the only gin along with Plymouth to have a designation of origin, served with fresh lemon 8,50 **SULPHITES**

**tanqueray flor de Sevilla**

London

made with bittersweet Seville oranges to deliver fruitful and zesty taste; served with a squeezing wedge of orange 9,50 **VEGAN**

**nordes atlantic** Galicia, Spain

made with an albariño-grape-based spirit and Galician botanicals such as samphire, eucalyptus and lemon verbena; garnished with citrus 10,50 **SULPHITES**

# mocktails

**cherry & almond sour**

cherry, pineapple, almond, fresh lemon 3,95 **VEGAN** **NUTS-ALMONDS**

**strawberry & coconut colada**

coconut milk, strawberry, fresh lime 4,25 **VEGAN**

**apple & pear cooler**

apple, pear, lemon, soda 3,95 **VEGAN**

**mango & passion fruit** white

wine, gin, mango purée, passion fruit, orange juice, fresh lime **glass** 8,25 / **carafe** 19,50 **VEGAN** **SULPHITES**

**mixed berry** rosé wine,

blackcurrant liqueur, cranberry juice, raspberry purée, berries **glass** 8,05 / **carafe** 18,95 **VEGAN** **SULPHITES**

**puerto de indias peach gin**

Seville, Spain peach, orange and elderflower gin garnished with lemon & orange 8,50 **VEGAN**

**puerto de indias strawberry gin**

Seville, Spain created by mistake in the oldest distillery in Seville which dates back to 1880; garnished with strawberries & basil 9,50 **VEGAN**

**mascaró gin 9**

Vilafranca, Spain double distilled with one botanical: wild juniper-proof that simple can be beautiful; garnished with fresh lime 8,95 **SULPHITES**

# beer & cider

**leon** 4.0%

Staffordshire

craft lager, brewed by freedom

**pint** 5,95 / **half** 3,00 **VEGAN**

**GLUTEN-MALTED BARLEY**

**mahou** 5.1%

Madrid **pint** 6,75 / **half** 3,40 **VEGAN**

**GLUTEN-MALTED BARLEY**

**camden pale ale** 4.0%

London **pint** 6,50 / **half** 3,25

**VEGAN** **GLUTEN-BARLEY/WHEAT**

**estrella damm daura** 5.4%

Barcelona award winning gluten free

**pilsner** 330ml 4,95 **VEGAN**

**maeloc** 4.5%

Galicia refreshing dry cider 330ml 4,85

**VEGAN** **SULPHITES**

**cider mayador** 4.1%

Castilla y Leon light & clean

medium cider 330ml 4,85 **SULPHITES**

**brewdog nanny state** 0.5%

Ellon 330ml 4,15 **VEGAN** **GLUTEN-BARLEY**

**san miguel 0.0%**

Madrid 330ml 3,85 **VEGAN**

**GLUTEN-MALTED BARLEY**

# digestivo

**melody crema catalana**

this authentic Catalan cream liqueur

is an excellent alternative to Baileys;

served over ice 50ml 4,50 **DAIRY** **EGG**

**Spanish brandy**

**fernando de castilla reserva**

25ml 4,75 **VEGAN** **SULPHITES**

**peinado gran reserva 20 yrs**

oak-matured in sherry cask

25ml 8,95 **VEGAN**

**peinado gran reserva 100 yrs**

ultra-premium brandy from

the oldest distillery in Spain

25ml 13,95 **VEGAN**

# vermut

*classic Catalan apéritif,*

*served over ice with citrus.*

**add lemonade for 1,20**

**rojo** red vermouth 3,75 **SULPHITES**

**blanco** white vermouth made

with over 20 botanicals 3,75 **SULPHITES**

**reserva** aged for nine months

in oak 4,50 **SULPHITES**

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**GLUTEN** **FISH** **MOLLOSCS** **CRUSTACEAN**

**DAIRY** **NUTS** **SESAME SEEDS** **EGG**

**SOYA** **MUSTARD** **SULPHITES**

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# jerez

**fino**

dry, light, crisp 50ml 4,15

**VEGAN** **SULPHITES**

**amontillado**

aged fino, nutty 50ml 4,75

**VEGAN** **SULPHITES**

**pedro ximénez**

luscious & sweet 50ml 5,50

**SULPHITES**

# white wine

## BIN 9 house white

Bodegas Verum, Spain 12.5%  
bright hay & fennel flavours  
interlaced with plums & pears  
bottle 23,50 / 175ml 6,35 / 250ml 8,45  
VEGAN SULPHITES

