

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 slice of bread topped with chorizo or ham.

We recommend **two or three tapas per person** for a satisfying meal.

STARTERS

JAMON SERRANO <i>Dry cured mountain ham</i>	9.40	GLASS OF GAZPACHO <i>Chilled raw vegetable soup</i>	2.90
TABLA DE QUESO Y LOMO <i>Cheese & Lomo</i>	8.90	GUACAMOLE <i>Avocado dip with tortilla chips</i>	6.40
TABLA DE QUESOS <i>A selection of Spanish cheeses</i>	9.20	SOPA DEL DIA <i>Soup of the day</i>	3.60
TABLA MIXTA <i>Manchego cheese & Serrano ham</i>	9.30	BOQUERONES EN VINAGRE <i>Marinated fresh anchovies</i>	6.10
QUESO FRITO <i>Fried brie with cranberry sauce dip</i>	6.40	PAN CON PATE DE CHORIZO <i>Chorizo pate with honey on toast</i>	5.70
QUESO CANARIO CON MOJOS <i>Grilled cheese served with 'mojo' sauces</i>	7.10	PAN CON TOMATE <i>Diced tomato on bread</i>	3.10
ACEITUNAS ALIÑADAS <i>Marinated olives</i>	3.10	PAN CON AJO <i>Garlic bread</i>	2.80
ESPARRAGOS DE NAVARRA <i>White asparagus with olive oil & sherry vinegar</i>	5.10	PAN CON ACEITE <i>Basket of bread with extra virgin olive oil</i>	1.60

SEAFOOD

BUÑUELOS DE PESCADO (4 units) <i>Cod & crab fishcakes server with guacamole dip</i>	5.90	CALAMARES A LA PLANCHA <i>Grilled tender marinated squid</i>	8.10
LANGOSTINOS A LA PLANCA (3 units) <i>Grilled king prawns in garlic white wine spicy sauce</i>	9.40	CHIPIRONES EN SU TINTA <i>Baby squid cooked in wine and its own ink</i>	7.20
GAMBAS AL AJILLO <i>Tiger prawns in garlic sauce</i>	7.10	CALAMARES A LA ROMANA <i>Crispy fried squid rings in batter</i>	7.20
VIEIRAS 'LOS MOLINOS' <i>Grilles scallops with asparagus & prawn sauce</i>	10.50	PULPO A LA GALLEGA <i>Tender octopus flavoured with parprika & olive oil</i>	10.50
PINCHOS DE MAR Y TIERRA (3 units) <i>Prawns & chorizo on skewers with spicy chilli sauce dip</i>	7.70	CROQUETAS DE BACALAO (4 units) <i>Salted cod croquettes with coriander sauce dip (May contain small fish bones)</i>	5.70
CROQUETAS DE GAMBAS (4 units) <i>Prawn croquettes with mustard & alioli dip</i>	5.70	PAELLA <i>Traditional rice dish with chicken & seafood</i>	8.70
ATUN EN SALSA PICANTE <i>Tuna with avocado, jalapeno & mango salsa</i>	7.20	PAELLA NEGRA <i>Spanish black rice with squid ink & seafood</i>	8.70
HALIBUT REBOZADO <i>Fried halibut goujons with tartara sauce dip</i>	8.10	SARDINAS A LA PLANCHA <i>Grilled sardines</i>	6.10
CHANQUETES <i>Crispy fried whitebait with tartara sauce dip</i>	5.90	GULAS AL AJILLO PICANTE <i>Baby eels in spicy garlic sauce</i>	7.90

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.

MEAT

NACHOS VERACRUZ <i>Chilli beef with tortilla chips and toppings</i>	6.80	CROQUETAS DE CORDERO (4 units) <i>Spicy lamb croquettes with coriander sauce dip</i>	5.50
CROQUETAS DE JAMON (4 units) <i>Ham croquettes with spicy chilli sauce dip</i>	5.50	CHULETAS DE CORDERO (3 units) <i>Lamb cutlets with mint sauce dip</i>	10.10
POLLO STROGANOFF <i>Chicken stroganoff served with rice, mushrooms & onion sauce</i>	6.20	CARNE DE TERNERA STROGANOFF <i>Beef Stroganoff served with rice, mushrooms & sundried tomatoes</i>	8.20
HIGADOS DE POLLO SALTEADOS <i>Chicken livers sautéed in olive oil & sherry served with rice</i>	5.70	CONEJO AL SALMOREJO CANARIO <i>Canary Island style rabbit in a spicy wine sauce</i>	6.80
ZORZA <i>Fried pork meat marinated in paprika & garlic served with chips and peppers</i>	6.70	SOLOMILLO A LA PIMIENTA <i>Iberian pork loin in a peppercorn sauce</i>	7.90
CROQUETAS DE POLLO (4 units) <i>Chicken croquettes with cheese and spicy chilli sauce dip</i>	5.50	FABADA ASTURIANA <i>White bean stew with pancetta, chorizo & black pudding</i>	5.70
CROQUETAS DE CHORIZO (4 units) <i>Chorizo croquettes with alioli sauce dip</i>	5.50	MEDALLONES DE TERNERA <i>Beef medallions with horseradish sauce dip</i>	9.90
CHORIZO AL VINO <i>Spicy sausage in wine sauce</i>	5.60	ALBONDIGAS A LA BILBAINA <i>Meatballs in carrot & wine sauce served with rice</i>	5.40
PINCHOS DE CHORIZO (3 units) <i>Chorizo on skewers with spicy chilli sauce dip</i>	6.10	MILANESAS DE POLLO CON QUESO <i>Fillets of chicken in breadcrumbs with cheese on top</i>	5.90

VEGETARIAN

ENSALADA MIXTA O VERDE <i>Mixed or green salad</i>	3.90	GARBANZOS COMPUESTOS <i>Chickpea, spinach & cumin stew</i>	4.40
ENSALADA DE TOMATE <i>Tomato salad</i>	3.90	CHAMPIÑONES RELLENOS <i>Baked stuffed mushrooms (with garlic & cheese)</i>	4.10
ALCACHOFAS RELLENAS <i>Stuffed artichokes with alioli dip (stuffed with rice & peppers)</i>	5.70	ESPARRAGOS A LA CATALANA <i>Green asparagus with alioli & parmesan cheese</i>	5.10
BERENJENAS REBOZADAS <i>Fried rolls of aubergine with cheese & pesto (May contain nuts)</i>	5.10	TORTILLA ESPAÑOLA <i>Potato & onion omelette</i>	5.10
CRISPES DE ESPINACAS <i>Crispy fried spinach cakes with tartara sauce dip</i>	4.70	PATATAS BRAVAS 'LOS MOLINOS' <i>Baked spicy potatoes</i>	4.10
CROQUETAS ESPINACAS & QUESO CABRA (4 units) <i>Spinach & goat cheese croquettes with sweet chilli sauce dip</i>	5.10	PATATAS BRAVIOLI <i>Fried chips with spicy bravas sauce and alioli sauce on top</i>	4.20
PIMIENTOS DEL PADRON <i>Baby Galician peppers sautéed in olive oil</i>	6.30	PATATAS FRITAS CON ALI OLI <i>Homemade chunky chips with alioli dip</i>	3.90
ARROZ BLANCO <i>Plain basmati rice</i>	2.90		

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