

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 | £8.40 | 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 | £8.20 |
| 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 |
| 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) | £7.40 |
| 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 sundried tomato 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 Iberian pork loin in peppercorn sauce | £7.80 |
| CHORIZO AL VINO Spicy sausage in wine sauce | £5.30 | PINCHOS MINI CHORIZO Mini chorizo | £5.80 |
| 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 | | |
| CROQUETAS DE CORDERO (4 units) Lamb croquettes with coriander sauce 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 | TORTILLA ESPAÑOLA Potato and onion omelette | £4.90 |
| BERENJENAS RELLENAS Rolls of aubergine with cheese & basil | £4.90 | PATATAS BRAVAS 'LOS MOLINOS' Our spicy potatoes are baked, not fried | £3.90 |
| ESPARRAGOS A LA CATALANA Green asparagus with alioli and parmesan cheese | £4.90 | PATATAS FRITAS CON ALIOLI Homemade chunky chips with 'alioli' dip | £3.90 |
| ALCACHOFAS AL ALIOLI Stuffed artichokes with 'alioli' dip (stuffed with rice and pepper) | £5.40 | ARROZ BLANCO Plain basmati rice | £2.90 |
| CRISPES DE ESPINACAS Crispy fried spinach cakes | £4.50 | 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

Call us on 0207 603 2229 to place your order.

Opening hours: Monday to Saturday, 12 noon to 9pm