

BAR LOBO

TAPAS

- Anchovies** 8.85
- Hummus' assortment with pita bread** 10.20 (V)
- Ham croquettes** 5.00
- Smoked sardine** 9.50
- Grilled artichokes with Iberian ham** 10.50
- Patatas bravas (fried potatoes in spicy sauce)** 5.50 (V)
- Fried hot green peppers (Padrón)** 5.60 (V)
- Slice of potato omelette** 6.00 (V)
- Russian salad with smoked sardine** 9.25
- Asparagus tempura with romesco sauce** 8.85 (V)
- Fried eggplant with honey** 6.50 (V)
- Chicken wings** 6.60
- Cochinita Pibil** 9.50
- Meatballs with squid and mushrooms** 9.60
- Tandoori Chicken** 8.50
- Squids Andalusian style** 8.50
- Tuna tataki with guacamole** 11.00
- Corvina ceviche** 11.00
- Galician octopus** 11.00
- Fried small fish** 7.65
- Nachos with guacamole** 8.50 (V)
- Mussels with cream** 8.00
- Clams with miso and salicornia (glasswort)** 13.10
- Prawn tempura with chilli sauce** 15.85
- Tomato bread** 2.50

*** INFORMATION IS AVAILABLE FOR PEOPLE WITH FOOD ALLERGIES OR INTOLERANCES**

Vegetarian — (V)

HAM.CHEESE AND SAUSAGES

- Iberian ham with tomato bread**
tapa 14.00 full portion 19.65
- Cheese platter** 10.00 (V)

LIGHT DISHES

- Gazpacho (Tomato soup)** 9.00 (V)
- Assortment of regional tomatoes** 9,90 (V)
- Vegan salad** 8.00 (V)
- Spinach. blue cheese. apple and bacon salad** 9.15
- Rocket salad with sun-dried tomato and Parma cheese** 9.70 (V)
- Tomatoes and mozzarella salad** 9.15 (V)
- Green salad with goat cheese** 9.15 (V)
- Quinoa salad** 9.50 (V)
- Grilled Vegetables** 11.00 (V)
- Wild rice with mustard sauce and vegetables** 10.70 (V)
- Wild salmon with vegetables** 15.70
- Beef Carpaccio and parmesan** 12.20
- Squid sautéed with green garlic and asparagus** 12.00

MAIN COURSES

- Rigatoni with pesto and fresh tomato** 10.70 (V)
- Fried eggs with potatoes and iberian ham** 9.15
- Turbot with romescosauce** 15.00
- Steak tartare** 15.30
- Veal sirloin with mustard, straw potatoes and Padrón peppers** 20.00
- Chicken fajitas with guacamole** 13.25
- Lobo burger** 12.50
Extra: cheese 1 / bacon 1 / egg 1
- Grilled hamburger (170g):**
with confit onion sauce 11.25
with mushroom sauce 11.25
with roquefort and walnuts sauce 11.25
- Chicken pallarda with soy and green asparagus** 11.00
- Duck breast with glazed onions** 14.25
- Lamb curry with basmati rice** 15.40
- Beef entrecôte with potatoes** 20.00
- Roast beef toast:**
with confit onion sauce 10.50
with mushroom sauce 10.50
with roquefort and walnuts sauce 10.50

DESSERTS

- Cheesecake** 6.50
- Lemon pie** 6.50
- Brownie** 6.50
- Apple tart with vanilla ice cream** 6.10
- Carrot cake** 6.10
- Crème brulée** 6.10
- Fruit in season** 5.10
- Lemon sorbet** 4.50
- Vanilla ice cream** 4.50
- Yogurt & blackberries ice cream** 4.50
- Chocolate ice cream** 4.50
- Coffee ice cream** 4.50
- Apple sorbet** 4.50

DESAYUNO

Zumos orgánicos de presión en frío

Organic cold pressed juices

Luna: Remolacha, zanahoria, manzana, gengibre y limón 6.60 €
Beet root, carrot, apple, ginger and lemon

Alma: Kale, manzana, pepino, apio y limón 6.60 €
Kale, apple, cucumber, celery and lemon

Maia: Piña, manzana, pepino, limón y menta 6.60 €
Pineapple, apple, cucumber, lemon and mint

Sienna: Sandía, manzana, limón y menta 6.60 €
Watermelon, apple, lemon and mint

India: Zanahoria, naranja, limón, pera, jengibre, cúrcuma fresca y manzana 6.60 €
Carrot, orange, lemon, pear, ginger, fresh turmeric and apple

