

TAPAS

BAR SNACKS

Habas fritas, kikos, garbanzos V Mixed toasted Spanish broad beans, corn & chickpeas	2.5
Almonds V,N,GF Roast salted organic Catalan almonds	3.3
Nuts V, N Caramelised nuts	3
Olives V,GF Gordal olives, lemon, parsley	3.7
Boquerones GF Cádiz cured anchovies	4.5

BREADS

Pan con tomate V Toasted sourdough, tomato, olive oil	2.5
Breads, rama 44 oil, alioli V	3.7
Sobrasada toast, honey	3.2

JAMÓN

Jamón ibérico de cebo, DO Los Pedroches GF Hand carved grain & acorn fed Ibérico ham from Córdoba	9
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CHARCUTERÍA

Regional charcutería selection with Jamón Ibérico GF	12
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CHEESE

€5 EA

Queso de trufa Black truffle manchego, sherried quince	
Mahon Menorcan cows' cheese, sweet tomato jam	
Moluengo Ash rind Albacete goats' cheese, dried fig	
Torta de Barros Soft, runny & pungent, smoked pepper relish	
Cabrales Asturias cave matured blue, cider soaked apple	

Cheese selection with accompaniments

12

RACIONES

Meal sized portions perfect for sharing in the middle of the table amongst friends

Overnight sidra roast Aragon belly pork GF	18
300g sirloin of 45 day dry aged Hereford beef, romesco, truffled manchego N	25

SOME OF OUR DISHES FROM THE ARCHIVES

Tortilla V, GF Classic tortilla, served slightly runny	5
Patatas bravas V Triple cooked potatoes, smokey bravas sauce, sherry alioli	4
Ensalada de manchego V, GF Gem, manchego & apple salad	4.75
Tempura V Of Broccoli & aubergine, salpicón, miel de caña	5
Ajo blanco N Almond cream, seared king oyster mushroom, ajillo, toasted almond	5.5
Pisto V Spanish ratatouille, fried egg, crispy chickpea	5.5
Puntillitas Crispy whole baby squid, mojo rojo, lime	6.5
Hake Crispy hake, alioli, green herb & caper	6.5
Crab White & brown crab tostada, horseradish, fennel, apple	6.5
Gambas rojas GF Wild red prawns, garlic, chilli, rama 44 olive oil	7.5
Atún Seared pimentón tuna, avocado gazpacho	8
Almejas GF Clams, jamón ibérico crema, albariño	8.5
Dates & bacon N Medjool dates, crispy pancetta, ajo blanco	4.9
Sidra chorizo GF Cider poached chorizo	5.8
Croquetas Jamón Ibérico croquetas	5.5
Meatballs Lamb meatballs in tempranillo & tomato	6.5
Pollo GF Moruños chicken, criollo sausage, spiced yoghurt	7

DESSERT

Bizcocho Olive oil, pistachio & lemon cake, lemon thyme ice cream	6
Trufas V, GF Dark chocolate truffles, side of Pedro Ximénez sherry	6
Crema Catalana Classic burnt cream, seasonal fruits	6
Churros Piped cinnamon sugar doughnuts, chocolate sherry sauce	4.6

COPAS

CAVA

125ML / BOTTLE

Vilarnau organic Brut reserva Macabeo, Parellada, Xarel.lo. Exceptional organic cava by the glass	5/26
Vilarnau organic Rosado Ultra fresh fruity pinot noir rosé bubbles	29
Loxarel Reserva Brut Nature Macabeo, Xarel.lo. 28 month aged, biodynamic, super dry, floral	42
Albert de Vilarnau, Penedés Chardonnay & pinot noir aged for 36 months. Elegant, stunning	59

DRY SHERRY

100ML / 375ML

Tio Pepe fino Savoury, ultra dry, crisp	5/15
Colosía fino del Puerto Light dry, pungent	5.25/16
Micaela Manzanilla Salty, yeasty, fresh	4.2/14.5
Xixarito Manzanilla en rama Nutty, complex, crisp	6.75/23
Viña AB Amontillado Toasted, nutty, vanilla	5.75/19
Leonor Palo cortado Nutty, spiced, toasty	5.9/21
Alfonso Oloroso Powerful, dried fruit peel, wood	5.5/19

