

# 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	£2.80
TABLA DE IBERICOS Sliced Iberian salchichon, lomo & chorizo	£8.30	GUACAMOLE Avocado dip with tortilla chips	£6.20
TABLA DE QUESOS A selection of Spanish cheeses	£8.20	SOPA DEL DIA Soup of the day	£3.60
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	£5.90
QUESO CANARIO CON MOJOS Grilled cheese served with 'mojo' sauces	£6.40	PAN CON TOMATE Bread with tomato	£2.70
ACEITUNAS ALIÑADAS Marinated olives	£2.95	PAN CON AJO Garlic bread	£2.30
SOBRASADA Iberian chorizo path spread on toast & honey	£5.40	PAN CON ACEITE Basket of bread with extra virgin olive oil	£1.40

### 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	£7.50
LANGOSTINOS A LA PLANCHA Grilled king prawns in garlic white wine spicy sauce (3 units)	£8.90	CHIPIRONES EN SU TINTA Baby squid cooked in wine and its own ink	£6.90
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	£9.80
SARDINAS A LA PLANCHA Grilled sardines	£5.80	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	£7.50	VIEIRAS 'LOS MOLINOS' Grilled scallops with asparagus & sprinkled with sweet chilli sauce	£9.90
BACALAO REBOZADA Fried Cod with 'tartara' sauce dip	£7.60	PINCHOS MAR Y TIERRA Prawns & Chorizo on skewers with spicy chilli sauce dip (3 units)	£7.40
CROQUETAS DE GAMBAS Prawn croquettes with mustard and aioli dip (4 units)	£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)	£5.20	CHULETAS DE CORDERO Lamb cutlets with mint sauce dip (3 units)	£9.40
CROQUETAS DE RABODE TORO (4 units) Oxtail + Manchego cheese croquettes with coriander sauce dip	£5.40	CONEJO AL SALMOREJO CANARIO Canary Island style rabbit, in a spicy wine sauce	£6.40
CROQUETAS DE POLLO Chicken croquettes with cheese and spicy chilli sauce dip (4 units)	£5.20	SOLOMILLO A LA PIMIENTA Fillets of Chicken filled with brie & ham (4 units)	£7.80
CHORIZO AL VINO Spicy sausage in wine sauce	£5.30	FILLOA RELLENA DE POLLO Y ESPINACAS Pancake filled with chicken & spinach	£5.60
HIGADOS DE POLLO SALTEADOS Chicken livers sautéed in olive oil & sherry	£5.30	FABADA ASTURIANA White bean stew with pancetta, chorizo & black pudding	£5.40
ZORZA Fried Pork meat marinated in paprika & garlic, served with chips and peppers	£6.20	CARNE DE TERNERA STROGANOFF Beef Stroganoff served with rice, mushrooms and sundried tomatoes	£7.70
ALBONDIGAS A LA BILBAINA Meatballs in carrot & wine sauce	£5.10	MEDALLONES DE TERNERA Beef medallions with wild capers & sundried tomatoes sauce dip	£8.80
MORCILLA DE BURGOS Black Pudding with Piquillo peppers	£5.50	MILANESAS DE POLLO CON QUESO Fillets of chicken in breadcrumbs with cheese on top	£5.50
CROQUETAS DE CHORIZO (4 units) Chorizo croquettes with 'alioli' dip	£5.20		

## VEGETARIAN TAPAS

ENSALADA VERDE or ENSALADA MIXTA Green salad OR Mixed salad	£3.90	GARBANZOS COMPUESTOS Chickpea, spinach & cumin stew	£4.10
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	£4.90	TORTILLA ESPAÑOLA Potato and onion omelette	£4.90
ESPARRAGOS A LA CATALANA Green asparagus with alioli and parmesan cheese	£4.90	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	£3.90
CRISPES DE ESPINACAS Crispy fried spinach cakes	£4.50	ARROZ BLANCO Plain basmati rice	£2.90
		CROQUETAS DE ESPINACAS Y QUESO DE CABRA Spinach + goat cheese croquettes with sweet chili sauce dip	£4.90

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