

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

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| JAMON SERRANO <i>Dry cured mountain ham</i> | 10.60 | GLASS OF GAZPACHO <i>Chilled raw vegetable soup</i> | 3.20 |
| TABLA DE IBERICOS <i>Sliced Iberian salchichon, lomo & chorizo</i> | 10.30 | GUACAMOLE <i>Avocado dip with tortilla chips</i> | 7.10 |
| TABLA DE QUESOS <i>A selection of Spanish cheeses</i> | 10.40 | SOPA DEL DIA <i>Soup of the day</i> | 4.10 |
| TABLA MIXTA <i>Manchego cheese & Serrano ham</i> | 10.40 | BOQUERONES EN VINAGRE <i>Marinated fresh anchovies</i> | 7.30 |
| QUESO FRITO <i>Fried brie with cranberry sauce dip</i> | 7.30 | PAN CON TOMATE <i>Diced tomato on bread</i> | 3.80 |
| QUESO CANARIO CON MOJOS <i>Grilled cheese served with 'mojo' sauces</i> | 8.10 | PAN CON AJO <i>Garlic bread</i> | 3.40 |
| ACEITUNAS ALIÑADAS <i>Marinated olives</i> | 3.60 | PAN CON ACEITE <i>Basket of bread with extra virgin olive oil</i> | 2.30 |
| ESPARRAGOS DE NAVARRA <i>White asparagus with olive oil & sherry vinegar</i> | 6.40 | | |

SEAFOOD

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| BUÑUELOS DE PESCADO (4 units) <i>Cod & crab fishcakes server with guacamole dip</i> | 6.90 | CALAMARES A LA PLANCHA <i>Grilled tender marinated squid</i> | 10.60 |
| LANGOSTINOS A LA PLANCA (3 units) <i>Grilled king prawns in garlic white wine spicy sauce</i> | 11.50 | CHIPIRONES EN SU TINTA <i>Baby squid cooked in wine and its own ink</i> | 8.50 |
| GAMBAS AL AJILLO <i>Tiger prawns in garlic sauce</i> | 8.10 | CALAMARES A LA ROMANA <i>Crispy fried squid rings in batter</i> | 8.90 |
| VIEIRAS 'LOS MOLINOS' <i>Grilled scallops with asparagus and splinkled with sweet chilli sauce</i> | 14.00 | PULPO A LA GALLEGA <i>Tender octopus flavoured with parprika & olive oil</i> | 13.00 |
| PINCHOS DE MAR Y TIERRA (3 units) <i>Prawns & chorizo on skewers with spicy chilli sauce dip</i> | 8.10 | CROQUETAS DE BACALAO (4 units) <i>Salted cod croquettes with coriander sauce dip (May contain small fish bones)</i> | 6.30 |
| ATUN EN SALSA PICANTE <i>Tuna with avocado, jalapeno & mango salsa</i> | 8.90 | PAELLA <i>Traditional rice dish with chicken & seafood</i> | 10.60 |
| BACALAO REBOZADO <i>Fried cod goujons with tartara sauce dip</i> | 8.90 | SARDINAS A LA PLANCHA <i>Grilled sardines</i> | 7.50 |
| CHANQUETES <i>Crispy fried whitebait with tartara sauce dip</i> | 6.80 | GULAS AL AJILLO PICANTE <i>Baby eels in spicy garlic sauce</i> | 8.70 |

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

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| NACHOS VERACRUZ <i>Chilli beef with tortilla chips and toppings</i> | 7.60 | MORCILLA DE BURGOS <i>Black pudding with piquillo peppers</i> | 7.90 |
| CROQUETAS DE JAMON (4 units) <i>Ham croquettes with spicy chilli sauce dip</i> | 6.00 | CHULETAS DE CORDERO (3 units) <i>Lamb cutlets with mint sauce dip</i> | 13.50 |
| POLLO STROGANOFF <i>Chicken stroganoff served with rice, mushrooms & onion sauce</i> | 7.90 | CARNE DE TERNERA STROGANOFF <i>Beef Stroganoff served with rice, mushrooms & sundried tomatoes</i> | 9.90 |
| HIGADOS DE POLLO SALTEADOS <i>Chicken livers sautéed in olive oil & sherry served with rice</i> | 6.70 | CONEJO AL SALMOREJO CANARIO <i>Canary Island style rabbit in a spicy wine sauce</i> | 8.90 |
| ZORZA <i>Fried pork meat marinated in paprika & garlic served with chips and peppers</i> | 8.10 | SOLOMILLO A LA PIMIENTA <i>Iberian pork loin in a peppercorn sauce</i> | 8.80 |
| CROQUETAS DE POLLO (4 units) <i>Chicken croquettes with cheese and spicy chilli sauce dip</i> | 6.00 | FABADA ASTURIANA <i>White bean stew with pancetta, chorizo & black pudding</i> | 6.90 |
| CROQUETAS DE CHORIZO (4 units) <i>Chorizo croquettes with alioli sauce dip</i> | 6.00 | MEDALLONES DE TERNERA <i>Sirloin steak with horseradish sauce dip</i> | 13.00 |
| CHORIZO AL VINO <i>Spicy sausage in wine sauce</i> | 7.50 | ALBONDIGAS A LA BILBAINA <i>Meatballs in carrot & wine sauce served with rice</i> | 6.90 |
| PINCHOS DE CHORIZO (3 units) <i>Chorizo on skewers with spicy chilli sauce dip</i> | 8.10 | MILANESAS DE POLLO CON QUESO <i>Fillets of chicken in breadcrumbs with cheese on top</i> | 7.50 |
| FILLOA RELLENA DE POLLO <i>Pancake filled with chicken, spinach and cheese on top</i> | 7.50 | | |

VEGETARIAN

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| ENSALADA MIXTA <i>Mixed salad</i> | 4.50 | GARBANZOS COMPUESTOS <i>Chickpea, spinach & cumin stew</i> | 5.10 |
| ENSALADA VERDE CON AGUACATE <i>Green salad with avocado</i> | 5.50 | CHAMPIÑONES RELLENOS <i>Baked stuffed mushrooms (with garlic & cheese)</i> | 5.10 |
| ENSALADA DE TOMATE <i>Tomato salad with onion & green olives</i> | 4.50 | ESPARRAGOS A LA CATALANA <i>Green asparagus with alioli & parmesan cheese</i> | 6.10 |
| BERENJENAS REBOZADAS <i>Fried rolls of aubergine with cheese & pesto (May contain nuts)</i> | 5.90 | TORTILLA ESPAÑOLA <i>Potato & onion omelette</i> | 5.80 |
| CRISPES DE ESPINACAS <i>Crispy fried spinach cakes with tartara sauce dip</i> | 5.90 | PATATAS BRAVAS 'LOS MOLINOS' <i>Baked spicy potatoes</i> | 4.80 |
| CROQUETAS ESPINACAS & QUESO CABRA (4 units) <i>Spinach & goat cheese croquettes with sweet chilli sauce dip</i> | 5.90 | PATATAS BRAVIOLI <i>Fried chips with spicy bravas sauce and alioli sauce on top</i> | 4.90 |
| PIMIENTOS DEL PADRON <i>Baby Galician peppers sautéed in olive oil</i> | 6.80 | PATATAS FRITAS CON ALI OLI <i>Homemade chunky chips with alioli dip</i> | 4.40 |
| ALCACHOFAS RELLENAS <i>Stuffed artichokes with alioli dip (stuffed with rice & peppers)</i> | 6.40 | ARROZ BLANCO <i>Plain basmati rice</i> | 3.40 |

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