

TAPAS DEL DÍA

A daily selection of kitchen specials using stunning Spanish and seasonal British produce.

BAR 44 WEBSITE

You can book tables in Bar 44 Cowbridge via the website. All menus are available to view as well as our group booking menus. You can also follow us on Facebook, Twitter & Instagram

www.bar44.co.uk

SUNDAYS

We create special dishes every Sunday for you to share (or keep to yourself) based on Spanish roast meat. Book a table now for a great alternative Sunday roast.

BAR 44 DELI

Artisan cheese, rama 44 olive oil, olives, vinegars, spices, wines & sherries

WEEKDAY LUNCH

Tuesday-Friday* (available 12pm -5pm) weekday express lunch menu— **2 dishes for £8**. From the bread or classics section.

*Restrictions apply



LA DESPENSA

SOME OF OUR FAVOURITE REGIONAL SPANISH PRODUCE. SOURCED FROM PRODUCERS WE KNOW AND SPEND TIME WITH, SERVED SIMPLY TO ENJOY WITH GREAT DRINKS.

PARA PICAR / BAR SNACKS

EXCELLENT WITH A CRISP BEER AT THE BAR, GLASS OF CAVA, DRY WHITE WINE, BONE DRY FINO OR MANZANILLA SHERRY

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|---|-----|
| Habas fritas, kikos, garbanzos Mixed toasted Spanish broad beans, corn & chickpeas | 2.5 |
| Roast almonds N Roast salted organic Catalan almonds | 3.3 |
| Gordal olives, Carmona S In lemon, black pepper, parsley | 3.7 |

BREADS & TOASTS

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| Alex Gooch sourdough breads, rama 44 oil, alioli G, SS * | 3.7 |
| Pan con tomate G, SS * | 2.5 |
| Pan con tomate with jamón ibérico G, SS * | 6.5 |
| Sobrasada ibérica & honey on toast G, D, SS * | 3.5 |
| Pan con tomate G, SS * | 2.5 |
| Crab toasts, horseradish, apple & fennel G, CR, D, E, SS | 7 |
| Torta de barros, tomato chutney, toast G, SS, D, S | 6.5 |

CHARCUTERÍA & JAMÓN

PERFECT WITH A DRY FINO, AMONTILLADO OR OLOROSO SHERRY

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|---|----|
| Jamón Ibérico, Castro González Free range grain & acorn fed ibérico ham from Salamanca | 9 |
| Mixed charcutería Free range grain & acorn fed ibérico ham from Salamanca | 12 |

CHEESE *

RIPE TO ENJOY WITH A DRY AMONTILLADO OR PALO CORTADO SHERRY

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|---|----|
| Regional selection D, S, N Served with toasted cristal bread & accompaniments | 12 |
| Cheeses will change from month to month with what's best now. Chosen from small batch producers from all over Spain, based on pure quality | |

*PREPARED IN A FACTORY THAT MAY CONTAIN GLUTEN/NUT

*ACCOMPANIMENTS: QUINCE, TOMATO CHUTNEY (S, MU), WALNUTS (N), PX RAISINS (S), COCA TOASTS (G), DRIED FIGS

ALLERGEN GUIDE

| | |
|--------------------------|--------------------|
| G = GLUTEN | CL = CELERY |
| M = MOLLUSCS | F = FISH |
| MU = MUSTARD | SY = SOYA |
| CR = CRUSTACEAN | |
| P = PEANUTS | |
| SS = SESAME SEEDS | |
| D = DAIRY | |
| N = NUTS | |
| E = EGG | |
| L = LUPIN | |
| S = SULPHITES | |

DE LA COCINA

OUR CURRENT TAPAS DISHES FROM THE KITCHEN ARE PREPARED AND COOKED TO ORDER AND COME OUT TO THE TABLE AS AND WHEN THEY ARE READY. IF YOU'D LIKE DISHES SERVED TOGETHER JUST ASK OUR STAFF WHEN YOU ORDER.

44 CLASSIC TAPAS

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| Patatas bravas G, D, S, E Triple cooked potatoes, smokey bravas sauce, sherry alioli | 4 |
| Padron peppers Triple cooked potatoes, smokey bravas sauce, sherry alioli | 4.5 |
| Tortilla E Classic tortilla, served slightly runny | 5.5 |
| Puntillitas G, S, M Crispy whole baby squid, mojo rojo, lime | 6.5 |
| Boquerones F, S Hand filleted Cádiz cured anchovies | 4.5 |
| Merluza G, F, E, S Crispy hake, alioli, green herb, capers | 6.5 |
| Croquetas G, D, E Jamón ibérico croquetas | 5.7 |
| Chorizo S Basque cider poached chorizo | 6.5 |
| Albóndigas G, S Lamb meatballs in tempranillo & tomato | 6.5 |
| Dates & bacon N, G, S, D Medjool dates, crispy pancetta, ajo blanco | 4.9 |

SEASONAL TAPAS

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|---|------|
| Tempura G, D, S Of broccoli & aubergine, salpicón, miel de caña | 5 |
| Pisto G, E Spanish ratatouille, fried egg, crispy chickpeas | 5.5 |
| Champiñones G, N, S Almond cream, seared king oyster mushroom, ajillo, toasted almond | 5.5 |
| Ensalada D, E, S Gem, manchego & apple salad | 4.75 |
| Caballa F, G, S, CL Mackerel, salmorejo, escabeche salad | 6.5 |
| Gambas rojas CR Whole wild prawns a la plancha, confit garlic & chilli | 7.5 |
| Almejas M, S, D, SY Clams, ibérico ham, white wine | 8.5 |
| Cerdo G, N, S Cured & slow roast Duroc pork belly, ajo blanco, chestnut honey | 6.5 |
| Higado D, S Chicken livers, smoked pancetta, shallot, pedro ximénez | 6 |
| Pollo D Moruños chicken, criollo sausage, spiced yoghurt | 7 |
| Ternera D, S Featherblade of beef, truffle manchego, mojo rojo | 8.5 |

DESSERT

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|---|-----|---|-----|
| Bizcocho G, D, N, E Olive oil, pistachio & lemon cake, lemon thyme ice cream | 6 | Crema Catalana E, D Classic burnt cream, seasonal fruits | 6 |
| Trufas D, S House dark chocolate truffles with a side of pedro ximénez sherry | 6.5 | Churros G, S, D, E Piped cinnamon sugar doughnuts, chocolate sherry sauce | 4.5 |

*Restrictions apply