

# LOS MOLINOS

## Spanish Tapas Restaurant

The word 'tapa' literally translates as lid or cover, and derives from the old Andalusian custom of covering a sherry glass with a slice of bread topped with chorizo or ham. We recommend **two or three tapas per person** for a satisfying meal.

### STARTERS

JAMON SERRANO Dry cured mountain ham	8.30	GLASS OF GAZPACHO Chilled raw vegetable soup	2.70
TABLA DE IBERICOS Sliced Iberian salchichon, lomo & chorizo	8.10	GUACAMOLE Avocado dip with tortilla chips	6.10
TABLA DE QUESOS A selection of Spanish cheeses	8.10	SOPA DEL DIA Soup of the day	3.50
TABLA MIXTA Manchego cheese and Serrano Ham	8.30	ESPARRAGOS DE NAVARRA White asparagus with olive oil & sherry vinegar	4.90
QUESO FRITO Fried Brie with cranberry sauce dip	5.90	BOQUERONES EN VINAGRE Marinated fresh anchovies	5.70
QUESO CANARIO CON MOJOS Grilled cheese served with 'mojo' sauces	6.30	PAN CON TOMATE Bread with tomato	2.70
ACEITUNAS ALIÑADAS Marinated olives	2.95	PAN CON AJO Garlic bread	2.30
		PAN CON ACEITE Basket of bread with extra virgin olive oil	1.20

### SEAFOOD TAPAS

BUÑUELOS DE PESCADO Cod and crab fishcakes served with guacamole dip (4 units)	5.60	CALAMARES A LA PLANCHA Grilled tender marinated squid	7.20
LANGOSTINOS A LA PLANCHA Grilled king prawns in garlic white wine spicy sauce (3 units)	8.60	CHIPIRONES EN SU TINTA Baby squid cooked in wine and its own ink	6.80
GAMBAS AL AJILLO Tiger prawns in garlic sauce	6.90	CALAMARES A LA ROMANA Crispy fried squid rings in batter	6.90
ATUN EN SALSA PICANTE Tuna with avocado, jalapeño and mango salsa	6.90	PULPO A LA GALLEGA Tender octopus flavoured with paprika & olive oil	8.90
SARDINAS A LA PLANCHA Grilled sardines	5.70	CROQUETAS DE BACALAO Salted cod croquettes with coriander sauce dip (4 units)	5.40
CHANQUETES Crispy fried whitebait with 'tartara' sauce dip	5.90	PAELLA Traditional rice dish with chicken & seafood	7.90
GULAS AL AJILLO PICANTE Baby eels in spicy garlic sauce	6.95	VIEIRAS 'LOS MOLINOS' Grilled scallops with asparagus & sprinkled with sweet chilli sauce	9.10
MERLUZA REBOZADA Fried Hake goujons with 'tartara' sauce dip	7.70	PINCHOS MAR Y TIERRA Prawns & Chorizo on skewers with spicy chilli sauce dip (3 units)	7.30
PINCHOS GALEGOS CON MOJO PICON Prawns & Octopus skewers with spicy chilli sauce dip (3 skewers)	7.30	CROQUETAS DE GAMBAS Prawn croquettes with mustard and aioli dip	5.40

## MEAT TAPAS

NACHOS VERACRUZ Chilli beef with tortilla chips and toppings	6.10	POLLO STROGANOFF Chicken Stroganoff served with rice, mushrooms and onion sauce	5.90
CROQUETAS DE JAMON Ham croquettes with spicy chilli sauce dip (4 units)	5.00	CHULETAS DE CORDERO Lamb cutlets with mint sauce dip (3 units)	8.80
CROQUETAS DE CORDERO Spicy lamb croquettes with coriander sauce dip (4 units)	5.20	CONEJO AL SALMOREJO CANARIO Canary Island style rabbit, in a spicy wine sauce	6.20
CROQUETAS DE POLLO Chicken croquettes with cheese and spicy chilli sauce dip (4 units)	5.00	DELICIAS DE POLLO Fillets of Chicken filled with brie & ham (4 units)	5.60
CHORIZO AL VINO Spicy sausage in wine sauce	5.20	FILLOA RELLENA DE POLLO Y ESPINACAS Pancake filled with chicken & spinach	5.60
HIGADOS DE POLLO SALTEADOS Chicken livers sautéed in olive oil & sherry	5.20	FABADA ASTURIANA White bean stew with pancetta, chorizo & black pudding	5.20
ZORZA Fried Pork meat marinated in paprika & garlic, served with chips and peppers	6.00	CARNE DE TERNERA STROGANOFF Beef Stroganoff served with rice, mushrooms and sundried tomatoes	7.50
ALBONDIGAS A LA BILBAINA Meatballs in carrot & wine sauce	5.00	MEDALLONES DE TERNERA Beef medallions with wild capers & sundried tomatoes sauce dip	8.20
MORCILLA DE BURGOS Black Pudding with Piquillo peppers	5.40	MILANESAS DE POLLO CON QUESO Fillets of chicken in breadcrumbs with cheese on top	5.40
CROQUETAS DE CHORIZO Chorizo croquettes with 'alioli' dip	5.00		

## VEGETARIAN TAPAS

ENSALADA VERDE or ENSALADA MIXTA Green salad OR Mixed salad	3.90	GARBANZOS COMPUESTOS Chickpea, spinach & cumin stew	4.00
ENSALADA DE TOMATE Tomato salad	3.80	CHAMPIÑONES RELLENOS Baked stuffed mushrooms (stuffed with garlic and cheese)	3.90
PIMIENTOS DE PADRON Baby Galician Peppers sautéed in olive oil	6.20	BATATAS FRITAS CON SALSA DULCE Sweet Potato 'fries' with red pepper sauce dip	4.20
BERENJENAS RELLENAS Rolls of aubergine with cheese & basil	4.70	TORTILLA ESPAÑOLA Potato and onion omelette	4.80
ESPARRAGOS A LA CATALANA Green asparagus with alioli and parmesan cheese	4.80	PATATAS BRAVAS 'LOS MOLINOS' Our spicy potatoes are baked, not fried	3.90
ALCACHOFAS AL ALIOLI Stuffed artichokes with 'alioli' dip (stuffed with rice and pepper)	5.40	PATATAS FRITAS CON ALIOLI Homemade chunky chips with 'alioli' dip	3.80
CRISPES DE ESPINACAS Crispy fried spinach cakes	4.20	ARROZ BLANCO Plain basmati rice	2.90

**PLEASE TELL A STAFF MEMBER IF YOU SUFFER FROM A FOOD ALLERGY**

All prices include VAT. An optional 10% service charge will be added to your bill.  
Lunch is served from 12 pm to 3 pm, Monday to Saturday and Dinner from 6 pm to 11pm, Monday to Saturday