VERMÚT

75ML

La Copa Blanco seco Crisp, herbaceous, dry white	5
Padró & Co Blanco reserva Floral, sweet, bitter citrus	5.5
Forzudo rojo Classic red vermut with 12 secret botanicals	5
La Copa rojo, sherry cask Cinnamon, orange, clove, wormwood	5
Padró & Co Reserva From xarel.lo & macabeo grapes, aged in chestnut	5.5

SWEET SHERRY

75ML / 375ML

Micaela cream Caramel, orange, raisin	4
Colosía Moscatel Honeyed, floral, luscious	7.6
Nectar Pedro Ximénez Christmas pudding, dates, raisins	4.5/20

ASK FOR OUR SELECTION OF OUR BODEGAS BERONIA SPECIAL ELABORATION RIOJAS AND POST-MEAL DRINKS PAIRINGS

WHITE

125ML / BOTTLE

UVA 44, Viura, Chardonnay Fresh clean citrus driven 44 white	4/17
Viñas del Vero, Somontano, Chardonnay blend Crisp unoaked fruit driven chardonnay	4.1/19.5
Beronia blanco, Rioja, Viura Vibrant apple and lemon driven white Rioja	4.2/24
Coral do Mar, Rias Baixas, Albariño Stone fruit and tropical notes, classic albariño	5/28
Ondas del Alma, Montereí, Godello Simply excellent godello. Rounded, balanced	25
Finca Constancia, Rueda, Verdejo Fresh but rich, zippy, balanced, barrel fermented	25
Txomin Etxaniz, Getaria, Hondorrabi Spritzy zingy classic Basque white	29.5
La Miranda, Somontano, Garnacha blanca Elegant refined white grenache, white fruits	29
Gaia Loxarel, Penedes, Sauvignon blanc Exceptional biodynamic Catalan sauvignon	28

ROSADO

99 Rosas, Tierra de Castilla, Garnacha Estate grown organic rosé, fresh raspberry	4.5/21
Viñas del Vero Colección, Somontano, Pinot Noir Delicate, elegant, aromatic	5/28

RED

UVA 44, Cariñena, Tempranillo Fresh fruit driven organic 44 red	4/17
El Paular, Tierra de Castilla, Petit Verdot blend Fresh red fruits, spice and coffee	4.5/22
Quinta de Aves, Siera de Castilla, Syrah Modern syrah, chocolate smooth finish	5/27
Beronia Ecológico, Rioja, Tempranillo Cherry, herbs, a little oak for softened spice	5.5/29
Trus, Ribera del Duero, Tinta del País Silky smooth modern Ribera	28
Finca Constancia parcela 12, Toledo, Graciano Juicy black fruits, hints of sweetness	28
Tendral, Priorat, Cariñena blend Classic toasty spiced full bodied Priorat	32
Finca Moncloa, Tierra de Cádiz, Cabernet, Tintilla de Rota blend Rich, inky, intense red fruit & spice	33

A DISCRETIONARY SERVICE CHARGE OF 10% IS ADDED TO TABLES OF 7 OR MORE. ALL GRATUITIES AND SERVICE CHARGES GO DIRECTLY TO OUR SUPERB STAFF!

GLUTEN FREE, VEGETARIAN DISHES AND DISHES CONTAINING NUTS ARE NOTED BESIDE EACH ITEM WITH A **GF, V** OR **N** RESPECTIVELY. PLEASE ASK IF YOU WOULD LIKE TO SEE OUR VEGAN OPTIONS.

NUTS ARE USED EXTENSIVELY THROUGHOUT THE RESTAURANT, IN OUR DISHES, THE KITCHEN & IN OUR DRINKS. PLEASE INFORM A MEMBER OF STAFF OF ANY ALLERGIES.

44C HIGH ST, COWBRIDGE CF71 7AG
 @ BAR44COWBRIDGE   BAR44TAPAS
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