## BIN 11 pinot grigio

Sartori, Italy 12%  
bottle 24,95 / 175ml 7,05 / 250ml 9,35  
VEGAN SULPHITES

## BIN 12 sauvignon blanc

Tarapaca, Chile 12.5%  
bottle 27,50 / 175ml 7,35 / 250ml 9,65  
SULPHITES

## BIN 13 QL Vinho Verde

Quinta da Lixa, Portugal 10.5%  
aromatic green apple,  
melon & white peach  
bottle 28,95 VEGAN SULPHITES

## BIN 14 rioja blanco

Bodega Vintae, Spain 12.5%  
bottle 29,95 VEGAN SULPHITES

## BIN 15 chardonnay

Vintae, Spain 12.5%  
an exotic Spanish chardonnay;  
a juicy mouthful of tropical fruits  
bottle 31,95 VEGAN SULPHITES

## BIN 17 sauvignon blanc

Wairarapa, NZ 13%  
From the interesting sub region of  
Gladstone this delicious New Zealand  
classic is intense with Gooseberries,  
green pepper & lime bottle 36,95  
SULPHITES

## BIN 18 albariño

'Alba Martin' Martin Codax, Spain 12.5%  
flavours of ripe lemons & peach;  
stunning wine bottle 37,50  
VEGAN SULPHITES

## BIN 19 assyrtiko

Ktima Kir-Yianni, Greece 13%  
the classic Greek assertiko grape,  
sauvignion-esque & truly delicious  
bottle 41,00 VEGAN SULPHITES

# red wine

## BIN 20 house red

Bodegas Verum, Spain 13.5%  
a palate of black fruit,  
lightened by a fragrant  
hint of spice bottle 23,50  
175ml 6,35 / 250ml 8,45  
VEGAN SULPHITES

## BIN 22 merlot

Tarapaca, Chile 13%  
bottle 27,95 / 175ml 7,45  
/ 250ml 9,75 SULPHITES

## BIN 23 sangiovese

Vina Falerña, Chile 14%  
northern Chile's take on juicy  
Chianti: full of black cherry,  
red berries & a touch of  
vanilla bottle 29,50  
VEGAN SULPHITES

## BIN 25 rioja tempranillo

Bodega Vintae, Spain 13.5%  
bottle 31,50 175ml 8,15 /  
250ml 10,80 VEGAN SULPHITES

## BIN 26 malbec

Trapiche, Argentina 13.5%  
bottle 33,95 VEGAN SULPHITES

## BIN 27 crianza

Bodegas Añadas, Spain 14%  
rich & powerful crianza from  
Navarra; merlot-tempranillo  
blend - offering generous  
red fruit & a touch of spice  
bottle 32,95  
VEGAN SULPHITES

## BIN 28 primitivo

Puglia, Italy 12.5%  
lush with blackberries &  
currants on the palate,  
nutmeg, liquorice & vanilla  
on the nose bottle 35,95  
SULPHITES

## BIN 29 garnacha organic

Terra Alta, Spain 13.5%  
silky & vibrant garnacha from  
master sommelier turned  
winemaker Franck Massard  
bottle 37,95 SULPHITES

## BIN 30 syrah

Quinta Do Crasto,  
Portugal 14.5%  
Crasto's flagship syrah  
(shiraz), brimming with  
berries & perfumed  
with clove, cinnamon  
& vanilla bottle 49,95  
VEGAN SULPHITES

# rosé wine

## BIN 40 rama rosado

Bodegas Covinas, Spain 12%  
a delicate blend of garnacha &  
bobal; red fruits with a snap of acidity  
bottle 23,50 175ml 6,35 / 250ml 8,45  
VEGAN SULPHITES

## BIN 41 cabernet sauvignon rosé

Vina San Pedro, Chile 12.5%  
pale, bright & crisp. wild  
strawberries with a touch  
of spice bottle 29,50  
SULPHITES

## BIN 42 rioja rosado

Sierra Cantabria, Spain 13%  
Cantabria, one of the most iconic  
estates in Rioja offers a delightful red  
berry, pomegranate & fennel flavoured  
rosé: elegant & sophisticated bottle 35,50  
VEGAN SULPHITES

# cava

## BIN 1 cava

Pere Ventura, Spain 11.5% smart, fresh  
cava bottle 29,95 / 125ml 6,55 SULPHITES

## BIN 2 cava rosado

Pere Ventura, Spain 11.5%  
lively pink cava bottle 33,95 SULPHITES

## BIN 3 cava

Terra Alta, Spain 11.5%  
master sommelier & winemaker's  
Franck Massards' signature cava;  
fresh green apples, a lemon &  
lime twist and hint of honeysuckle;  
artisan & crafted bottle 39,95  
VEGAN SULPHITES

## BIN 4 cava gran reserva

Pere Ventura, Spain 11.5%  
full bodied, intense & aromatic;  
seriously good bottle 49,95 SULPHITES

*In the event that a wine is not available, we will  
endeavour to replace with a suitable alternative.*