



Tapas in the UK now is very much a common sight.

At Bar 44 however we believe in going that little bit further to give customers a real tapas experience, not an add on you see at the bar in some pubs and restaurants.

We endeavour to source many of our ingredients from Spain's finest independent producers, all of which still use artisan methods to produce their ingredients.

From Andalusian Virgin Olive Oil, to Teruel Serrano Ham, Corn Fed Jamón Ibérico, Vegetables and pulses from Navarra and rice from Murcia, Regional Cheeses, Vinegars, Nuts and La Mancha Saffron – the list goes on. The chocolate used in our desserts is also sourced from Spanish Chocolatiers.

Our menus are then created by marrying these ingredients with top quality local produce from fantastic Welsh suppliers to make a range of traditional and more contemporary tapas dishes, complimenting our Charcuterie and Cheese boards. Our food should be perfect for you to enjoy with your friends, with a drink or two of your choice!

Please ask for a deli takeaway list, so you can buy our produce to take home and cook with, or sample some of our tapas dishes at home.



NIBBLES AND BREADS (AVAILABLE 12PM-10.30PM)

Spanish Cornichons or Caperberries	£3.00
Selection of Bar Nuts or Spanish caramelised Almonds	£3.00
Home marinated Gordal Olives	£3.50
Pan Catalan – Toasted Sourdough Bread, Tomato, Sea Salt, Virgin Oil (£4.00 with Serrano Ham)	£2.95
Artisan Breads, Hojiblanca Virgin Olive Oil, PX Sherry Balsamic	£3.50
Nachos, Sour Cream, Guacamole, Salsa (sharing size) – Chillies or Chorizo (50 pence supplement each)	£5.50

CHARCUTERIE (AVAILABLE 12PM-10.30PM)

We have sourced Artisan charcuterie of the highest quality, listing some of the finest examples of cured meats in Spain

Cecina, Leon - smoked and Cured Beef	£3.95
Chorizo Ibérico, Extremadura - from acorn fed Ibérico pigs	£3.95
Salchichón Ibérico, Extremadura - Salami from acorn fed Ibérico pigs	£3.95
Lomo Iberico, Extremadura – beautifully cured Ibérico Pork Loin	£4.95
Jamón Serrano Gran Reserva D.O, Teruel - hand carved 18 month cured Ham	£5.50
Selection of all the above	£12.00

Jamón Ibérico, bellota reserva	£7.95
The Rolls Royce of hams! Aged for 3 years, roaming and pure acorn fed. Rich, nutty and delicate.	

BAR 44 TAPAS STAPLES (AVAILABLE 12PM-9PM)

Triple cooked bravas Chips	£3.30
Tortilla Española – Slow cooked Potato and Onion Tortilla	£3.95
Dates wrapped in crispy Bacon	£3.00
Chicken and Serrano Ham Croquetas (4)	£3.95
Lamb, Mint and Chilli Meatballs, Red Wine and Tomato Sauce	£4.00
Whitebait dusted in Spanish frying flour, Smoked Paprika Mayonnaise	£3.95
Boquerones – hand filleted Cadiz Anchovies cured in Olive Oil and Sherry Vinegar	£4.25
Hake in San Miguel Batter, Caperberry and Lemon Alioli	£4.50

OTHER TAPAS DISHES (AVAILABLE 12PM-9PM)

Vegetables, Warm Cheese and Salads	
Rocket, Chard, Manchego, Red Onion and Sherry Balsamic Salad	£3.75
Córdoba Goats Cheese, Beetroot, Catalan Blossom Honey	£4.50
Baked Cañarejal Cheese, Rosemary, country Bread, Olive Jam	£4.95
Spinach, giant Chickpeas, Tomato	£3.95
Tempura of White Asparagus, Aubergine and Red Pepper, Bravas dip	£3.95
Chestnut Mushrooms, Garlic, Fino Sherry	£4.00

Rice	
Arroz del Dia – Saffron braised Spanish Calasparra Rice. (Please ask for today's version. Price changes daily depending on ingredients used).	

