

# LISTA de TAPAS

www.elparadorlondon.com

<b>ALIOLI</b> Fresh egg mayonnaise with crushed garlic, s/w bread	4.20	<b>ADOBADO de CARNE de VENADO</b> Grilled venison fillet marinated w/ red wine, bay leaves & cinnamon s/w beetroot & creamed horseradish	7.00
<b>PURE de HABAS</b> Broad bean, confit garlic & rosemary s/w bread	4.20	<b>SALTEADO de HIGADO de TERNERA *</b> Goujons of calves liver marinated w/ sage, garlic oil, p/f w/ green beans aged balsamic & chestnuts	7.00
<b>ROMANESCO de ALMENDRAS y PIPAS tostadas *</b> Crushed almonds, sunflower & pumpkin seeds roasted w/ o/oil, garlic tomatoes & chillies s/w bread	4.20	<b>MORCILLA del MANZANAL</b> Spanish savoury sausage p/f with apple, caramelised red onions watercress & flat parsley	6.50
<b>PAN</b> Bread	1.60	<b>SALTEADO de SOLOMILLO</b> Goujons of fillet steak marinated w/ oregano, garlic oil, p/f w/ whole blk pepper corns, oyster mushrooms, peas & port, s / w smoked paprika horseradish	7.60
<b>FISH</b>		<b>PATO con CEBOLLITAS BLANCAS</b> Goujons of duck breast marinated w/ mint & garlic, p/f w/ honey roasted silverskin onions & roasted red peppers	6.70
<b>BOQUERONES</b> Fresh anchovies, marinated with roasted garlic oil & flat parsley	6.20		
<b>VIEIRAS al OLIVO</b> Pan fried scallops marinated w/ tarragon & chilli oil s/w crushed blk olives, capers & virgin olive oil	7.00	<b>VEGETARIAN</b>	
<b>CALAMARES a la ROMANA</b> Squid marinated with coriander & lemon, floured & deep fried	6.20	<b>EMPANADILLAS de QUESOS y ESPINACAS</b> Spinach, mature cheddar & cream cheese in puff pastry	5.60
<b>ATUN con ACHICORIA y ALCAPARRAS</b> Goujons of tuna p/f with red chicory hearts, capers, lemon & cracked black pepper	7.50	<b>PATATAS BRAVAS</b> Spicy sautéed potatoes in a rich tomato sauce	4.50
<b>BESUGO a la PLANCHA ❖</b> Grilled black seabream w/ grain mustard, tarragon & garlic	6.50	<b>TORTILLA ESPANOLA</b> El Parador's version of the 'classic' potato & onion omelette	4.50
<b>BACALAO del PARADOR ❖</b> Salt cod baked w/ butter beans, roasted red peppers, garlic & saffron oil	6.90	<b>ENSALADILLA CASERA *</b> Chicory, baby gem lettuce & ruby chard with lemon & walnut oil	4.50
<b>MERLUZA con SETAS ❖</b> Pan baked hake w/ enoki mushrooms, ginger, garlic & cracked blk pepper	6.60	<b>JUDIAS VERDES con CASTANAS *</b> Green beans p/f with chestnuts, roasted red onions, nutmeg & chilli oil	5.90
<b>CALAMARES ADOBADO a la PLANCHA</b> Grilled squid, marinated with thyme, garlic & paprika	6.20	<b>SETAS del CAMPO *</b> Shimeji, eyringe, golden enoki & oyster mushrooms p/f w/ garlic, tarragon, grain mustard & sesame oil	6.50
<b>SARDINAS a la PLANCHA</b> Grilled, fresh sardines marinated w/ sea salt & cracked black pepper	5.20	<b>ENSALADA de REMOLACHA ASADA *</b> Roasted beetroot salad w/ hazelnuts, goats cheese, ruby chard, watercress walnut oil & aged balsamic	5.80
<b>SALTEADO de CHIPIRONES</b> Baby squid marinated w/ chilli, garlic, coriander p/f w/ olive oil & lemon	6.20	<b>SALTEADO de ESPARRAGOS del MAR</b> Sampire p/f w/ shallots, roasted cherry tomatoes, ginger & chilli oil	5.90
<b>PULPO a la PARRILLA</b> Grilled octopus marinated with rosemary, thyme & virgin olive oil	6.70	<b>PIMIENTOS de PADRON</b> Padron peppers p/f with virgin o/oil & sea salt	5.90
<b>GAMBAS SALTEADAS</b> Tiger prawns (shell-off) marinated w/ saffron, lime & garlic, p/f with asparagus spears & chilli oil	6.50	<b>BATATAS al ROMERO y CILANTRO</b> Sweet potatoes roasted w/ rosemary, coriander seeds & garlic, p/f with smoked paprika oil, roasted cherry tomatoes & ruby chard	5.80
<b>MEAT</b>		<b>ESPARRAGOS a la PLANCHA *</b> Chargrilled asparagus spears w/ cracked blk pep, mint, lemon zest & walnut oil	6.00
<b>JAMON IBERICO de JABUGO</b> Acorn fed, lean Iberican Jamon from Jabugo s/w caperberries & confit garlic	6.80	<b>SALTEADO de ZANAHORIAS *</b> Carrots roasted w/ garlic & thyme, p/f w/ sesame seeds, honey & blk pepper	5.60
<b>ROSARIO CHORIZO con CALCOTS</b> Spicy Spanish sausage p/f w/ chargrilled spring onions roasted yellow cherry tomatoes & rosemary	5.70	<b>ARROZ con CILANTRO y MENTA</b> Calasparra rice w/ coriander, mint, butter, chickpeas & garlic oil	5.70
<b>ALBONDIGAS</b> Pork meatballs in a rich, lightly spiced tomato & herb sauce	6.20	<b>COL RIZADA con TOMATITOS AMARILLOS</b> Curly kale p/f with roasted yellow cherry tomatoes, butter beans chilli & garlic oil	5.80
<b>PANCETA con CIDRA</b> Rolled belly pork marinated w/ garlic, blk pep & dill, braised w/ Asturian cider	5.80	<b>HINOJO ASADO del PARADOR *</b> Roasted fennel hearts p/f w/ tarragon, spinach, sunflower seeds & garlic oil	5.90
<b>POLLO a la PLANCHA</b> Grilled chicken thighs, marinated w/ lemon grass, tumeric, sage & garlic	5.70	<b>ENSALADA de ALCACHOFAS ASADAS *</b> Warm chargrilled artichoke heart salad w/ ratte pots, mint, peas lemon & walnut oil	5.90
<b>FILETES de CORDERO a la PLANCHA</b> Grilled lamb fillets marinated with rosemary & garlic & vir.o/oil, s/w crushed ginger, green chillies, fresh lime & rosemary (spicy)	6.50		

❖ may contain bones \* contains nuts