



LA BANDERA

RESTAURANTE - BAR

Aperitivos/Appetizers

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| 1. <u>Pan</u>
Bread basket with traditional Galician tomato and herbs bread and white baguette | £3.50 | 4. <u>Tabla de Ibéricos</u>
Selection of Iberian cured Meats: Chorizo Ibérico, Embuchado de lomo, Salchichón Iberico and Jamón Ibérico Gran Reserva. Also available as individual item boards | £14.50 |
| 2. <u>Pan con tomate</u>
Toasted baguette with fresh tomato and garlic with a drizzle of extra virgin olive oil | £4.00 | 5. <u>Tabla de Quesos</u>
Selection of the best Spanish Cheeses: Don Gregorio Manchego, Mil Ovejas, Flor de Esgueva and Cameros | £14.50 |
| 3. <u>Aceitunas de la Casa</u>
Marinated green olives with mushrooms and peppers | £3.75 | 6. <u>Tabla Mixta</u>
Mixed board with all the Spanish cured Meats and cheeses from above | £19.95 |

Entrantes/Starters

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| 7. <u>Tortilla Española</u>
Spanish omelette served with homemade Alioli and Piquillo mayonaise | £5.50 | 17. <u>Escalopines de Pollo Moruno</u>
Mini chicken escalopes in traditional Moruno marinade served with an Asian style soy-barbecue sauce | £6.75 |
| 8. <u>Patatas Bravas</u>
Fried potatoes served with alioli, northern style brava and southern style brava sauces | £5.75 | 18. <u>Rabas de Calamar</u>
Deep fried fresh squid strips in batter, served with alioli. | £8.00 |
| 9. <u>Papas Arrugadas con Mojo</u>
Baby wrinkled potatoes with traditional spicy canarian garlic sauces, mojo rojo and mojo verde | £6.45 | 19. <u>Pulpo en dos cocciones</u>
Twice cooked Galician octopus with a mojo rojo drizzle, on a bed of spicy paprika mash | £10.95 |
| 10. <u>Lágrimas de Pollo con piperrada</u>
Chicken strips in honey and mustard sauce on a bed of roast onions, peppers and tomatoes and a hint of chilli sauce | £6.75 | 20. <u>Fabada Asturiana</u>
DOC La Granja White Beans stew with chorizo, panceta and Spanish black pudding. | £8.00 |
| 11. <u>Parrillada de Verduras</u>
Grilled seasonal vegetables with extra virgin Olive oil and dry fried onions | £7.95 | 21. <u>Croquetas de Jamón</u>
Iberian cured ham croquettes | £7.95 |
| 12. <u>Setas al ajillo</u>
Sautéed oyster mushrooms pan-fried with butter, garlic and white wine | £6.95 | 22. <u>Croquetas de Chipirón</u>
Squid in its ink croquettes | £7.95 |
| 13. <u>Gambas al ajillo</u>
King prawns with garlic, parsley and chilies | £8.95 | 23. <u>Carrilleras de cerdo al PX</u>
Slow cooked Iberian pig cheeks in a Pedro Ximenez sauce | £8.50 |
| 14. <u>Gambas al Romescu</u>
Pan-fried King prawns in a Catalonian style tomato, pepper and almond sauce | £8.95 | 24. <u>Albóndigas de la Abuela</u>
Traditional Spanish meatballs in a rich vegetable sauce | £6.75 |
| 15. <u>Vieiras Con Chorizo</u>
Scallops with Chorizo on a light garlic cream | £9.75 | 25. <u>Puntas de Solomillo con serrano</u>
Diced Fillet steak with garlic, olive oil and Serrano ham. Served with roast potatoes | £10.95 |
| 16. <u>Pintxo La Bandera</u>
Ask your server for today's Pintxo | £TBC | 26. <u>Ensalada de Ave escabechado</u>
Chicken salad in a vinaigrette dressing | £6.85 |



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Pescados/Fish

27. Bacalao gratinado £17.95
Cod with a homemade mayonnaise gratin on a light creamy sauce
28. Lubina al Pil Pil £17.95
Grilled seabass fillets in a garlic, parsley, Chilli and paprika sauce
29. Brocheta de bacalao y langostinos £19.85
Cod and Tiger prawn skewers
30. Popieta de Salmon £18.75
Salmon paupiette with mushrooms, prawns and a white Manchego sauce
31. Bogavante a la Plancha £17.50/£30.50
Grilled fresh Lobster, served with salsa verde
32. Merluza Rellena £19.95
Stuffed Wild Hake with king prawns in a shellfish consommé, served on a bed of ginger spiced vegetables.
33. Parrillada de Marisco y Pescado £35.00 p/p
Seafood and Shellfish Platter with King Prawns, mussels, squid, Lobster, Cod and Scallops. Served with a selection of sauces. Minimum of two people

Arroces/Rice

(please allow minimum 20 minutes)

34. Arroz Mar y Montaña £10.95/£18.95
"Sea & Land". A chicken, pork and shellfish rice, traditionally served all over the Iberian Peninsula
35. Arroz Negro £11.95/£20.75
Rice with squid in its ink. Served Black.
36. Arroz Caldoso de Bogavante £18.95/£33.95
Rice with lobster cooked in a seafood broth
37. Arroz de la Huerta £8.50/£14.95
Vegetable rice with Spanish spices

Carnes/Meat

38. Pollo "Los Asadores" £16.50
Marinated half grilled chicken cooked with traditional canarian sauce "mojo rojo"
39. Medallones de Cerdo Albardados £18.75
Pork Medallions with a panceta wrap, aniseed mash and Cumberland sauce
40. Paletilla de Cordero Asado £22.95
Slow cooked Lamb fore shank served with roast potatoes.
41. Plumilla Iberica en adobo £19.95
Iberian pork loin "butcher cut steak" in a traditional Northern Spanish marinade
42. Chuletón de Buey £30.50
Bone-in 22oz Cote de Boeuf (600gr).
43. Solomillo con pimientos del piquillo £24.95
8oz Fillet steak with Spanish marinated peppers

Steak Sauces and Toppings:

Chilli King Prawns	£4.75
Half Lobster	£14.00
Peppercorn Sauce	£3.00
Salsa Verde	£2.00
Pedro Ximenez sauce	£3.00

Acompañamientos/Sides

44. Patatas Salteadas £3.25
Sautéed Baby Potatoes with rosemary, thyme and garlic
45. Arroz Blanco £3.25
Spanish short grain white rice
46. Pisto de Verduras £3.25
Vegetable ratatouille
47. Espárragos Trigueros £3.95
Grilled asparagus
48. Ensalada Mixta £3.95/£7.00
Mixed Leaves with Tuna, Spanish White Asparagus, onions, boiled eggs, sweetcorn and tomatoes

Lunch Offer

(Monday to Friday 12pm - 4pm)

- Any 3 starters £15.95
(Excluding Pulpo, Vieiras and Puntas)
- Starter and Main Course £23.95
(Excluding the above starters, Bogavante, Chuleton, Parrillada de Mariscos and solomillo)