Meat	
Grilled smoked Morcilla, free range Duck Egg	£3.95
Cider poached Chorizo	£4.25
Roast Piquillo Peppers, Rioja braised shredded Oxtail	£4.50
Roast Woodland Pork Belly	£4.50
Sautéed Chicken Livers, Bacon, Chestnut Mushrooms, PX Sherry	£4.50
Griddled marinated Chicken, Romesco Sauce	£4.50
Grilled Fillet of Ibérico Pork (served medium rare), smoked Paprika, Sea Salt	£7.25

PLEASE NOTE: You can purchase many of our specialist Spanish ingredients, Meats, Cheeses and certain tapas dishes to take home with you. Please ask for a take away deli menu. *We now take advance bookings on Sunday lunchtimes for our authentic gourmet paellas! A great alternative to a traditional Sunday lunch.



OTHER TAPAS DISHES (AVAILABLE 12PM-9PM)

Fish	
Fresh crispy Squid, Alioli	£4.50
Cantabrian smoked Anchovies, Piquillo Peppers, White Asparagus	£4.75
Tiger Prawns (peeled) in Garlic, Chilli, Olive Oil	£5.50
Wye Smoked Salmon and Crab Tostados	£5.50

TAPAS DEL DÍA (AVAILABLE 12PM-9PM)

We always have a great selection of daily specials, using the best of unrivalled Spanish produce combined with superb British and where possible local ingredients. Fish and seafood specials are chosen from day boats landing in West Wales and Devon. We use Welsh dry aged Beef, Welsh Lamb and Woodland Pork, free range Chicken, fresh Ibérico acorn fed Pork for grilling.

SPECIALITY SPANISH CHEESE (AVAILABLE 12PM-10.30PM)

Our cheeses are fantastic small batch artisan farmhouse cheeses, many gaining international acclaim.

Aged Manchego, D.O, La Mancha - A cured and nutty Manchego, with Quince	£4.25
Try with a bone dry Manzanilla Sherry	
Mahon, Menorca - A mature crumbly cow's Cheese, with Tomato Jam	£4.75
Try with a sweet Pedro Ximenez Sherry	
Ahumado de Pria, Asturias – A mildly Smoked cow's Cheese, with Quince	£4.75
Try with a dry Olorosso Sherry or Sweet Pedro Ximenez	
Balanchares, Córdoba - A lovely Goat's Cheese, light, grassy and citrusy, with Olive Jam	£4.75
Try with a dry Olorosso Sherry	
La Peral, Asturias - Fantastic rich creamy blue, served with Walnuts and bittersweet Fig	£4.75
Try with our luscious Moscatel Wine	
Selection of all the above and our Cañarejal Cheese, with accompaniments	£8.75

HOMEMADE DESSERTS & SWEET THINGS (AVAILABLE 9.30AM-10.30PM)

Churros Con Chocolate Cinnamon Sugared Doughnuts with a Dark Chocolate Dipping Sauce	£3.95
Tapas Desserts	
Local Vanilla Ice Cream drizzled with Pedro Ximenez Sherry, crumbled Turrón, Sevillian Biscuit	£3.00
Sangria Granita (churned iced Sangria)	£2.95
Orange, Lemon and Cinnamon Créma Catalana	£3.00
Sticky Catalan Almond and Lemon Cake (flour and butter free)	£2.95
Or choose three of the above as a selection	£7.50
Other Homemade Cakes/Slices	
Welsh Cakes	£0.95ea
Chocolate Chip Cookies	£1.30
Flapjack	£1.50
Sevillian Sweet Olive Oil Biscuit (great with coffee)	£1.50
Chocolate Brownie	£2.75
Wild Fig Farm Ice Cream. Please ask for Flavours	£1.50 per scoop

CHILDREN'S TAPAS (UNDER 12'S - AVAILABLE 12PM-9PM)

For children's tapas, please choose 4 items from the menu below to create their own mixed tapas plate for £3.95.

Marinated Olives	Sliced wholegrain or French Bread
Homemade Chips	Freshly battered Hake
Fresh crispy Squid	Homemade Ham and Chicken Croqueta
Tortilla (Potato and Onion Spanish Omelette)	Homemade Meatballs (2)
Baked Beans	Crispy Whitebait