

Para Picar For Picking

ALMENDRAS AHUMADAS GF (V) <i>Roasted almonds in smoked paprika & salt</i>	£2.75
HABAS FRITAS GF (V) <i>Toasted & salted broad beans</i>	£1.50
KIKONES GF (V) <i>Toasted corn</i>	£1.50
APERITIVO MIXTO GF (V) <i>A mixture of roasted almonds, toasted corn & toasted broad beans.</i>	£1.95
PIMIENTOS GF (V) <i>Fire roasted red peppers on a bed of rocket leaves.</i>	£2.85
ACEITUNAS MARINADAS GF (V) <i>Special mix of olives marinated in house</i>	£2.75
PINCHITOS GF (V) <i>Spears of pickled peppers, onions & cornichons</i>	£2.50
BOQUERONES GF (V) <i>Delicious marinated anchovy fillets on a bed of green leaves</i>	£3.75
PICOS (V) <i>A dish of Spanish bread sticks served with olive oil & balsamic.</i>	£1.95

Mariscos Seafood

(Add £3 for a larger Ración Portion in This Section)

GAMBAS AL AJILLO GF <i>Prawns with chilli & garlic in hot oil</i>	Tapa £5.45
CALAMARES ROMANA <i>Battered squid rings, Romana style.</i>	Tapa £4.25
SARDINAS A LA PLANCHA GF <i>Whole Sardines griddled with garlic & sea salt</i>	Tapa £4.95
BACALAO FRITO <i>Battered goujons of succulent cod served with alioli.</i>	Tapa £4.25
GAMBAS GABARDINA <i>Crispy coated prawns served with alioli & lemon</i>	Tapa £4.95
CHANQUETES FRITO GF <i>Deep fried whitebait with lemon.</i>	Tapa £4.25
MEJILLONES MARINARA GF <i>De-shelled mussels cooked in garlic chilli and homemade tomato salsa</i>	Tapa £4.45
LANGOSTINO A LA PLANCHA GF <i>Grilled giant shell on prawns with lemon & sea salt</i>	Tapa £5.45

Tapas are for sharing! Please note that in traditional Tapas Style all dishes may not come out together - they will be delivered to your table as they are prepared.
GF = Gluten Free (V) = Suitable For Vegetarian Diets. NUT ALLERGIES - Some menu items contain nuts or may not be prepared in a nut free environment. If you suffer from a nut allergy, please speak to us before placing your order.

Tapas TOWERS

Not Too Sure What To Order?

Why not order one of our popular 6 dish Tapas Towers (ideal for two people), or you could order multiple towers for larger groups. Variations on towers not available.

* Choice subject to availability, Chef may vary choice.



Pan Breads

PAN HORNO (V) <i>A generous basket of bread for dipping in the accompanying dish of Olive Oil & Balsamic</i>	£2.75
PAN DE AJO (V) <i>Rustic Bread topped with Garlic Butter</i>	£3.25
TOSTAS CON SALSA (V) <i>Freshly toasted goujons of bread for dipping in Salsa Tomate, Romesco & Pea Guacomale</i>	£3.95
PAN CATALAN (V) <i>Rustic bread topped with Garlic Butter served with a tomato & extra virgin olive oil dip</i>	£3.45
PAN DE AJO CON QUESO (V) <i>Garlic Butter Topped Bread with an additional topping of melted cheese</i>	£3.95

Paella Please Allow Up To 40 Minutes. Minimum 2 persons

All of our paellas are made to order in the traditional way using finest rice & vegetables. Why not order a few tapas while you wait?

PAELLA LA MOLLINA / Chef's Special Recipe GF <i>Made with a combination of Meat, Seafood & Chorizo</i>	£10.45 per person.
PAELLA MARINERA / Seafood Paella GF <i>Mussels / Prawns / Squid & other Seasonal Seafood</i>	£10.45 per person.
PAELLA DE CARNE / Meat Paella GF <i>With Chicken, Pork & Chorizo Sausage</i>	£10.45 per person.
PAELLA DE VERDURA / Vegetable GF (V) <i>Made with seasonal vegetables.</i>	£10.45 per person.

