

## Savoury crepes



PRICE

Ham and Emmental cheese.....	7,00€
Completa..... (Egg, ham, bacon, and Emmental cheese)	9,10€
Caribeña..... (Bacon, pineapple, mozzarella, caramelised onion, arugula and balsamic)	9,30€
Popeye..... (Egg, spinach, ham and Emmental cheese)	9,30€
Ibérica..... (Egg, ham, tomatoes, goat cheese and arugula)	9,30€
Campesina..... (Bechamel sauce, chicken, boiled egg and Emmental cheese)	10,20€
Marmita..... (Tuna fish, boiled egg, prawns, bechamel sauce and tomato sauce)	10,50€
Abuela..... (Bechamel sauce, mushrooms, spinach, boiled egg and Emmental cheese)	10,20€
Parmesana..... (Bechamel sauce, mushrooms, Parmesan cheese, loin and bacon)	10,50€
Cabrales..... (Mushrooms, Cabrales cheese, mozzarella and ham)	10,20€
Hortelana..... (Bechamel sauce, spinach, green asparagus, mushrooms and goat cheese)	10,50€
Mexicana..... (Meat, ratatouille, guacamole, Emmental cheese and spicy tomato sauce)	10,50€
Barbacoa..... (Meat, goat cheese, bacon, arugula and barbecue sauce)	10,50€
Tarantela..... (Meat, ham, bechamel sauce, Emmental cheese and tomato sauce)	10,50€
Gallega..... (Pork crackling, Tetilla cheese and tomato jam)	10,20€
Manchega..... (Chicken, ratatouille, spicy, Emmental cheese and tomato sauce)	10,20€
Bretona..... (Lettuce, chicken, crab, prawns and cocktail sauce)	11,00€
Quesada..... (Roquefort cheese, Emmental cheese, mozzarella, mushrooms and ham)	10,50€
Vegetariana..... (Red and green pepper, courgette, aubergine, tomato, onion, mozzarella and Edam cheese)	11,00€
Vikinga..... (Smoked salmon, fine herbs cheese, green asparagus, corn salad, cherry tomatoes and mango chutney)	11,00€
Jalisco..... (Chicken, lettuce, tomato, onion, guacamole, pepper and Mexican sauce)	11,00€

[If you have a food allergy, please inform the staff before placing your order.estaurante]

Vat included | 1

## Salads



PRICE

<b>Mixta</b> ..... (Mixed lettuce, tomato, asparagus, tuna, onion, egg and olives)	11,00€
<b>Paula (warm)</b> ..... (Mixed lettuce, stir-fried pasta with mushrooms, cured ham, avocado, egg and cocktail sauce)	11,50€
<b>India</b> ..... (Brown rice, dates, nuts, citrus fruits, banana, mango, apple and yogurt sauce)	11,50€
<b>Noruega</b> ..... . (Mixed lettuce, avocado, prawns, smoked salmon, anchovies, caviar, and mustard vinaigrette and citrus fruits)	12,40€
<b>Marroquí</b> ..... (Couscous, dates, citrus fruits, raisins, almonds, chicken, figs, honey vinaigrette and balsamic)	11,50€
<b>Nogal</b> ..... . (Lettuce, kiwis, avocado, Roquefort cheese, nuts and grapes with yogurt sauce)	11,50€
<b>Caprese</b> ..... (Assorted tomatoes, fresh cheese, black olives, , basil, Lamb's lettuce and pesto sauce)	12,40€
<b>César</b> ..... (Mixed lettuce, crispy chicken, bacon, crouton, cherry tomatoes, oregano, parmesan cheese and Caesar sauce)	12,00€
<b>Pastor</b> ..... (Mixed lettuce, grilled goat cheese, ham, cherry tomatoes, carrot, black olives, nuts, caramelized onions with honey vinaigrette)	12,40€
<b>Genovesa</b> ..... (Lettuce, tomato, cheese, bacon, prawns, black olives, fried bread, balsamic vinaigrette and honey)	12,00€
<b>Valkiria</b> ..... (Lettuce, salmon, mango, fresh mozzarella cheese, avocado, tomato, mustards vinaigrette and citrus fruits)	12,40€
<b>Quinoa</b> ..... (Quinoa, carrot, fresh spinach, Feta cheese, tomato, avocado, red onion, mustards vinaigrette and honey)	11,50€

## Sharers



<b>Seafood croquettes (8 units)</b> .....	12,00€
<b>Ham croquettes (8 units)</b> .....	11,50€
<b>Provolone with tomato, smoked bacon, caramelized onion and walnuts</b> .....	11,50€
<b>Huevos rotos' (broken eggs) with ham or chorizo from Lalín</b> .....	11,50€
<b>Vegetables wok with soy sauce and sesame</b> .....	11,00€
<b>Friedde lights (12 units)</b> ..... (Crispy shrimp, chicken skewer lollipop and cheese)	12,80€
<b>Soup / Cream of the day</b> .....	5,50€

## Pasta dishes



	PRICE
Meat/Vegetarian lasagne.....	11,50€
Noodles with chicken and vegetables.....	12,00€
Spaghetti Bolognese/Carbonara.....	12,00€
Black spaghetti with surimi baby eels sauté, mushrooms and prawns.....	14,00€
Spaghetti with prawns, tomatoes, Parmesan cheese and pesto sauce.....	13,50€

