

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

SEAFOOD

PINCHOS GALLEGOS <i>Grilled Prawns & Octopus on Skewers</i>	12.50	CALAMARES A LA PLANCHA <i>Grilled tender marinated squid</i>	12.95
LANGOSTINOS A LA PLANCHA (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>Grilled scallops with asparagus with sprinkled 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
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 & sundried tomatoes</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
Filloa Rellena De Pollo <i>Pancake filled with chicken, spinach and cheese on top</i>	7.95	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	ALBONDIGAS A LA BILBAINA <i>Meatballs in carrot & wine sauce served with rice</i>	7.50
CHORIZO AL VINO <i>Spicy sausage in wine sauce</i>	7.95	MILANESAS DE POLLO CON QUESO <i>Fillets of chicken in breadcrumbs with cheese on top</i>	7.95
PINCHOS DE CHORIZO (3 units) <i>Chorizo on skewers with spicy chilli sauce dip</i>	8.10		

VEGETARIAN

ENSALADA MIXTA <i>Mixed salad</i>	4.70	GARBANZOS COMPUESTOS <i>Chickpea, spinach & cumin stew</i>	5.95
ENSALADA DE TOMATE <i>Tomato & onion 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 OR BRAVIOLI <i>Fried hand cuff potatoes with bravas sauce or bravas and alioli sauce</i>	5.20
CROQUETAS ESPINACAS & QUESO CABRA (4 units) <i>Spinach & goat cheese croquettes with sweet chilli sauce dip</i>	6.50	PATATAS FRITAS CON ALI OLI <i>Homemade chunky chips with alioli dip alioli sauce on top</i>	4.65
PIMIENTOS DEL PADRON <i>Baby Galician peppers sautéed in olive oil</i>	7.50		

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.