

# 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

<b>JAMON SERRANO</b> <i>Dry cured mountain ham</i>	<b>10.95</b>	<b>GLASS OF GAZPACHO</b> <i>Chilled raw vegetable soup</i>	<b>3.20</b>
<b>TABLA DE IBERICOS</b> <i>Sliced Iberian salchichon, lomo &amp; chorizo</i>	<b>10.95</b>	<b>GUACAMOLE</b> <i>Avocado dip with tortilla chips</i>	<b>7.45</b>
<b>TABLA DE QUESOS</b> <i>A selection of Spanish cheeses</i>	<b>10.95</b>	<b>SOPA DEL DIA</b> <i>Soup of the day</i>	<b>4.10</b>
<b>TABLA MIXTA</b> <i>Manchego cheese &amp; Serrano ham</i>	<b>10.95</b>	<b>BOQUERONES EN VINAGRE</b> <i>Marinated fresh anchovies</i>	<b>7.95</b>
<b>QUESO FRITO</b> <i>Fried brie with cranberry sauce dip</i>	<b>7.50</b>	<b>PAN CON TOMATE</b> <i>Diced tomato on bread</i>	<b>3.80</b>
<b>QUESO CANARIO CON MOJOS</b> <i>Grilled cheese served with 'mojo' sauces</i>	<b>8.45</b>	<b>PAN CON AJO</b> <i>Garlic bread</i>	<b>3.40</b>
<b>ACEITUNAS ALIÑADAS</b> <i>Marinated olives</i>	<b>3.60</b>	<b>PAN CON ACEITE</b> <i>Basket of bread with extra virgin olive oil</i>	<b>2.60</b>
<b>ESPARRAGOS DE NAVARRA</b> <i>White asparagus with olive oil &amp; sherry vinegar</i>	<b>6.40</b>		

### SEAFOOD

<b>BUÑUELOS DE PESCADO (4 units)</b> <i>Cod &amp; crab fishcakes server with guacamole dip</i>	<b>7.20</b>	<b>CALAMARES A LA PLANCHA</b> <i>Grilled tender marinated squid</i>	<b>11.95</b>
<b>LANGOSTINOS A LA PLANCHA (3 units)</b> <i>Grilled king prawns in garlic white wine spicy sauce</i>	<b>11.50</b>	<b>CHIPIRONES EN SU TINTA</b> <i>Baby squid cooked in wine and its own ink</i>	<b>9.45</b>
<b>GAMBAS AL AJILLO</b> <i>Tiger prawns in garlic sauce</i>	<b>8.95</b>	<b>CALAMARES A LA ROMANA</b> <i>Crispy fried squid rings in batter</i>	<b>9.30</b>
<b>VIEIRAS 'LOS MOLINOS'</b> <i>Grilles scallops with asparagus &amp; sprinkled with sweet chilli sauce</i>	<b>14.50</b>	<b>PULPO A LA GALLEGA</b> <i>Tender octopus flavoured with parprika &amp; olive oil</i>	<b>14.50</b>
<b>PINCHOS DE MAR Y TIERRA (3 units)</b> <i>Prawns &amp; chorizo on skewers with spicy chilli sauce dip</i>	<b>8.95</b>	<b>CROQUETAS DE BACALAO (4 units)</b> <i>Salted cod croquettes with coriander sauce dip (May contain small fish bones)</i>	<b>6.80</b>
<b>ATUN EN SALSA PICANTE</b> <i>Tuna with avocado, jalapeno &amp; mango salsa</i>	<b>9.20</b>	<b>PAELLA</b> <i>Traditional rice dish with chicken &amp; seafood</i>	<b>10.95</b>
<b>BACALAO REBOZADO</b> <i>Fried cod goujons with tartara sauce dip</i>	<b>9.20</b>	<b>SARDINAS A LA PLANCHA</b> <i>Grilled sardines</i>	<b>7.50</b>
<b>CHANQUETES</b> <i>Crispy fried whitebait with tartara sauce dip</i>	<b>6.80</b>		

