

**A - Starters**

A-1	Marinated Olives	V, Gf	£3.50
A-2	Marinated Anchovies	Gf	£5.50
a-3	Slices of Spanish Manchego Cheese	V, Gf	£8.95
A-4	Ibericos (Jamón, Chorizo & Salchichon)	Gf	£10.95

**B - Salads**

B-1	Garden Salad	V, Gf	£4.50
B-2	Tuna Salad	Gf	£5.95
B-3	Parmesan Cheese Salad	V, Gf	£5.95
B-4	Spinach Salad with Goats Cheese, Walnuts and a Honey Dressing	V, Gf	£8.45

**C - Potatoes**

C-1	Canary Islands Potatoes with Mojo Picon	V, Gf	£4.95
C-2	Bravas Potatoes in a Spicy Sauce	V	£5.45
C-3	Alioli Potatoes in a Garlic Sauce	V, Gf	£5.45
C-4	Potatoes in a Blue Cheese Sauce	V, Gf	£5.45
C-5	Jefa Potatoes, (Onion and Chorizo in a Spicy Sauce)	Gf	£5.45

**D - Omelettes**

D-1	Potato and Onion	V, Gf	£4.45
D-2	Potato and Chorizo	Gf	£5.45

**E - Homemade Bread With Topping**

E-1	'Pa Amb Tomàquet' - Tomato, Garlic and Olive Oil	V	£4.50
E-2	'Pa Amb Tomàquet' - Jamón		£5.00
E-3	Jamón and Cheese (Spanish Cured Ham)		£6.50
E-4	Bacon and Cheese		£6.50
E-5	Chorizo (Spanish Sausage)		£5.95
E-6	Escalivada (Vegetables with Goats Cheese)	V	£6.50
E-7	Escalivada (Vegetables with Anchovies)		£6.50
E-8	Salmon and Goats Cheese		£7.00
E-9	Veal with Pepper and Cheese		£7.50
E-10	Grilled Asparagus with Smoked Salmon and Cambozola Cheese		£8.50

**F - Tapas**

F-1	Chorizo Sausage in Cider	Gf	£6.95
F-2	Spanish Meatballs		£6.95
F-3	Garlic Mushrooms	V, Gf	£6.45
F-4	Oven-baked Mushroom (Cheese)	V, Gf	£5.50
F-5	Oven-baked Mushroom (Cheese & Bacon)	Gf	£6.50
F-6	Vegetable Ratatouille and Fried Egg	V, Gf	£6.95
F-7	Padron Peppers		£6.50
F-8	Jalapeno Croquettes	V	£6.95
F-9	Jamón Croquettes		£6.95
F-10	Pollo Croquettes (Chicken)		£6.95
F-11	Haddock and Prawn Croquettes		£6.95
F-12	Chorizo Croquettes		£6.95
F-13	Grilled Squid	Gf	£6.95
F-14	Deep Fried Squid in Batter		£7.95
F-15	Garlic King Prawns	Gf	£8.50
F-16	Lemon King Prawns		£8.50

**G - Recommendations**

G-1	Garlic Chicken with Potatoes	Gf	£8.45
G-2	Chicken Marinated in Cumin, Paprika and Chilli		£8.45
G-3	Chicken in Pepper Sauce with Potatoes	Gf	£8.95
G-4	Oven-baked Spanish Black Pudding	Gf	£9.50
G-5	Chicken Livers	Gf	£8.50
G-6	Lamb Chops with Potatoes	Gf	£10.45
G-7	Grilled Prawns	Gf	£9.40
G-8	Grilled King Prawns	Gf	£10.40
G-9	Stuffed Roasted Pepper (Vegetables & Cheese)	V, Gf	£8.50
G-10	Stuffed Aubergine (Vegetables & Cheese)	V, Gf	£8.95
G-11	Pork Loin Strips with Onions in a White Wine Sauce	Gf	£9.50
G-12	Duck with Caramelised Onions and Goats Cheese	Gf	£11.45
G-13	Sirloin Steak in a Port Sauce		£14.00
G-14	Fillet Steak in Blue Cheese Sauce	Gf	£14.45
G-15	Ribeye Steak with Padron Peppers and Fries	Gf	£17.45

V = Vegetarian

Gf = Gluten Free

**I - Dessert**

I-1	White Chocolate Cheese Cake	£5.50
I-2	Baileys & White Chocolate Cheese Cake	£5.80
I-3	El Bareto Ice Cream (Pedro Ximenez)	£5.10
I-4	El Bareto Ice Cream (Coffee & Amaretto)	£5.95

**J - Coffee & Tea**

J-1	Espresso	£2.20
J-2	Americano	£2.50
J-3	Cappuccino	£2.75
J-4	Machiato	£2.25
J-5	Café Con Leche	£2.50
J-6	Latte	£2.75
J-7	Carajillo	£4.50
J-8	English Tea	£2.50
J-9	Herbal Tea	£2.50
J-10	Hot Chocolate	£3.50

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# El Bareto

spanish restaurant & bar

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[www.elbareto.com](http://www.elbareto.com)

*Muchas gracias por su visita.*

*Please note that service is NOT included,  
for tables of 6 or more a 10% optional service charge will be added.  
Food prepared at El Bareto may contain nuts.*