

## 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 add spicy harissa

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

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

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

### SOPA

**GAZPACHO** Chilled tomato & cucumber soup

### ENSALADA

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

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

**Espinaca Salteada** warm wilted spinach, portabellas, marinated, artichokes, garbanzo beans, roasted red pepper manchego cheese, sherry vinaigrette **(no cheese)**

**EN SALADA MIXTA** Braised pork, goat cheese, red onion, Marcona almonds, dried cherries, anchiote dressing **(order no cheese)**

### VEGETARIANO

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

**HUMMAS DE HIERBAS** Pesto hummus, lavash, sherried vegetables, tomato vinaigrette

**PATATAS BRAVAS** Fried potatoes, aioli, smoky tomato sauce

**ESPARRAGOS EN SALSA ROMESCO** Grilled asparagus, romesco sauce, Marcona almonds, lemon 8.99 add sauteed scallops

**TORTILLA ESPANOLA** Egg, potato & onion torte, salsa verde

**ALUBIAS NEGRAS** Black beans, rice, habanero salsa

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

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

**TOSTONES FRITOS** Fried plantains, avocado relish, jalapeno honey

### DELMAR

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

**BANDERILLA DE VIEIRAS Y TOCINO** Scallop & pork belly skewer, habanero mango grape chutney

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

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

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## LACTOSE ALLERGY MENU (CONT)

### CARNE

**CORDERO Y MIGAS** Lamb loin" & onion skewers, migas, spicy harissa

**MIGAS** Sauteed bread, chorizo, pork belly, roasted onion, grapes, fried egg

**BISTEC DE LOMO** Beef tenderloin\* grilled med-rare, saffron onions, cherry demi-glace **(order no butter)**

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

**CHULETILLA DE CORDERO** Lamb rib\* grilled med-rare, romesco, smashed potato

### PAELLA

Rice casserole, allow 45 minutes to prepare

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

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

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

**PAELLA MARISCOS** Shrimp, mussels, crawfish, scallops, tomato, pimientos, peas, onion, garlic, saffron rice