Verduras Vegetable Dishes

(Add £2 for a larger Ración Portion in This Section)

PATATAS BRAVAS or ALIOLI or ROMESCO GF (V) <i>Pan Fried Potatoes topped with either our tangy Bravas Sauce or Garlic Alioli, or home made Romesco Sauce - add a melted cheese topping for 75p (Bravas only)</i>	Tapa £3.50
TORTILLA ESPAÑOLA GF (V) <i>Traditional Spanish omelette made with onions and potatoes.</i>	Tapa £4.25
PISTO GF (V) <i>Roasted seasonal Mediterranean vegetables cooked in garlic & olive oil.</i>	Tapa £4.45
CHAMPIÑONES FRITO (V) <i>Crispy mushrooms topped with Romesco Sauce</i>	Tapa £3.95
ESPINACAS CON PIPAS GF (V) <i>Pan wilted fresh spinach with raisins and sunflower kernels.</i>	Tapa £4.25
CHAMPIÑONES AL LA CREMA GF (V) <i>Fresh Mushrooms cooked in garlic & crème fraiche.</i>	Tapa £4.25

T1 CARNES SELECCIÓN Meat Selection*	£23.95
• Albóndigas / Meatballs	
• Champinones Fritos / Crispy Mushrooms & Romesco (V)	
• Chorizo al Vino / Chorizo in Red Wine GF	
• Pollo al Ajillo con Limon / Chicken with garlic & lemon GF	
• Cocido - A classic Spanish stew of pork, chick peas, sausages & vegetables. GF	
• Patatas Bravas / Potatoes with Piquant Sauce (V)	

Queso y Charcutería Cheese & Deli

QUESO MANCHEGO (V) <i>Best Quality Spanish Manchego Cheese, made with finest ewe's milk served with Spanish Membrillo Quince Jelly - delicioso!</i>	Tapa £4.30	Ración £7.30
JAMÓN SERRANO <i>A Spanish delight. Slices of dry cured Serrano ham hand carved off the bone</i>	Tapa £4.65	Ración £7.65
CHORIZO EXTRA <i>Prime quality sliced Spanish Chorizo</i>	Tapa £4.30	
SALCHICHON BODEGA <i>Sliced Spanish salami</i>	Tapa £4.30	
TABLA IBERICO <i>A generous plate of mixed Spanish charcuteria.</i>		Ración £8.65
JAMÓN DE BRUCHETA <i>The Owner's Favourite Dish - A generous plate of Spanish toasts covered in sieved tomato & hand carved Jamón.</i>		Ración £8.65

Carnes Meat & Poultry

(Add £3 for a larger Ración Portion in This Section)

CROQUETA DE JAMON Y POLLO <i>Delicious home made Serrano ham & chicken croquettes served with alioli</i>	Tapa £4.95
LOMO CON PAPRIKA GF <i>Pan cooked pork loin marinated in paprika</i>	Tapa £4.95
CHORIZO EN PAN TOSTADO <i>Whole griddled Rosario Chorizo sausage on toasted Spanish bread with piquillo pepper & rocket leaves.</i>	Tapa £4.95
BROCHETTA DE POLLO GF <i>Skewers of marinated chicken breast with peppers</i>	Tapa £5.95
GARBANOS CON PANCETA GF <i>Braised chickpeas with bacon & spinach</i>	Tapa £4.65
ALBONDIGAS <i>Delicious meatballs made with lean pork in a piquant tomato sauce</i>	Tapa £4.30
POLLO CON LIMON GF <i>Strips of chicken breast pan seared in lemon</i>	Tapa £4.95
COCIDO LA MOLLINA GF <i>Chefs own take on a traditional Spanish stew of chickpeas, pork, sausage & fresh vegetables.</i>	Tapa £4.40
CHORIZO AL TINTO GF <i>Rosario Chorizo pieces pan braised in red wine.</i>	Tapa £4.45
PAELLA VALENCIA GF <i>Homemade paella made with chicken, chorizo & seafood.</i>	Tapa £4.30

