



VEGAN

TO PICK AT

Habas fritas, kikos, garbanzos GF	2.5
Mixed toasted Spanish broad beans, corn & chickpeas	
Almonds GF, N	3.5
Roast salted organic almonds	
Guindillas GF	3
Sweet pickled peppers	
Gordal olives GF	3.7
Giant queen olives marinated in lemon, black pepper, parsley	

TOAST & BREAD

Alex Gooch sourdough breads	3.7
Served with our own Rama 44 olive oil, sea salt	
Pan con tomate	2.5
Toasted sourdough, garlic, tomato, Rama 44 olive oil	

TAPAS DISHES

Patatas GF	4
Pan-fried crispy potatoes, smoked bravas sauce	
Padron peppers GF	4.5
Galician green peppers, Rama 44 olive oil, seasalt. Some hot, some not!	
Naranja y Hinojo GF, N	4.5
Orange, fennel, hazelnut salad	
Calabaza GF, N	5
Roast squash, chard, walnut, sherry syrup	
Ensalada GF	4.5
Apple, hazelnut, pomegrante salad	
Champiñones GF	6.5
Wild mushrooms, garlic, spinach	
Tomate GF	5
Winter tomato salad, green herbs, capers	

SWEET TREAT

Seasonal Sorbet	2.5 per scoop
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PLEASE TURN OVER FOR
OUR VEGAN WINES



MAY CONTAIN NUTS N GLUTEN FREE GF

14 WINDSOR ROAD PENARTH CF64 1JH WWW.BAR44.CO.UK 🐦 BAR44PENARTH



VEGAN WINES

SPARKLING

Loxarel Reserva Familiar, Brut Nature, Penedès Btl 42
🍷 Pinot Noir, chardonnay, xarel-lo

ROSÉ

Viñas del Vero, Somontano 5 / 7 / Btl 28
🍷 Pinot Noir

WHITE WINE

Finca Constancia Parcela 52, Toledo 4.8 / 6.7 / Btl 25
🍷 Verdejo

Viñas del Vero, Somontano Btl 28
🍷 Gewurztraminer

Castelo de Medina, Rueda 4.9 / 6.8 / Btl 26
🍷 Sauvignon blanc

Nivarius, Rioja Nalda Btl 29
🍷 Tempranillo blanco

Lusco, Rias Baixas Btl 31
🍷 Albariño

Decenio, Rioja Btl 29
🍷 Viura

Cora de Loxarel, Penedès Btl 27
🍷 Xarel.lo, Sauvignon Blanc

Terroir Historic, Priorat Btl 48
🍷 Macabeo, Garnacha Blanca

Reto, Manchuela Btl 39
🍷 Albillo

Picarana, Vinos de Madrid Btl 39
🍷 Local Varieties

RED WINE

Ops, Penedès Btl 29
🍷 Samsó blend

Berdugo Crianza, Ribera del Duero Btl 37
🍷 Tinta del país

Viña Zorzal, Navarra Btl 30
🍷 Graciano

Casa Castillo, Jumilla Btl 34
🍷 Monastrell

Valtuille Joven, Bierzo Btl 30
🍷 Mencía

Ciclón, Viñas Serranas, Sierra de Salamanca Btl 39
🍷 Rufete

Tondeluna Crianza, Rioja 4.8 / 6.7 / Btl 25
🍷 Gracian, Mazuelo, Tempranillo

Tramuz Joven, Ribero del Duero 4.9 / 6.8 / Btl 26
🍷 Tinta del país

Rafael Cambra Soplo Btl 29
🍷 Garnacha

La Casilla, Manchuela Btl 39
🍷 Bobal