



LACTOSE ALLERGY MENU

GUEST, SERVER & CHEF PLEASE TAKE NOTE: The guest must take responsibility & communicate their needs accurately to the server & chef to ensure their safety. Please, this must be taken seriously by all involved. The guest, server & chef all must have copies of this menu. We all understand that some allergies are life threatening.

ONLY ITEMS ON THIS MENU ARE LACTOSE FREE

FRIED ITEMS MAY BE CROSS CONTAMINATED

ENTREMESES

ACEITUNAS Olives, olive oil 4.99 add spicy harissa .99

ALMENDRAS Marcona almonds, paprika, garlic olive oil, sea salt 7.99

PAN A LA PLANCHA Grilled bread, tomato & garlic rub, olive oil 2.99 add Serrano ham 2.99

PLATO DE JAMÓN Y QUESO Serrano ham, sausages, cheeses, fruit, Marcona almonds 10.99
(available meat only)

SOPA

GAZPACHO Chilled tomato & cucumber soup 2.50/3.50

FEIJOADA Pork belly, chorizo, braised pork, black beans, habañero salsa 3.50/4.50

ENSALADA

ENSALADA DE LA REMOLACHA Y PALMA Hearts of palm, roasted beets, pickled carrots, pine nuts, goat cheese, organic greens, lemon herb vinaigrette 8.95 **(order no cheese)**

DE CASA Organic greens, Manchego cheese, onion, pimientos, mango dressing 7.95 **(order no cheese)**

ENSALADA CAMPESINO Artichoke, red onion, white beans, roasted portabella, pimientos, tomato, feta, kalamata olives, organic greens, sherry vinaigrette 9.95 **(order no cheese)**

ENSALADA MIXTA Braised pork, goat cheese, red onion, Marcona almonds, dried cherries, anchote dressing 9.95 **(order no cheese)**

VEGETARIANO

ALCACHOFAS A LA PARILLA Grilled artichoke hearts, roasted red peppers, garlic, aioli 9.99

PATATAS BRAVAS Fried potatoes, aioli, spicy tomato sauce 5.99

ESPÁRRAGOS EN SALSA ROMESCO Grilled asparagus, romesco sauce, Marcona almonds, lemon 8.99 add sautéed scallops 5.99

TORTILLA ESPAÑOLA Egg, potato & onion torte, salsa verde 4.99

ALUBIAS NEGRAS Black beans, rice, habañero salsa 5.99

VERDURAS Y TORTAS Spicy black bean & quinoa cakes, roasted vegetables, avo-cumber sauce 8.99

AJO AL HORNO Whole roasted garlic cloves, roasted red pepper, olive oil 5.99 **(order no skillet)**

TOSTONES FRITOS Fried plantains, avocado relish, jalapeño honey 5.99

DEL MAR

ATÚN EN ESCABECHE Herb seared Ahi tuna*, leek & carrot ribbons, mango coulis, salsa verde 11.99

BANDERILLA DE VIEIRAS Y TOCINO Scallop & pork belly skewer, habañero mango grape chutney 8.99

SALMÓN CON HIERBAS Alaskan salmon* fillet, pesto, roasted red peppers, spinach, potatoes, sherry reduction 12.99 **(order no pesto)**

GAMBAS AL AJILLO sautéed shrimp, garlic, olive oil, red pepper flakes 10.99 **(order no skillet)**

LACTOSE ALLERGY MENU (CONT)

CARNE

SOLOMILLO DE PAVO Chilled turkey tenderloin, mango chutney, curry aioli 7.99

BANDERILLAS DE CORDERO Lamb loin* & onion skewers, migas, spicy harissa 12.99

MIGAS Sautéed bread, chorizo, pork belly, roasted onion, grapes, fried egg 8.99

BISTEC DE LOMO Beef tenderloin* grilled med-rare, saffron onions, blueberry demi-glace 12.99

POLLO AL CHILINDRÓN Roasted chicken drum & thigh, stewed bell peppers, smoked paprika, chilies, tomatoes, Serrano ham & green olives, rice 8.99

POLLO Y CHORIZO A LA PLANCHA Grilled chicken & chorizo, cumin aioli 8.99

ALBONDIGAS Moroccan lamb, beef & chorizo meatballs, artichokes, roasted vegetables 9.99 **(order no skillet)**

CHULETILLA DE CORDERO Lamb rib* grilled med-rare, romesco, Manchego Serrano croquette 9.99 **(order no croquette)**

MEDJOOOL RELLENAS PICANTES Lamb, chorizo & bacon stuffed dates, spicy harissa 6.99

PAELLA

Rice casserole, allow 45 minutes to prepare

PAELLA VERDURAS Portabella mushroom, artichoke heart, tomato, pimientos, peas, spinach, onion, garlic, saffron rice 17.99

PAELLA VALENCIANA Chicken, chorizo, shrimp, mussels, crawfish, tomato, pimientos, peas, onion, garlic, saffron rice 21.99

ARROZ CON POLLO Chicken, chorizo, tomato, pimientos, peas, onion, garlic, saffron rice 20.99

PAELLA MARISCOS Shrimp, mussels, crawfish, squid, tomato, pimientos, peas, onion, garlic, saffron rice 20.99

GRAN PAELLA Oman lobster tails, shrimp, cod, crawfish, mussels, chorizo, chicken, pimientos, tomato, peas, onion, garlic, saffron rice 43.99

POSTRE

SORBETE DE MANZANA Vegan dessert; green apple sorbet, gingersnap cookie 2.99