

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

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

## EL TORERO Gluten-Free Guide

### Embutidos Cured Meats

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

### Tapas Calientes Hot Tapas

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

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

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

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