

## TAPAS

<b>El Vermutero:</b> potato crisps, anchovies, anchovies in vinegar and espinaler sauce. (4,12).....	8,5€
<b>Bravatas</b> -Sweet potatoes bravas (7) .....	5,2€
<b>Our "Bravas"</b> , ( <i>potatoes with different sauces</i> ).....	5,0€
<ul style="list-style-type: none"> <li>- Alioli and bravo tomato (spicy sauce) (7)</li> <li>- Chipotle mayonnaise (7)</li> <li>- Gorgonzola cheese sauce and walnuts (7,8)</li> </ul>	
<b>Nachos:</b> corn tortilla chips pico de gallo, melted cheese, piccalilli from #ParcAgrari and pickled jalapeño pepper (7,11).....	7,0€
<b>Falafel</b> , beetroot hummus, yogurt vinaigrette, mint and crudités (1,7,11,12).....	8,8€
<b>La Rusa</b> , ( <i>Spanish potato salad</i> ) with bread sticks, olives and pickles (1,3,4,7,10).....	6,5€
<b>Sweet Potato Parmigina</b> , provolone cheese, cane honey, pesto rosso, seeds & sourdough bread croutons (1,7,8).....	6,2€
<b>Buñuelos de calçots</b> ( <i>Catalan sweet onion Fritter</i> ) with romesco sauce (5 units) (1,3,8,11).....	7,0€
<b>La formatgeria</b> (Selections of cheeses, quince jelly, nuts, dry fruits & sourdough bread croutons) (1,7,8) .....	12,0€
<b>Provençal Prat Artichoke</b> , parmesan cheese, seeds, sourdough bread croutons (1,2,6,11) .....	8,2€
<b>Tempura of Artichoke</b> and romesco sauce (1,8,11,12) .....	8,8€
<b>Crispy prawn rolls</b> , basil and sweet chili (5 units) (1,2,6,11) .....	9,3€
<b>Croquettes</b> (5 units) (1,2,6,11)	
<ul style="list-style-type: none"> <li>- Pota Blava (<i>special native chicken from el Prat</i>) and Artichoke (8).....</li> <li>- Goat cheese and walnuts (8).....</li> <li>- Cod fish (4) .....</li> <li>- Iberian ham (8).....</li> </ul>	
<b>Botifarra Eco</b> (Catalan sausage) cooked in onions with beans (7).....	9,9€
<b>Fresh squid Andalusian style</b> ( <i>crispy fried squid</i> ) alioli sauce and salicornia herbs (1,7,13).....	8,9€
<b>Comarea Fried Chicken:</b> coated chicken with Japanese panko bread crumbs (1,3,7).....	7,8€
<b>Pota Blava</b> ( <i>special native chicken from el Prat</i> ) <b>lasagne:</b> creamy pumpkin soup from #ParcAgrari (1,3,7).....	8,2€
<b>Pá amb tomàquet</b> (toasted bread with hanging tomato and EVOO) (1).....	2,5€

## SALAD BOWLS

**Base of lettuce mix from Parc Agrari, seeds mix and sourdough bread croutons**

* <b>La Verde &amp; Cabra</b> , spinaches, carrot, warm goat cheese, raisins, walnuts and quince jelly vinaigrette (1,7,8,11).....	9,2€
* <b>Mix de arrocés</b> , pickled beet, carrot, wakame, tuna fish and sweet & sour vinaigrette (1,4,6,,8,11,12) .....	9,5€
* <b>Quinoa</b> , carrot, hummus, mushrooms and feta cheese or vegan cheese(1, 7,8, 11,12) .....	9,5€
* <b>Burrata</b> , pesto, cherries, beetroot & wild mushrooms ·(1,7,8, 11).....	9,2€

## CON UN PAR!

**Eco fried eggs, potatoes from #ParcAgrari and... (3)**

* <b>Wild Mushrooms Ragout</b> with <i>tartufata</i> sauce .....	9,0€
* <b>Chistorra eco</b> from Cal Fusteret ( <i>Catalan chorizo sausage</i> ).....	9,2€
* <b>Squid</b> cooked in onion (4,13).....	9,5€

## WOKS

***Stir fried noodles with seasonal vegetables froml #ParcAgrari, teriyaki sauce, sesame seeds & oil and peanuts***

- \* **Vegetal**, with poached egg 0Km (1,3,5,6,11).....10,8€
- \* **Fresh squid** with calçots (catalan sweet onion) & spicy twist (1,3,5,6,11,13).....11,5€
- \* **Pollo**: chicken in small dices with yellow bell pepper (1,3,5,6,11,12).....11,0€

## AL PAN, PAN

***“Brioche Preñado***

- \* **Cochinita pibil**: with Duroc pulled pork roasted at low temperature, Mexican style (1,11,12).....8,9€
- \* **Bolo do Mar**: with squid cooked in onions and green coriander mojo mayonnaise sauce (1,3,7,11,12,13).....8,9€
- \* **El mediterráneo**: con botifarra Eco (Catalan sausage) cooked with Onions & piquillo pepper mayonnaise (1,11,12)8,9€
- \* **El Veganito**: with vegan Majorcan sobrasada, hummus, aubergine, spinach and cane honey syrup (1,3,5,6,11,12)..8,9€

***Choose your BURGUER with your favourite protein: Eco beef or Eco chicken or Veggie burger.***

- \* **La Clásica**: Mix of lettuce, bacon, cow cheese and caramelized onion ·(1,7,11)..... 9,5€
- \* **La Trufada**: Mix of lettuce, cow cheese, mushrooms, fried egg and tartufata sauce (1,3,7,11).....10,3€
- \* **La Cabrita**: Mix of lettuce, goat cheese and caramelized onion ·(1,7,11).....9,8€
- \* **La Cabróna**: Mix of lettuce, pico de gallo, jalapeños and chipotle sauce ·(1,7,11).....9,5€
- \* **La Coruxa** : Mix of lettuce, porc shouder ham , Arzúa- Ulloa Cheese, & paprika hint. ·(1,7,11).....9,8€
- \* **La Marquesa**: Mix of lettuce, hummus, pickles and feta cheese or vegan cheese (1,7,8,11,12).....9,8€

**All of our bread is supplied by GRENIA by Forn Gil 1956, traditional artisan bakers**

