

## ENTRANTES FRÍOS / QUICK STARTERS

|                                                                      |      |                                                                               |      |
|----------------------------------------------------------------------|------|-------------------------------------------------------------------------------|------|
| Jamón ibérico de bellota<br><i>(Iberic pork premium ham)</i>         | 16 € | Espárragos de Navarra con dos salsas<br><i>(Premium asparagus two sauces)</i> | 14 € |
| Surtido de quesos<br><i>(Selection of cheeses)</i>                   | 16 € | Ventresca de atún<br><i>(Tuna belly)</i>                                      | 14 € |
| Surtido de ibéricos<br><i>(Selection of premium cured pork meat)</i> | 16 € | Anchoas con tomate<br><i>(Anchovies &amp; tomato)</i>                         | 14 € |

## ENTRANTES CALIENTES Y ENSALADAS / WARM STARTERS AND SALADS

|                                                                                                           |      |                                                                                                                                   |      |
|-----------------------------------------------------------------------------------------------------------|------|-----------------------------------------------------------------------------------------------------------------------------------|------|
| Croquetas caseras<br><i>(Homemade croquettes)</i>                                                         | 10 € | Ensalada mixta<br><i>(Mix salad)</i>                                                                                              | 8 €  |
| Pulpo á Feira<br><i>(Galician style octopus)</i>                                                          | 21 € | Ensalada caprese<br><i>(Caprese salad)</i>                                                                                        | 10 € |
| Vieira del pacifico a la plancha<br><i>(Small grilled scallops)</i>                                       | 16 € | Ensalada templada con queso rulo de cabra, bacon y pollo asado<br><i>(Warm salad with goat cheese, bacon and roasted chicken)</i> | 12 € |
| Surtido de langostinos crujientes y kimchie<br><i>(Crispy &amp; kimchie shrimps)</i>                      | 17 € | Crema de verduras<br><i>(Vegetables soup-cream)</i>                                                                               | 9 €  |
| Salteado langostinos, Vieira del pacifico y pulpo<br><i>(Sautéed shrimps pacific scallop and octopus)</i> | 19 € | Parillada de verduras<br><i>(Grilled vegetables)</i>                                                                              | 11 € |

## PLATOS PRINCIPALES / MAIN COURSES

### Carnes / Meats

|                                                                                                                  |      |                                                                                         |      |
|------------------------------------------------------------------------------------------------------------------|------|-----------------------------------------------------------------------------------------|------|
| Solomillo de ternera a la plancha<br><i>(Grilled sirloin steak)</i>                                              | 22 € | Presa ibérica de bellota<br><i>(Iberic pork grilled meat)</i>                           | 18 € |
| Entrecot de ternera<br><i>(Premium beef steak)</i>                                                               | 17 € | Parrillada de carnes<br><i>(Mix of grilled meats)</i>                                   | 19 € |
| Schnitzel con patatas fritas (escalope vienés)<br><i>(Breaded Beef Filet)</i>                                    | 15 € | Carrilleras de selecta al Mecía<br><i>(Galician stew pork)</i>                          | 16 € |
| Albóndigas de la abuela con foie en salsa de setas<br><i>(Grandma's meatballs with foie and mushrooms sauce)</i> | 16 € | Ternera sous vide con reducción oriental<br><i>(Beef sous vide with oriental sauce)</i> | 18 € |

PLATOS PRINCIPALES / MAIN COURSES

Pescados y Mariscos / Seafood and Fish

|                                                                    |      |                                                                   |      |
|--------------------------------------------------------------------|------|-------------------------------------------------------------------|------|
| Rape a la cedeiresa<br><i>(Cedeira style monkfish)</i>             | 18 € | Bacalao a la plancha<br><i>(Grilled cod)</i>                      | 19 € |
| Rodaballo a la plancha<br><i>(Turbotfish)</i>                      | 21 € | Bacalao confitado<br><i>(Slow cooked cod)</i>                     | 19 € |
| Pulpo a la plancha<br><i>(Grilled octopus)</i>                     | 21 € | Merluza gratinada con muselina<br><i>(Mousseline grille hake)</i> | 16 € |
| Arroz caldoso de marisco<br><i>(Thick rice and seafood broth )</i> | 16 € | Merluza a la gallega<br><i>(Galician style hake)</i>              | 16 € |

OTROS PLATOS, PIZZA Y HAMBURGUESAS / OTHER COURSES, PIZZA AND BURGERS

|                                                                                               |      |                                                                  |      |
|-----------------------------------------------------------------------------------------------|------|------------------------------------------------------------------|------|
| Huevos fritos con patatas y chistorra<br><i>(Fried eggs with chorizo and french fries)</i>    | 10 € | Hamburguesa Standard<br><i>(Standard burger)</i>                 | 9 €  |
| Tosta de pulpo y queso de Arzúa<br><i>(Galician cheese and octopus toast)</i>                 | 12 € | Hamburguesa GHF<br><i>(GHF Burger)</i>                           | 10 € |
| Perrito caliente de criollo y guacamole<br><i>(Hot dog of chorizo criollo with guacamole)</i> | 8 €  | Hamburguesa de Pollo Crujiente<br><i>(Crispy chicken burger)</i> | 10 € |
| Pizza carbonara<br><i>(Deep dish carbonoro pizza)</i>                                         | 10 € | Sandwich Mixto<br><i>(Ham &amp; cheese sandwich)</i>             | 8 €  |

POSTRES / DESSERTS

|                                                                                 |     |                                                      |     |
|---------------------------------------------------------------------------------|-----|------------------------------------------------------|-----|
| Canutillos rellenos de crema<br><i>(Puff-Pastri rolls with custard filling)</i> | 5 € | Arroz con Leche<br><i>(Sweet rice milky pudding)</i> | 5 € |
| Tarta de chocolate<br><i>(Chocolate cake)</i>                                   | 5 € | Helado "Bico de Xeado"<br><i>(Ice cream)</i>         | 6 € |
| Banoffee                                                                        | 5 € | Semifrío de frutas<br><i>(Soft fruits pudding)</i>   | 5 € |