

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>	11.95	GLASS OF GAZPACHO <i>Chilled raw vegetable soup</i>	3.95
TABLA DE IBERICOS <i>Sliced Iberian salchichon, lomo & chorizo</i>	11.50	GUACAMOLE <i>Avocado dip with tortilla chips</i>	7.95
TABLA DE QUESOS <i>A selection of Spanish cheeses</i>	10.95	SOPA DEL DIA <i>Soup of the day</i>	4.10
TABLA MIXTA <i>Manchego cheese & Serrano ham</i>	10.95	BOQUERONES EN VINAGRE <i>Marinated fresh anchovies</i>	8.50
QUESO FRITO <i>Fried brie with cranberry sauce dip</i>	7.95	PAN CON TOMATE <i>Diced tomato on bread</i>	3.80
QUESO CANARIO CON MOJOS <i>Grilled cheese served with 'mojo' sauces</i>	8.95	PAN CON AJO <i>Garlic bread</i>	3.60
ACEITUNAS ALIÑADAS <i>Marinated olives</i>	3.60	PAN CON ACEITE <i>Basket of bread with extra virgin olive oil</i>	2.95
ESPARRAGOS DE NAVARRA <i>White asparagus with olive oil & sherry vinegar</i>	6.40		

SEAFOOD

BUÑUELOS DE PESCADO (4 units) <i>Cod & crab fishcakes server with guacamole dip</i>	7.20	CALAMARES A LA PLANCHA <i>Grilled tender marinated squid</i>	12.95
LANGOSTINOS A LA PLANCA (3 units) <i>Grilled king prawns in garlic white wine spicy sauce</i>	11.95	CALAMARES A LA ROMANA <i>Crispy fried squid rings in batter</i>	9.95
GAMBAS AL AJILLO <i>Tiger prawns in garlic sauce</i>	9.45	PULPO A LA GALLEGA <i>Tender octopus flavoured with paprika & olive oil</i>	14.95
VIEIRAS 'LOS MOLINOS' <i>Grilles scallops with asparagus & sprinkled with sweet chilli sauce</i>	14.95	CROQUETAS DE BACALAO (4 units) <i>Salted cod croquettes with coriander sauce dip (May contain small fish bones)</i>	6.95
PINCHOS DE MAR Y TIERRA (3 units) <i>Prawns & chorizo on skewers with spicy chilli sauce dip</i>	8.95	PAELLA <i>Traditional rice dish with chicken & seafood</i>	11.95
ATUN EN SALSA PICANTE <i>Tuna with avocado, jalapeno & mango salsa</i>	9.20	SARDINAS A LA PLANCHA <i>Grilled sardines</i>	7.95
BACALAO REBOZADO <i>Fried cod goujons with tartara sauce dip</i>	9.20		
CHANQUETES <i>Crispy fried whitebait with tartara sauce dip</i>	7.10		

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

CROQUETAS DE JAMON (4 units) <i>Ham croquettes with spicy chilli sauce dip</i>	6.50	MORCILLA DE BURGOS <i>Black pudding with piquillo peppers</i>	8.50
POLLO STROGANOFF <i>Chicken stroganoff served with rice, mushrooms & onion sauce</i>	8.50	CHULETAS DE CORDERO (3 units) <i>Lamb cutlets with mint sauce dip</i>	16.95
HIGADOS DE POLLO SALTEADOS <i>Chicken livers sautéed in olive oil & sherry Served with rice</i>	7.50	CARNE DE TERNERA STROGANOFF <i>Beef Stroganoff served with rice, mushrooms</i>	11.50
ZORZA <i>Fried pork meat marinated in paprika & garlic served with chips and peppers</i>	8.95	SOLOMILLO A LA PIMIENTA <i>Iberian pork loin in a peppercorn sauce</i>	9.95
CROQUETAS DE POLLO (4 units) <i>Chicken croquettes with cheese and spicy chilli sauce dip</i>	6.50	FABADA ASTURIANA <i>White bean stew with pancetta, chorizo & black pudding</i>	7.50
CROQUETAS DE CHORIZO (4 units) <i>Chorizo croquettes with alioli sauce dip</i>	6.50	MEDALLONES DE TERNERA <i>Beef medallions with mustard dip</i>	13.95
CHORIZO AL VINO <i>Spicy sausage in wine sauce</i>	7.95	ALBONDIGAS A LA BILBAINA <i>Meatballs in carrot & wine sauce served with rice</i>	7.50
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>	7.95
Filloa Rellena De Pollo <i>Pancake filled with chicken, spinach and cheese on top</i>	7.95		

VEGETARIAN

ENSALADA MIXTA O VERDE <i>Mixed or green salad</i>	4.70	GARBANZOS COMPUESTOS <i>Chickpea, spinach & cumin stew</i>	5.95
ENSALADA DE TOMATE <i>Tomato salad</i>	4.70	CHAMPIÑONES RELLENOS <i>Baked stuffed mushrooms (with garlic & cheese)</i>	5.95
ENSALADA VERDE CON AGUACATE <i>Green salad with avocado</i>	5.95	ARROZ BLANCO <i>Plain basmati rice</i>	3.50
ALCACHOFAS RELLENAS <i>Stuffed artichokes with alioli dip (stuffed with rice & peppers)</i>	6.90	ESPARRAGOS A LA CATALANA <i>Green asparagus with alioli & parmesan cheese</i>	7.20
BERENJENAS REBOZADAS <i>Fried rolls of aubergine with cheese & pesto (May contain nuts)</i>	6.90	TORTILLA ESPAÑOLA <i>Potato & onion omelette</i>	6.20
CRISPES DE ESPINACAS <i>Crispy fried spinach cakes with tartara sauce dip</i>	6.50	PATATAS BRAVAS 'LOS MOLINOS' <i>Baked spicy potatoes</i>	5.20
CROQUETAS ESPINACAS & QUESO CABRA (4 units) <i>Spinach & goat cheese croquettes with sweet chilli sauce dip</i>	6.50	PATATAS BRAVIOLI <i>Fried chips with spicy bravas sauce and alioli sauce on top</i>	5.20
PIMIENTOS DEL PADRON <i>Baby Galician peppers sautéed in olive oil</i>	7.50	PATATAS FRITAS CON ALI OLI <i>Homemade chunky chips with alioli dip</i>	4.65

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