

LISTA de TAPAS

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ALIOLI

Fresh egg mayonnaise w/ crushed garlic, s/w bread

PURE de HABAS

Broad bean, confit garlic & rosemary, s/w bread

ROMANESCO de ALMENDRAS y PIPAS tostadas *

Crushed almonds, sunflower & pumpkin seeds roasted w/ o/oil, garlic tomatoes & chillies, s/w bread

PAN

Bread

FISH

BOQUERONES

Fresh anchovies marinated w/ roasted garlic oil & flat parsley

GAMBAS con CALABCINES y ROMERO

Tiger prawns (shell-off) p/f w. chargrilled courgettes, rosemary & garlic

CALAMARES a la ROMANA

Squid marinated w/ coriander & lemon, lightly floured, then deep fried

PULPO a la PARRILLA

Grilled octopus marinated w/ rosemary, thyme & virgin olive oil

SALTEADO de CHIPIRONES

Baby squid marinated w/ chilli, garlic & coriander, p/f w/ virgin olive oil

SARDINAS a la PLANCHA ❖

Grilled sardines w/ sea salt, cracked black pepper & olive oil

ATUN del PARADOR *

Seared tuna marin. w/ soy sauce, sesame oil, wine vinegar, sesame seeds

SALTEADO de PEZ ESAPADA

Goujons of swordfish p/f w. red chicory, coriander & tarragon oil

SALMON con ZA'ATAR ❖ *

Grilled salmon fillet marin w/ za'atar (thyme, cumin, sesame seeds & sumac - a lemony spice)

VIERAS SALTEADAS

Scallops p/f w. chargrilled fennel, sage, capers, butter & Madeira

MEAT

JAMON IBERICO de JABUGO

Acorn fed lean Iberican Jamon fr Jabugo s/w caperberries & confit garlic

CORDERO ADOBADO a la PLANCHA

Grilled lamb fillets, marinated w/ rosemary & garlic s/w a spicy green chilli mint, coriander, lime, cardoman & garlic sauce

ALBONDIGAS

Pork meatballs in a rich, lightly spiced tomato & herb sauce

PANCETA del PARADOR

Roasted, rolled belly pork marinated w/ garlic, blk pepper & dill, braised w/ apple cider

POLLO a la PLANCHA

Grilled chicken thighs marinated w/ harissa, garlic & oregano

HIGADILLOS del PARADOR

Fresh chicken livers p/f w. Iberico ham, ratte pots, chilli flakes, garlic & Madeira

SALTEADO de PATO

Goujons of duck breast p/f w. figs, spring onions, roasted cherry toms

4.90 ROSARIO CHORIZO al CEBOLLIN 6.70

Spicy Spanish sausage p/f w silver skin onions, peas

4.90 & Tio Toto cream sherry

SALTEADO de SOLOMILLO

9.60

4.90 Goujons of fillet steak marin. w. garlic & cracked black pepper, p/f w. roasted cherry tomatoes, port & butter

SALCHICHA CRIOLLA a la PLANCHA

6.50

1.90 Grilled pork & herb sausage braised w cider & spanish onions

VEGETARIAN

6.60 EMPANADILLAS de QUESOS y ESPINACAS 6.70

Spinach, mature cheddar & cream cheese in puff pastry

6.80 PATATAS HARRA 6.50

Ratte potatoes p/f w. rosemary, Harissa, caramelised leeks & roasted

6.80 red cherry tomatoes

TORTILLA ESPAÑOLA

5.00

8.90 El Parador's version of the 'classic' potato & onion omelette

ENSALADA VERDE

5.00

6.80 Baby gem lettuce, ruby chard & chicory leaves w/ lemon olive oil

SALTEADO de HIÑOJO ASADO *

6.70

6.00 Fennel hearts roasted w/ confit garlic p/f w. spinach, chilli tarragon & pine nuts

8.20 ENSALADA de TOMATE con CEBOLLAS 6.20

Heritage tomato salad w/ Spanish onions, capers, quinoa & baby gem

8.00 PIMIENTOS de PADRON 6.20

Padron peppers p/f w. virgin olive oil & sea salt

6.90 CHAMPIÑONES SALTEADOS *

6.50

Chestnut mushrooms p/f w. coriander, sunflower seeds, garlic & basil oil

CALABACINES del PARADOR

6.50

8.80 Chargrilled courgettes p/f w. black pepper, mint & lemon zest

JUDIAS VERDES con PIÑONES *

6.70

Green beans p/f w. spinach, pine nuts & coarsely chopped basil, thyme parsley, rosemary, sage, oregano & olive oil

CALABAZA SALTEADA

6.60

7.70 Roasted butternut squash p/f w. ricotta, spinach & tarragon oil

BERENJENAS ASADAS del PARADOR

6.50

6.70 Aubergine roasted w/ cumin & garlic, pan baked w. coriander & ruby chard

LENTEJAS del LEVANTE

6.60

Warm lentils w. sunblushed toms, Harissa oil, roasted red onions,

6.80 roasted aubergines & parsley

ARROZ de la CASA

6.50

6.80 Calasparra rice w/ roasted red onions, smoked paprika, roasted cherry tomatoes, spinach & butter

ESPARRAGOS a la PLANCHA

6.20

6.50 Grilled asparagus w/ lemon zest, rosemary & garlic oil

6.70

8.80

❖ may contain bones

* contains nuts / seeds / stones