

Dishes on this menu are **GLUTEN-FREE**.

Dishes denoted with a * do not contain gluten but their ingredients have been deep-fried in oil that has been used to fry items that do contain gluten.

The ali-oli garlic mayonnaise that we use as a garnish on some of the dishes contains traces of wheat, so please ask for **no** Ali-Oli where indicated with **◇**

Tapas Frias y Ensaladas Cold Tapas and Salads

Aceitunas (V) Green queen olives	£1.95
Aceitunas marinadas (V) Black & green olives marinated in lemon, garlic & chillies	£2.25
Queso manchego (V) Cheese from La Mancha served with grapes	£4.75
Alcachofas con anchoas Artichoke hearts served with salted anchovies	£3.95
Boquerones con tomate Unsalted anchovies marinated in olive oil, vinegar & garlic served with tomato	£4.25
Ensalada mixta (V) Lettuce, tomato, red onion, cucumber, peppers, carrot and celery with olive oil & vinaigrette dressing	£4.75
Ensalada El Coto (V) Beef tomato, avocado and grated goat's cheese drizzled with olive oil.	£4.95
Ensalada El Torero Salad with beef tomato, tuna, white & green asparagus, egg, onion, & olives with olive oil & vinaigrette dressing	£4.95
Ensalada rústica (V) Salad of mixed green leaves with walnuts, blue cheese and an olive oil & balsamic vinegar dressing	£4.95

EL TORERO Gluten-Free Guide

Embutidos Cured Meats

Jamón serrano Cured Spanish ham (small / large portion - request without breadsticks)	£4.75 / £8.50
Tabla mixta Serrano ham and manchego cheese	£8.50
Jamón ibérico Special cured Spanish ham (small / large portion - request without breadsticks)	£9.75 / £18.95
Surtido de embutidos ibéricos Spanish cured sausage meats (small / large portion request without breadsticks)	£6.95 / £13.95
Quesos (V) Selection of cheeses	£8.50

Tapas Calientes Hot Tapas

Gambas al ajillo King prawns sautéed in olive oil with chilli peppers & garlic	£4.95
Gambas al pil-pil King prawns sautéed in olive oil with sweet paprika & garlic	£4.95
Gambas al vino blanco King prawns cooked in white wine with garlic & parsley	£4.95
Cazuela de calamares Squid cooked in white wine with tomato, pepper, garlic & parsley	£4.95
Pulpo a la gallega Octopus tentacle medallions with a sweet paprika & olive oil dressing	£4.95
Paella valenciana Rice dish with fish, seafood & chicken	£4.25
* Berenjenas con gambas y queso gratinado Aubergines, prawns & tomato with bechamel and cheese topping	£4.85
* "Papas a lo pobre" (V) Sliced potatoes fried in olive oil with green peppers and onions	£2.95
* Patatas al infierno (V) Potatoes with a hot tomato sauce	£2.95

* Patatas cortijeras	£3.25
Potatoes fried with chorizo and red peppers	
* Patatas payesa (V)	£2.95
Potatoes fried in olive oil with red peppers & onions	
Champiñones al vino blanco (V)	£3.75
Mushrooms sautéed in olive oil with garlic, parsley & dry white wine	
♦ Tortilla española (V)	£3.50
Spanish omelette with potatoes and onions	
Salteado de verduras (V)	£3.75
Mixture of vegetables par grilled & fried in olive oil	
Arroz a la hortelana (V)	£3.95
Rice dish cooked with mixed vegetables	
* Berenjenas gratinadas (V)	£4.75
Aubergines in a tomato sauce topped with cheese	
Estofado de verduras con nata (V)	£4.50
Mixed vegetables cooked in a delicious cream and chilli sauce	
Potaje de titos (V)	£3.75
Chickpeas cooked with vegetables seasoned with cumin	
Fricasé de pollo	£4.95
Chicken cooked with onions, mushrooms & brandy in a cream sauce	
Pollo al vino blanco	£4.65
Chicken cooked in olive oil with garlic & white wine	
Arroz con pollo "Mama Antonia"	£4.25
Rice cooked with pork & chicken in white wine	
Cordero en caldereta	£5.25
Lamb braised in a tomato & white wine sauce with paprika & herbs	
Lomitos al cabrales	£4.95
Pork fillet served in a creamy blue cheese & mushroom sauce	
Habas con jamón serrano	£3.95
Broad beans fried in olive oil with Spanish ham	
♦ * Brocheta de pollo	£4.75
Chicken breast, pepper & onion kebab served with potatoes & salad	
* Dátiles con beicon	£4.50
Dates with an almond centre wrapped in streaky bacon	

Morcilla con tomate	£4.25
Spicy Spanish black sausage in a tomato sauce	
Ternera a la riojana	£4.95
Beef stew cooked with carrots & peas in a rich red wine sauce	
Longaniza frita	£4.25
Spanish sausage fried in olive oil with garlic & white wine	
Chorizo picante frito al vino blanco	£4.25
Spicy chorizo sausage fried in olive oil with garlic & white wine	
Ropa vieja	£4.50
Chickpeas with diced spicy sausages & pork loin in a tomato sauce	
* Picadillo ibérico	£4.75
Chunks of chorizo & fried potatoes scrambled with eggs	
Pimientos del piquillo con morcilla	£4.75
Piquillo peppers stuffed with a mix of spicy black sausage & rice	

(V) denotes dishes that are suitable for vegetarians.

We cannot guarantee that any of our dishes are completely free from trace of nuts or gluten.

Paellas y Arroces Paellas and Rices

Minimum of 2 people required Cooking time 40-45 minutes

At busy times, cooking time may be longer.

Paella valenciana	£9.95 per person
Rice with chicken, fish and seafood	
Paella mixta	£9.75 per person
Rice with chicken, pork and chorizo	
Paella de pescado y mariscos	£10.25 per person
Rice with fish and seafood	
Arroz negro	£10.25 per person
Rice with fish and seafood cooked with squid ink	
Arroz "Mama Antonia"	£9.95 per person
Rice with pork & chicken cooked in white wine	
Paella a la hortelana (V)	£8.95 per person
Country style rice cooked with vegetables	