

# Gluten Free Guide

## Tapas Frias y Ensaladas Cold Tapas and Salads

<b>Aceitunas (V)</b> Green queen olives	£1.95
<b>Aceitunas marinadas (V)</b> Black and green olives marinated in lemon, garlic and red chillies	£2.25
<b>Tomate aliñado (V)</b> Tomatoes with an olive oil, chopped garlic & parsley dressing	£2.95
<b>Queso manchego (V)</b> Manchego cheese drizzled with olive oil	£4.75
<b>Boquerones con tomate aliñado</b> Unsalted anchovies and tomatoes with an olive oil, chopped garlic & parsley dressing	£4.25
<b>Surtido de tapas frias</b> Selection of cold tapas with serrano ham, sardines, white asparagus, artichokes, olives, peppers, tomato and chorizo ibérico	£5.95
<b>Sardinas con alcachofas</b> Sardines marinated in basil oil served with artichokes	£4.25
<b>Tapa de jamón y queso</b> Plate of serrano ham and manchego cheese	£4.75
<b>Ensalada verde (V)</b> Salad of mixed greens dressed with olive oil	£4.75
<b>Ensalada El Coto (FR)</b> Mixed leaves, tomatoes, onion, tuna, boiled egg, pepper, green olives, carrot & sweet-corn	£5.95
<b>Ensalada del Chef (V)</b> Chef's salad with beef tomato, avocado and goats cheese	£5.95

## Embutidos Cured Meats

<b>Jamón serrano (media ración / ración)</b> Small/large portion of Spanish serrano ham	£4.75/ £8.25
<b>Jamón de pata negra (ración)</b> Large portion of special Spanish cures ham	£18.95
<b>Surtido de embutidos ibéricos (media / ración)</b> Selection of cured meats including chorizo, salchichón & lomo embuchado (half/full portion)	£6.95/ £13.95

## Tapas Calientes Hot Tapas

<b>Chorizo frito</b> Chunks of chorizo sausage fried with garlic & white wine	£4.25
<b>Longaniza frita al vino blanco</b> Spanish sausage fried with garlic & white wine	£4.25
<b>Langostinos a la plancha</b> Grilled tiger prawns	£5.50
<b>Puntas a la andaluza</b> Pork tenderloin pan-fried with onions, peppers & sherry	£4.95

## Tapas Calientes Hot Tapas

Continued ...

<b>Puntas de solomillo al queso azul</b> Medallions of pork tenderloin in a creamy blue cheese & mushroom sauce	£4.95
<b>Gambas al ajillo</b> King prawns fried in olive oil with chillies & garlic	£4.95
<b>Champiñones al vino blanco (V)</b> Mushrooms sautéed in olive oil, garlic & white wine	£3.75
<b>Cordero en salsa</b> A rustic stew of lamb in red wine with peppers & thyme	£5.25
<b>Pollo al ajillo</b> Chicken sautéed in olive oil with garlic, parsley & white wine	£4.65
<b>Pollo con dátiles</b> Chicken cooked with dates in a creamy mushroom sauce	£4.95
<b>Arroz de matanza *</b> Rice cooked with chicken, pork and chorizo	£4.25
<b>Arroz de verduras * (V)</b> Rice cooked with a mixture of vegetables	£3.95
<b>Pollo pepitoria</b> Chicken in a creamy tomato sauce	£4.75
<b>Garbanzos (V)</b> Chickpea casserole with tomato & spinach	£3.95
<b>Berenjenas gratinadas (V)</b> Aubergines with a tomato sauce & melted cheese	£4.50
<b>Morcilla con tomate</b> Spanish spicy black pudding in a tomato sauce	£4.25
<b>Revuelto de chorizo y patatas (FR)</b> Potatoes scrambled with egg, chorizo & red peppers	£4.75
<b>Ternera a la mesonera</b> Home-made beef stew	£4.95
<b>Pollo a la cazuela</b> Chicken casserole cooked with chorizo, serrano ham, sherry & olives	£4.95
<b>Tortilla paisana (V) (FR)</b> Omelette made with potato & mixed vegetables	£3.50
<b>Ropa vieja</b> A moorish casserole of beef, chickpeas & aubergines flavoured with allspice & cloves	£4.50
<b>Pimientos del piquillo con morcilla y arroz</b> Sweet & spicy piquillo peppers stuffed with black pudding and rice	£4.75

Please don't hesitate to ask  
should you require any further information

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## Tapas Calientes Hot Tapas

The following tapas themselves DO NOT contain gluten but they have been fried in oil in a deep-fat fryer that has also been used to fry food that does contain gluten.

**Patatas a lo pobre (V)** £2.95

Sliced potatoes pan-fried with onions & green peppers

**“Papas bravas” (V)** £2.95

Potato chips with a hot & spicy tomato sauce

**Patatas con salsa de mostaza (V)** £2.95

Potato chips with a creamy honey & mustard mayonnaise

**Patatas malagueñas (V)** £2.95

Potato chips with a spicy, tomato mayonnaise

The Paellas and Rices DO NOT contain Gluten

## Paellas y Arroces Paellas & Rices

**Paella Valenciana** £9.95 per person

Rice cooked with chicken and seafood

**Paella Mixta \*** £9.75 per person

Rice cooked with chicken, pork and chorizo sausage

**Paella de Pescado y Mariscos** £10.95 per person

Rice cooked with fish and seafood

**Arroz a la Hortelana \* (V)** £8.50 per person

Rice cooked with mixed vegetables

**Minimum 2 people required for paellas & rices**

**Cooking time for paellas is approx. 40-50 minutes**

## Postres Desserts

**Trufito** £3.95

Chocolate shell filled with chocolate ice-cream and a caramel centre