## Rice dishes



Whole-grain rice wok with vegetables.....	13,00€
Mushroom risotto with crispy Parmesan cheese...	13,50€
Black risotto with cuttlefish and aioli sauce.....	14,50€
Octopus and grelos risotto.....	16,00€
Rice with prawns.....	15,00€

## Our specialities



Grilled cow Croca .....	17,00€
Beef Burger (180 gr)..... (Bacon, traditional Tetilla cheese, arugula and caramelized onion, mustard sauce and hambuerguer bread)	13,50€
Iberian meat in Mencía sauce.....	15,00€
Grilled octopus with turnip greens.....	18,50€
Fried crispy chicken battered with panko and barbecue sauce.....	13,50€
Iberian pork sirloin with Pedro Ximenez sauce and caramelised onion.....	15,00€

## Menus



CHILDREN'S MENU (under 9 years)..... (Crispy chicken with corn, croquettes and chips with ketchup) Dessert and a drink.	11,50€
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DIARY MENU AVAILABLE (Please, ask our staff).....  
(Two courses, dessert or coffee, bread and a drink)  
(Monday to Friday Lunch- except bank holidays)

## Sweet crepes



PRICE

Chocolate..... (Chocolate, milk, white or mixed chocolate)	5,80€
Chocolate, cream and almonds.....	6,80€
César..... (Chocolate, vanilla ice cream and almonds)	7,80€
Pampa..... (Sweet of milk, vanilla ice cream, banana flambé with Grand Marnier)	8,30€
Argentina..... (Sweet of milk, cream and cheese cake)	8,30€
Delicias..... (Chocolate, banana, cream and almonds)	8,30€
Compostela..... (White chocolate, chocolate ice cream, banana and walnuts)	8,30€
Parisina..... (Chestnut cream, whipped cream and almonds)	8,30€
Sussete..... (Orange marmalade, almonds and Grand Marnier flambé)	8,30€
Estela..... (Custard, kiwi, banana and tangerine ice cream)	8,30€
Nutella..... (Nutella, banana and strawberry)	8,30€
Ganache..... (White chocolate, yogurt, berries and strawberry ice cream)	8,30€
Bosque..... (Raspberry jam, white chocolate, kiwi, mango and cream)	8,30€
Asturias..... (Applesauce, cream, cinnamon and walnuts)	8,30€

## Desserts



Grandma's cake..... (Chocolate, custard and biscuits)	5,50€
Apple Tatin..... (Puff pastry, applesauce, vanilla ice cream, caramel and cinnamon)	6,50€
Greek yogurt with applesauce or berries and muesli.....	6,00€
Coulant with ice cream tangerine.....	6,50€
Ice cream, chocolate, strawberry, tangerine, vanilla(1 scoop).....	2,00€
Cheese cake with sweet of milk.....	6,00€
Cheese coulant with ganache.....	6,00€

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Vat included | 4

## Sangrías



PRICE  
1l

PRICE  
2l

Wine Sangria.....	10,00€	14,00€
Cava Sangria.....	11,00€	15,00€

## Soft drinks



Soft drinks.....	2,60€
Juice.....	2,40€
Freshly squeezed orange juice.....	3,60€

## Beer / Cider



1/2 Pint of bier.....	2,40€
Beer (bock).....	3,40€
Bottled beer.....	2,60€
Sweet cider.....	2,80€

## Water



Water 1/2 l.....	1,80€
Water 1l.....	2,80€

## Coffes/teas



Coffees.....	1,50€
Teas and infusions.....	1,70€

## Vinos



Glass of Rioja.....	2,80€
Glass of Mencía.....	2,70€
Glass of Ribera del Duero.....	3,00€
Glass of Ribeiro.....	2,70€
Glass of Albariño.....	3,00€

**RED WINE**

PRICE

**D. O. RIOJA**

Urbión.....	15,00€
Azpilicueta (crianza).....	18,00€
Ramón Bilbao (crianza) .....	18,00€
Marqués de Murrieta (reserva).....	24,00€
Vallobera.....	16,50€

**D. O. RIBERA DEL DUERO**

Rivendel.....	16,00€
Joven de Silos.....	16,00€
Cillar de Silos (crianza).....	24,00€
Cantamuda.....	18,00€

**D. O. RIBEIRA SACRA**

Ponte da Boga (Mencía).....	16,00€
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**D. O. MONTERREI**

Mandamientos I Capellán (Mencía).....	15,00€
Tabú (Mencía).....	16,00€
Pazo Mariñán (Mencía-Araúxa).....	16,00€

**WHITE WINE****D. O. RÍAS BAIXAS**

Valmiñor (Rosal).....	18,00€
Marieta (Albariño).....	16,00€
Gran Bazán.....	19,00€

**D. O. RIBEIRO**

San Clodio.....	17,00€
Cesares Imperium.....	15,00€

**D. O. MONTERREI**

Tabú (Godello/Treixadura).....	16,00€
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**FRIZZE ESPUMOSO**

Alma Atlántica (Godello/Albariño).....	16,00€
Alma Atlántica (Mencía).....	16,00€