T2 MARISCOS SELECCIÓN Fish Selection*	£23.95
• Calamares / Deep Fried Squid Rings	
• Mejillones con Salsa / Shelled mussels in a tomato & garlic sauce. GF	
• Gambas Al Ajillo / Prawns in Garlic Oil GF	
• Boquerones Frito / Crispy Whitebait GF	
• Patatas Alioli / Potatoes topped with Garlic Alioli GF (V)	
• Ensaladilla / Potato & vegetable salad in mayonnaise, topped with tuna & egg GF	



La Mollina

...a little bit of Spanish sunshine
in the heart of Salisbury

At **La Mollina** we are passionate about Spanish food. We make regular visits to rural "real" Spain to look for dishes to influence our popular menu. Every region, town & village often has its own take on a dish.

One belief is that the history of the word *tapa* comes from placing an item over the top of a drink to protect it from flies. Somewhere in time it became custom to place small pieces of food on top of the lid and henceforth *tapas* was born.

The most common theory is that tapas was born when King Alfonso the Tenth (known as The Wise) became ill and had to take small bites of food with some wine. Once the King had recovered from the afflicting disease, he decreed that no wine was to be served in any of the inns unless accompanied with something to eat. This was a wise precaution to counteract the adverse effects of alcohol. Once the "botillerias" (bottle shops) and taverns became established throughout Spain, the King's decree remained in place.

At **La Mollina** we believe that Spanish food is for sharing, just as they do in many parts of Spain. Because every dish is different and some take a little longer to prepare than others they sometimes come out in intervals so that everyone at the table has a taster of each dish.

At **La Mollina** our Tapas are a little bigger than those served in Spain, so we recommend dependent on appetite around 3 dishes per person. *Raciones* are around twice the size of a tapa.

Tapas need not be rushed. Order a few, order a drink and then order a few more. When considering your drink choice, ask about our sherries - Sherry - "Jerez" or "Manzanilla" are fast becoming a stylish fashionable drink again for people of all ages & backgrounds.

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La Mollina

Restaurant Español y Tapas Bar



TAPAS SHARING MENU

Ensalada Seasonal Salads

ENSALADA VERDE GF (V) Tapa £3.75 Ración £5.95
Fresh seasonal salad with Spanish Style Dressing.

With Feta Cheese & Olives GF (V) (Greek Style)
Tapa £5.25 Ración £7.75

With Tuna & Egg GF (V) (Traditional Spanish)
Tapa £5.25 Ración £7.75

ENSALADILLA GF (V) Tapa £4.15
Home made Russian style potato & vegetable salad topped with tuna & egg.

Lunchtime Alternatives

Available till 5pm Daily

HOT BOCADILLOS / BAGUETTES £6.25 each
All served with fried potatoes & a salad garnish

CHORIZO BOCA
A whole griddled Rosario Chorizo sausage in a baguette with a piquillo (sweet) pepper & fresh rocket leaves

CHORIZO, CHEESE & JALAPENO Oven Baked

PIRI PIRI CHICKEN Breast strips cooked in our Piri Piri Sauce

CALAMARES Battered Squid Rings & Alioli

ALBONDIGAS SALSA Meatballs in our rich tomato sauce

COLD BOCADILLOS / BAGUETTES £6.25 each
All served with fried potatoes & a salad garnish

ATÚN con HUEVO Tuna & Egg Salad

JAMÓN CON TOMATE Hand carved Spanish ham & tomato

QUESO CON TOMATE Slices of Manchego cheese & fresh tomato

Other lunch specialities

NACHOS SPANISH STYLE GF (V) £6.25 Childs portion £3.75
A large bowl of corn nacho chips topped with melted cheese & Jalapeno peppers. Served with crème fraiche, tomato salsa and our home made pea & mint Guacamole.

BACALAO PLATO £6.75
Battered goujons of succulent cod served with alioli, fried potatoes and a salad garnish.

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British &
Continental
Breakfasts
& Coffees

from 8:30am each day
(10am Sundays)

Chef's
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Please ask about
our chef's
Special Dishes.

Market Place, Salisbury