EL TENEDOR RESTAURANT BAR

We love cooking with vegetables, but not only vegetables. Our Spanish & French inspired menu brings together vegetables, fish, seafood and meat, with flavour at the centre of every dish.
Chef Cesar

Appetizers

Warm bites (for 2) **48**
Artichokes, honey & goat cheese
Garlic shrimp
Dates & cured ham
Mushroom pate, green apple, pistachio
Pairing: Cava

Onion Cream, Cod and Scallops Chowder **24**
Velvety onion and mushroom cream with baked cod, scallops and almonds.
Pairing: Chardonnay

Vegetable Ceviche **25**
Seasonal vegetables, grapes and corn with ginger-avocado pepper sauce.
Pairing: Albariño, Verdejo, Sauvignon blanc.

Escalivada **26**
Roasted eggplant, zucchini, peppers, olives and almonds.
Pairing: Rosé

Desserts

Basque Cottage Cheesecake **17**
Light cottage cheese cheesecake with candied orange and hibiscus.
Pairing: Watermelon Martini

Cinnamon Apple Terrine **18**
Layers of apple, pear and sweet potato with cashew cream, chestnut.
Pairing: Peach Pie Punch

Chocolate, Cauliflower & Oporto **17**
Spicy roasted cauliflower with chocolate, Oporto, cherry coulis, olive oil and coarse salt.
Pairing: Jerez Old Fashioned

Mains

Seafood Cremoso **38**
Creamy farro with shrimp, scallop, fish broth, wine and sofrito.
Pairing: Albariño, Verdejo, Sauvignon blanc.

Salmon, Jerez & Miso **37**
Jerez-miso salmon with sweet potato cream, crispy quinoa and sprouts.
Pairing: Albariño, Riesling, Chardonnay

Squash & Cabbage Beef Lasagna **40**
Layers of squash and cabbage with tender, slow-braised beef cheeks.
Pairing: Rioja Reserva, Garnacha, Barolo

Jarrete de Cordero (Lamb Shank) **39**
Slow-roasted lamb shank with smoky pepper-wine sauce and cheesy aligot.
Pairing: Priorat, Rioja Reserva, Garnacha, Barolo

Mushroom Cremoso **37**
Creamy farro with vegetables, mushroom broth, wine and sofrito.
Pairing: Gamay Noir

Veggie Steak **32**
Beans, cabbage and cauliflower with buttery mushroom sauce and truffle potatoes.
Pairing: Merlot, Skin Fermented Vidal

Roots, lentils caserole **33**
Root vegetable and lentil stew with roasted cauliflower and grape-herb salad.
Pairing: Grüner Veltliner, Skin Fermented Vidal

Feel-good cooking with whole, thoughtfully chosen ingredients, gluten-free alternatives and organic products whenever possible.