

LISTA de TAPAS

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ALIOLI	4.20	HIGADILLOS SALTEADOS	6.00
Fresh egg mayonnaise with crushed garlic, s/w bread		Fresh chicken livers p/f with Iberico Jamon, roasted silver skin onions	
PURE de HABAS	4.20	red vermouth & butter	
Broad bean, confit garlic & rosemary s/w bread		ROSARIO CHORIZO con PIMIENTOS de PIQUILLO	5.90
ROMANESCO de ALMENDRAS y PIPAS tostadas *	4.20	Spicy Spanish sausage p/f with roasted Piquillo peppers, butter beans	
Crushed almonds, sunflower & pumpkin seeds roasted w/ o/oil, garlic		& Veterano brandy	
tomatoes & chillies s/w bread		SALTEADO de SOLOMILLO	7.80
PAN	1.70	Goujons of fillet steak marinated w/ thyme, garlic & cracked blk pepper	
Bread		p/f with caramelised leeks, butter & Ruby Port	
F I S H		PATO con HIGOS y PIMIENTOS de PIQUILLO	6.90
BOQUERONES	6.20	Goujons of duck breast marinated w/ mint & garlic, p/f with honey, figs	
Fresh anchovies, marinated with roasted garlic oil & flat parsley		& roasted red Piquillo peppers	
GAMBAS SALTEADAS	6.60	VEGETARIAN	
Tiger prawns (shell-off) marinated with rosemary & garlic, p/f with roasted		EMPANADILLAS de QUESOS y ESPINACAS	5.80
yellow cherry tomatoes, peas, wine & butter		Spinach, mature cheddar & cream cheese in puff pastry	
CALAMARES a la ROMANA	6.20	PATATAS HARRA	5.50
Squid marinated with coriander & lemon, lightly dusted in flour then deep fried		Ratte potatoes p/f w/ rosemary, Harissa, caramelised leeks & roasted	
TRUCHA del MAR a la PLANCHA ♦	6.90	red cherry tomatoes	
Pan baked sea trout fillet w/ dill, wine, lemon zest & butter		TORTILLA ESPAÑOLA	4.60
PURE DE PAPAS con PESCADO AHUMADO ♦	6.20	El Parador's version of the 'classic' potato & onion omelette	
Smoked haddock fishcakes w/ mash, chives & butter		ENSALADILLA CASERA	4.60
BACALAO del PARADOR ♦	7.00	Chicory, baby gem lettuce & ruby chard with lemon olive oil	
Salt cod pan baked w/ shrimps, roasted silver skin onions, roasted red chilli		JUDIAS VERDES del PARADOR	6.00
& basil & garlic oil		Green beans p/f w/ shaved, roasted artichokes, roasted red onions & garlic oil	
PULPO a la PARRILLA	6.80	HINOJO ASADO al PIL PIL	5.90
Grilled octopus marinated with rosemary, thyme & virgin olive oil		Honey roasted fennel hearts p/f with roasted red cherry tomatoes, coriander	
SALTEADO de CHIPIRONES	6.20	roasted red chillies & virgin olive oil	
Baby squid marinated w/ chilli, garlic, coriander p/f w/ virgin olive oil		SALTEADO de REMOLACHA ASADA	5.80
MERLUZA del PARADOR ♦	6.90	Roasted beetroot p/f with spinach, caramelised red onions & cracked blk pep	
Hake fillet pan baked w/ cracked blk pepp, sea salt & vir olive oil		BRECOL del PARADOR	5.90
s/w chorizo & roast parsnip puree		Broccoli florets p/f with roasted yellow cherry tomatoes, sage, confit garlic	
CALAMARES a la PLANCHA	6.20	& cracked black pepper	
Grilled squid fillets w/ lemon, basil olive oil, blk pepper & sea salt		PIMIENTOS de PADRON	5.90
LANGOSTINOS a la PLANCHA	6.90	Padron peppers p/f with virgin olive oil & sea salt	
Mediterranean prawns (shell-on) grilled w/ lemon zest & sea salt		CHIRIVIAS SALTEADAS	5.90
M E A T		Roasted parsnips p/f w blk sesame seeds, thyme & honey	
JAMON IBERICO de JABUGO	6.90	ALCACHOFAS con ALCAPARRAS	6.00
Acorn fed, lean Iberico Jamon from Jabugo s/w caperberries & confit garlic		Chargrilled artichoke hearts p/f with capers, wine, basil oil & butter	
FILETES de CORDERO a la PLANCHA	6.50	ENSALADA de LEGUMBRES ASADAS *	6.00
Grilled lamb fillets marinated w/ oregano & garlic, s/w crushed roasted		Baby aubergine & baby courgette salad roasted w/ cardomen, garlic, cherry	
red chillies, lime, mint, garlic & ginger (spicy hot)		tomatoes & caramelised onions s/w balsamic vinegar, olive oil & pine nuts	
ALBONDIGAS	6.50	ARROZ del LEVANTE	5.80
Pork meatballs in a rich, lightly spiced tomato & herb sauce		Calasparra rice w/ cardomen, star anis, caramelised onions, flageolet beans	
PANCETA con CIDRA	6.20	butter & cracked blk pepper	
Rolled belly pork marinated w/ garlic, blk pep & dill, braised w/ Asturian cider		SALTEADO de APIO NABO	5.90
POLLO a la PLANCHA del PARADOR *	5.70	Celeriac p/f with chilli oil, peas, shallots, vir.ol.oil & Manchego cheese	
Grilled chicken thighs marinated w/ cumin, oregano, garlic, sesame seeds		SETAS a la PLANCHA *	5.90
& sumac (tangy Med/N.African spice)		Grilled portobello mushrooms s/w crushed sunflower & pumpkin seeds	
MORCILLA del PARADOR *	6.60	parsley & honey	
Spanish savoury sausage p/f w/ baby spinach, shallots, pine nuts & saffron oil		CALABAZA del PARADOR *	6.00
CODORNIZ a la PLANCHA	7.20	Butternut squash roasted w/ rosemary & garlic, p/f with spinach, chestnuts	
Whole grilled quail, marinated w/ rosemary & garlic		& feta	

♦ may contain bones * contains nuts