Mara: Manzana, apio, limón y cilantro 6.60 €
Apple, celery, ginger, lemon and coriander

Tés / Teas

Té verde 2,50 €
Green tea

Manzanilla 2,50 €
Camomile

Menta poleo 2,50 €
Peppermint

Rooibos naranja 2,50 €
Rooibos orange

Té Earl grey 2,50 €
Earl grey tea

Anís, menta y regaliz 2,50 €
Anise, mint and licorice

Melisa, tila y canela 2,50 €
Melisa, lime and cinnamon

Té negro 2,50 €
Black tea

Té rojo Pu Erh 2,50 €
Pu Erh red tea



Zumos Naturales

Fresh Fruit Juices

Naranja 4.10 €
Orange

Naranja, zanahoria y gengibre 5.00 €
Orange, carrot & ginger

Melón, manzana verde y menta 5.00€
Melon, green apple & mint

Homemade pastries

Croissant de mantequilla 1.35 €
Butter croissant

Croissants de espelta 1.80 €
All-butter croissant

Muffin de arándanos 1.45 €
Blueberry muffin

Variiedad de Muffins integral 2.50 €
Variety of integral Muffins

Cookies de espelta de frutos rojos y avena 2.50 €
Spelled cookies of red fruits and oats

Scones de espelta con mermelada casera 3.00 €
Spelled scones with homemade jam

Pastel del día 4.50 €
Pie of the day

Plum cake 1.45 €
Plum cake

Pan de plátano integral con azúcar morena y nueces 3.00 €
Whole-grain banana bread with brown sugar and nuts

Tostada o pan rustico con mermelada natural 3.50 €
Toast with homemade jam

Yogurt de granja con muesli orgánico 3.90 €
Farm Yogurt with organic muesli

Fruta de temporada 5.10 €
Fresh seasonal fruit

Flautas / French bread

Fuet 3.00 € / 1.95 € (mini)
Fuet sausage

Lomo ibérico 5.10 € / 2.55 €
Iberian ham tenderloin

Chorizo 4.10 € / 2.30 €
Iberian chorizo

Jamón ibérico 6.10 € / 3.60 €
Iberian ham

Jamón dulce 3.10 € / 2.00 €
Ham

Tortilla francesa 3.00 € / 2.00 €
Egg omelette

Huevos / Eggs

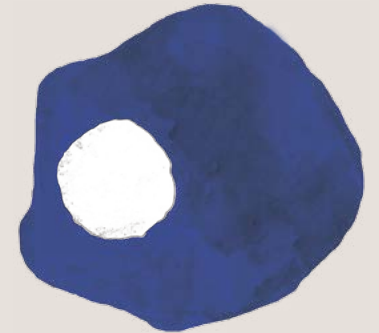
Huevos orgánicos, bacon, tomates asados, café y zumo de naranja natural 12.00 €
Organic eggs, bacon, baked tomatoes, coffee and fresh orange juice

Huevos benedictine: con bacon y salsa holandesa 8.00 €
Benedictine eggs with bacon and hollandaise sauce

Huevos revueltos con salmón ahumado y eneldo 11.00 €
Scrambled eggs with smoked salmon and dill

Tortilla de patatas con pan de payés 7.00 €
Spanish potato omelette with rye bread

Huevos revueltos con vegetales ecológicos 8.00 €
Scrambled eggs with ecological vegetables



Sandwiches

Tostada de pan negro con aguacate, tomate fresco y tomate semiseco 9.00 €
Brown bread toast with avocado, fresh tomato and semi-seasoned tomatoes

Sandwich de gorgonzola, pera, dátiles y mantequilla de cacahuete 8.50 €
Gorgonzola, pear, dates and peanut butter sandwich

Pan de payés con hummus de berenjena, espárragos verdes, aguacate y tomate semiseco 9.00 €
Rye bread with eggplant hummus, green asparagus, avocado and semi-seasoned tomatoes

Flauta rústica, pepinillo alemán, rabanitos, brotes de zanahoria, pastrami 10.00 €
Rustic french bread, german pickle, radish, carrot sprouts and pastrami

Sanwich mixto de jamón y queso 3,10 €
Ham and cheese sandwich



* Nuestros productos de briocheira pueden contener trazas de gluten, sésamo, leche y frutas de cáscara.
* Nuestros productos de chocolatería pueden contener trazas de frutos de cascara.