

Traditional Cuban cooking is based on fresh, healthy ingredients and cooking methods – the barbacoa of the native Taino Indians was the origin of the barbecue and char-grilling remains a favourite way of cooking

Cuban cuisine draws on influences from the Spanish dishes brought to the island by the colonists along with native Indian food, West African cooking and the cuisine of French coffee and sugar planters who came to Cuba. This was later joined by the cooking of Chinese labourers and Italian immigrants.

These elements combined to produce a distinctive plantation Creole style of cooking which is very different from Mexican or other Latin American styles, not least because Cuba's fertile tropical island climate produced quality ingredients and relied on marinades and seasoning rather than hot spices.

Fusion, yes, but none of the fussy foams and pretensions of modern cooking fashion – real Cuban food is straightforward, healthy, home cooking.

Cilantro (coriander) and the similar looking flat-leafed parsley are Cuba's favourite herbs, used with healthy ingredients such as sweet potato, tomato, yucca and maize – all native to the Americas – along with beans, rice, plantain, chicken, fish and pork, often flavoured with coconut, citrus, guava, ginger and mango.

At Cubana, we combine the best of traditional Cuban cooking with elements from other Latin American cuisines, to create a healthy and varied interpretation of Cuban cuisine.

★★ Happy Hour ★★

**2-for-1 on selected cocktails and jugs
5.00-7.00pm Mon-Sun**

**We are happy to serve tapas or dishes
from our main menu at the bar**

Please see our **dessert menu for our
list of home-made desserts**

cubana.co.uk for information and online bookings

Tel 020 7928 8000 or 07582 879 389 **Email** reservations@cubana.co.uk

Open from 9am Mon-Fri and 3.00pm Sat

Closing 3.00am Fri-Sat ★ 1.00am Wed-Thurs ★ midnight Mon-Tues

Open Sundays from 1.00pm to 9.00pm for Cuban BBQ
(opening times may vary seasonally – please check cubana.co.uk)

Live Salsa and Latin American music late Wed/Thurs/Fri/Sat

Cantina Lunch served weekdays from midday to 3.00pm ★ from £5.00 to £9.00
– or any two tapas for £8.00 at lunch (£6.00 for two vegetarian tapas)

Pre-Theatre Menu served Mondays to Saturdays from 3.30pm to 6.30pm
★ £9.00 for 2 courses or £11.00 for 3 courses

Book your Cuban event with a Mojito bar and live Cuban bands at reservations@cubana.co.uk

Most major credit and debit cards accepted. Cheques only with banker's card – minimum £5 and no company cheques except by prior arrangement please

A service charge of 12.5% will be added to your bill for table service – if you do not wish to pay this for any reason, please inform your server or ask for a manager

Please observe the no-smoking laws

Please enjoy alcoholic drinks in moderation. We try very hard to source our food and drinks as described on the menus, but we very occasionally have to obtain different products due to circumstances beyond our control

We cannot guarantee freedom from nut traces – our food is as reasonably possible GM free

Please ask for allergy information

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CUBANA
BAR ★ RESTAURANT
cubana.co.uk

Food Menu

Cuban Creole cooking

the cuisine of old Cuba – a mix of Spanish, African, Caribbean and French influences

Fresh, healthy

cooking prepared with quality ingredients – we only use **free-range** and **Freedom Food** produce, along with many **organic** ingredients.

We use prime British beef 100% sourced from English and Scottish farms.

Our delicious, organic chorizo is produced on the farm of the Martin brothers in the Sierra de Gredos mountains from free-range pigs fed on a wild diet, balanced with organic maize, oats, soya, and chestnuts

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CARNIVAL de CUBA
The Spirit of Cuba in London!
carnival-de-cuba.com

FREEDOM FOOD
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★ Tapas/Starters + Barbacoa Cuban Barbeque

- ✓ **Camarones con gabardina y salsa de mango y chilli** Prawns in a light tempura batter, served with fresh mango-chilli salsa **£5.00**
- ✓ **Pincho de gambas y mango** A barbequed skewer of prawns, fresh mango and peppers marinated in guava, ginger, honey, fresh lime juice and spices **£5.00**
- ✓ **Pincho de pollo, chorizo y guayaba** Barbequed free-range chicken and organic chorizo skewer with chilli, fresh guava and peppers, marinated in guava, ginger, honey, lime juice and spices – prepared with delicious organic chorizo from the farm of the Martin brothers in the Sierra de Gredos mountains – served with fresh, home-made tomato salsa **£4.50**
- ✓ **Pollo frito al escabeche con sésamo y salsa** Marinated free-range chicken breast in a sesame tempura batter, served with fresh tomato salsa **£5.00**
- ✓ **Croquetas de boniato y chorizo con salsa** Cubana's organic chorizo and sweet potato croquettes, with fresh, home-made tomato salsa **£4.00**
- ✓ **Falafel Cubana** Falafel prepared with garbanzo beans (chickpeas), sweet potato, plantain, cilantro and spices, served with a small salad and home-made tomato salsa **£4.00**
- ✓ **Tortilla Cubana** Cubana's Spanish-style omelette, made with free-range eggs, sweet potatoes and fresh vegetables, served with a small salad **£4.00**
- ✓ **Rosti Cubana** Cubana's special rosti, prepared with sweet potato, a hint of ginger and cilantro **£3.25**
- ✓ **Frijoles Negros** Traditional Cuban black beans **£4.00**

★ Sharing Dishes

- ✓ **Mixed Vegetarian Tapas Sharing Plate** A selection of home-made tapas – Falafel Cubana, Tortilla Cubana, Frijoles Negros (Cuban black beans) and Rosti Cubana **£8.00**
- ✓ **Mixed Tapas Sharing Plate** Home made tapas – Sesame free-range tempura chicken, char-grilled free-range marinated chicken + chorizo skewer and sweet-potato + organic chorizo croquettes
Selections may vary subject to availability **£10.00**
- ✓ **Chorizo Cubana Sharing Plate** A big dish of organic Chorizo from the farm of the Martin brothers in the Sierra de Gredos mountains, prepared with onions, peppers and herbs **£7.00**

★ Snacks

- ✓ **Fresh plantain crisps with lime slice + fresh tomato salsa** **£2.00**
- ✓ **Fresh sweet potato crisps + fresh tomato salsa** **£2.00**
- ✓ **Tostones** Traditional Cuban plantain snack **£4.00**

★ Acompañañtes/Side Dishes

- ✓ **Platanos fritos** Plantain, fried Cuban style **£3.00**
- ✓ **Moros y Christianos** Rice with black beans – a classic Cuban dish **£3.00**
- ✓ **Plantain Chilli Rice** **£2.00**

★ ★ ★ **Ask for our... home-made Cubana
Hot Chilli Sauce and our
Creamy Citrus Garlic Dressing**

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