**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

<b>CROQUETAS DE JAMON (4 units)</b> <i>Ham croquettes with spicy chilli sauce dip</i>	<b>6.00</b>	<b>MORCILLA DE BURGOS</b> <i>Black pudding with piquillo peppers</i>	<b>7.90</b>
<b>POLLO STROGANOFF</b> <i>Chicken stroganoff served with rice, mushrooms &amp; onion sauce</i>	<b>7.90</b>	<b>CHULETAS DE CORDERO (3 units)</b> <i>Lamb cutlets with mint sauce dip</i>	<b>14.95</b>
<b>HIGADOS DE POLLO SALTEADOS</b> <i>Chicken livers sautéed in olive oil &amp; sherry served With rice</i>	<b>7.10</b>	<b>CARNE DE TERNERA STROGANOFF</b> <i>Beef Stroganoff served with rice, mushrooms &amp; sundried tomatoes</i>	<b>10.95</b>
<b>ZORZA</b> <i>Fried pork meat marinated in paprika &amp; garlic Served with chips and peppers</i>	<b>8.95</b>	<b>SOLOMILLO A LA PIMIENTA</b> <i>Iberian pork loin in a peppercorn sauce</i>	<b>9.45</b>
<b>CROQUETAS DE POLLO (4 units)</b> <i>Chicken croquettes with cheese and spicy chilli sauce dip</i>	<b>6.00</b>	<b>FABADA ASTURIANA</b> <i>White bean stew with pancetta, chorizo &amp; black pudding</i>	<b>6.90</b>
<b>CROQUETAS DE CHORIZO (4 units)</b> <i>Chorizo croquettes with alioli sauce dip</i>	<b>6.00</b>	<b>MEDALLONES DE TERNERA</b> <i>Beef medallions with horseradish sauce dip</i>	<b>13.95</b>
<b>CHORIZO AL VINO</b> <i>Spicy sausage in wine sauce</i>	<b>7.95</b>	<b>ALBONDIGAS A LA BILBAINA</b> <i>Meatballs in carrot &amp; wine sauce served with rice</i>	<b>6.90</b>
<b>PINCHOS DE CHORIZO (3 units)</b> <i>Chorizo on skewers with spicy chilli sauce dip</i>	<b>8.10</b>	<b>MILANESAS DE POLLO CON QUESO</b> <i>Filletts of chicken in breadcrumbs with cheese on top</i>	<b>7.50</b>
<b>Filloa Rellena De Pollo</b> <i>Pancake filled with chicken, spinach and cheese on top</i>	<b>7.95</b>		

## VEGETARIAN

<b>ENSALADA MIXTA</b> <i>Mixed salad</i>	<b>4.50</b>	<b>GARBANZOS COMPUESTOS</b> <i>Chickpea, spinach &amp; cumin stew</i>	<b>5.50</b>
<b>ENSALADA DE TOMATE</b> <i>Tomato salad</i>	<b>4.50</b>	<b>CHAMPIÑONES RELLENOS</b> <i>Baked stuffed mushrooms (with garlic &amp; cheese)</i>	<b>5.50</b>
<b>ENSALADA VERDE CON AGUACATE</b> <i>Green salad with avocado</i>	<b>5.95</b>	<b>ARROZ BLANCO</b> <i>Plain basmati rice</i>	<b>3.50</b>
<b>ALCACHOFAS RELLENAS</b> <i>Stuffed artichokes with alioli dip (stuffed with rice &amp; peppers)</i>	<b>6.70</b>	<b>ESPARRAGOS A LA CATALANA</b> <i>Green asparagus with alioli &amp; parmesan cheese</i>	<b>6.95</b>
<b>BERENJENAS REBOZADAS</b> <i>Fried rolls of aubergine with cheese &amp; pesto (May contain nuts)</i>	<b>6.40</b>	<b>TORTILLA ESPAÑOLA</b> <i>Potato &amp; onion omelette</i>	<b>5.95</b>
<b>CRISPES DE ESPINACAS</b> <i>Crispy fried spinach cakes with tartara sauce dip</i>	<b>5.90</b>	<b>PATATAS BRAVAS 'LOS MOLINOS'</b> <i>Baked spicy potatoes</i>	<b>4.95</b>
<b>CROQUETAS ESPINACAS &amp; QUESO CABRA (4 units)</b> <i>Spinach &amp; goat cheese croquettes with sweet chilli sauce dip</i>	<b>5.90</b>	<b>PATATAS BRAVIOLI</b> <i>Fried chips with spicy bravas sauce and alioli sauce on top</i>	<b>4.95</b>
<b>PIMIENTOS DEL PADRON</b> <i>Baby Galician peppers sautéed in olive oil</i>	<b>6.95</b>	<b>PATATAS FRITAS CON ALI OLI</b> <i>Homemade chunky chips with alioli dip</i>	<b>4.40</b>

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