

- FOOD -

# THE CAPTAIN COOK

- MENU -

## TO START

**GLASS OF MANZANILLA  
LA GOYA - 7**

**OLIVAS MARINADAS - 4.3**  
Marinated olives

**BREAD TO SHARE - 3**  
Bread with olive oil and balsamic  
vinegar

**PAN CATALAN - 3.8**  
Toasted bread with tomato, olive oil &  
black pepper / per person (2 pieces)

**SELECCION DE QUESOS  
11**  
Selection of Spanish cheeses

**BOQUERONES EN VINAGRE  
9**  
Fresh marinated white anchovies in  
vinegar

**JAMON IBERICO DE CEBO  
11**  
Hand-cut Iberian cebo ham

## VEGETARIANO

### VEGETARIAN

**GRILLED ASPARAGUS AND  
COURGETTE - 9**  
With parmesan cheese and pine nuts

**ARANCINI DE QUESO  
MANCHEGO - 10**  
Manchego cheese arancini w/ sweet  
chilli mayo

**CROQUETAS DE CHAMPINONES  
Y TRUFA - 9.3**  
Mushroom & truffle croquettes

**PIMIENTOS DEL PADRON  
8.5**  
Padron peppers with Maldon sea salt

**NUESTRAS BERENJENAS - 9**  
Fried aubergines with honey & goat's  
cheese

**HALLOUMI CHIPS - 7.8**  
With sweet chilli sauce

**ENSALADA GRIEGA - 8**  
Greek style salad

**PATATAS BRAVAS - 7.8**  
With aioli & bravas sauce

**HUEVOS ROTOS - 8.8**  
Fried potato, onion & egg with padron  
peppers

## MAR

### FROM THE SEA

**ANCHOAS DE CANTABRIA CON  
QUESO MANCHEGO - 9**  
Anchovies served with Manchego cheese

**CROQUETAS CASERAS DE  
CALAMAR - 9.5**  
Homemade croquettes w/ squid ink

**GAMBAS AL AJILLO - 11**  
King prawns w/ garlic and fresh chilli  
sauce

**CHIPIRONES FRITOS - 9.3**  
Salt & peppers squid w/ aioli

**PESCADO REBOZADO CON  
PATATAS - 8.8**  
Mini fish & chips

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## TIERRA

### FROM THE LAND

**HUEVOS ROTOS - 9.2**  
Fried potato, onion & egg with jamon

**PINCHITO DE POLLO - 9.5**  
Grilled marinated chicken skewer with saffron aioli

**CROQUETAS CASERAS DE JAMON IBERICO - 10**  
Homemade Iberian ham croquettes

**NUGGETS DE POLLO - 7.8**  
Homemade chicken nuggets with BBQ sauce & mayo

**FOIE GRAS DE PATO CON REDUCCION DE PEDRO XIMENEZ - 14**  
Pan fried foie gras with Pedro Ximenez reduction

**TOSTA SOBRASADA - 9**  
With crusty olive oil and rosemary bread, walnuts & honey

**ALBONDIGAS RELLENAS DE MANCHEGO - 10**  
Meatballs stuffed with Manchego cheese in tomato sauce

**MINI HAMBURGUESAS DE TERNERA - 10**  
Two mini beef cheeseburgers

**BOCADITOS DE PANCETA 8.8**  
Pork belly bites with balsamic dressing

**SECRETO IBERICO A LA BRASA - 11.5**  
Grilled pork steak (secret cut) with padron peppers and chimichurri sauce

**CHORIZO A LA SIDRA - 9**  
Spanish chorizo in cider sauce

## PLATOS PRINCIPALES

### MAIN MEALS

**SALMON AL PARRILLOTE CON PATATAS (A LO POBRE) - 18**  
Baked salmon with fried potato slices & tenderstem broccoli

**PORK STEAK SECRET CUT 19**  
With padron peppers & triple cooked chips

**GREEK SALAD - 15**  
Traditional Greek salad

**BEER-BATTERED HADDOCK & CHIPS - 16.5**  
w/ mushy peas & tartare sauce

**TRADITIONAL CHICKEN CAESAR SALAD - 15.5**  
With rosemary croutons, parmesan, Spanish anchovies & grilled chicken

**CAPTAIN'S FAVOURITE BEEF BURGER - 16.5**  
With bacon, cheese, sauce, crispy onions & chips

**GRILLED CHICKEN BURGER - 16**  
With bacon, blue cheese, crispy onions, sauce & chips

**CRISPY FISH BURGER WITH CHARCOAL BUN - 16.5**  
With lettuce, pickle, tartare sauce & sweet potato fries

**MOVING MOUNTAINS VEGGIE BURGER - 16**  
with cheese, sauce, crispy onions & sweet potato fries