

mar @ terra
TAPAS BAR





BREAD AND MORSELS

BREAD	£2.65
With extra virgin olive oil and balsamic vinegar	
PAN CON TOMATE	£4.80
PAN CON AJO (garlic bread)	£4.50
ACEITUNAS CASERAS	£5.00
House marinated olives	
MARCONA ALMONDS	£5.50

BAR

//SHERRY

MANZANILLA LA GOYA	£7.50
Crisp, light, saline tang, ideal before or with tapas	
AMONTILLADO MIRA LA MAR	£9.75
Softer, less austere but still bone dry, complex, wood smoke, nuts and raisins	
CREAM MIRA LA MAR	£10.70
Mature, caramel and dried figs, honey/salty sweetness, LONG - as a sweeter aperitif, great with dessert and special with blue cheese	

//BEER

MAHOU CINCO ESTRELLAS	£5.30
"La ceveza de Madrid" a really full, malty lager, clean and balanced	
ESTRELLA GALICIA	£5.30
A drier, hoppier, more germanic pilsener from Galicia	

VEGETABLES

GARBANZOS EL RINCONCILLO	£6.90
Chickpeas with spinach and cumin. A recipe from the oldest bar in Seville	
PATATAS BRAVAS	£6.30
TORTILLA ESPAÑOLA	£6.45
CATALAN SPINACH	£6.95
ENSALSADA TERRA	£6.90
House salad with chicory, rocket, Manchego, sherry vinegar dressing	
ESCALIVADA	£6.90
Grilled red pepper, onion, aubergine and courgette	
PADRON PEPPERS	£6.90
BERENJENAS ALIÑADAS	£7.20
Quick braised aubergines with tomato, shallot, garlic and a little Manchego	

CHARCUTERIA

JAMON IBERICO CEBO	£20.45
Superb acorn fed / grain finished back foot ham from Guijuelo	
TABLA DE ICERICO	£17.95
Cured chorizo, salsichon, lomo Iberico	

FISH

GAMBAS AL AJILLO	£11.40
Sizzling tiger prawns with chilli, garlic and olive oil	
PULPO A LA FERIA	£11.50
Sliced octopus with pimenton, olive oil and fleur de sel	
CALAMARES A LA ROMANA	£10.00
Crisp fried squid in light batter, served with alioli and chili dip	
SARDINAS A LA PLANCHA	£8.00
Fresh sardines simply cooked on the plancha with oil, lemon and fluer de sel	
BOQUERONES	£7.40
Fresh Cantabrian anchovies, olive oil and wine vinegar	
ARROZ A BANDA	£10.15
Saffron rice with seafood (shimp, calamar, pulpo) cooked in a rich fish stock, servde with alioli	
LANGOSTINOS A LA PLANCHA	£12.50
Grilled Mediterranean prawns with a brandy cocktail sauce	

MEAT

CHORIZO A LA PARRILLA	£8.25
Picante Leon chorizo grilled served with garlic and chilli kale	
ALBONDIGAS CASERAS	£9.20
Beef and pork meatballs. With a tomato and cumin sauce.	
POLLO AL AJILLO	£10.25
Corn fed chicken breast, simply sautéed with olive oil, garlic, chilli and parsley	
CONEJO EN CAZUELA	£12.40
Free range french rabbit cooked in a casserole with white wine, mushrooms, thyme and shallot	
CROQUETAS DE POLLO	£8.95
Today's choice of croquettes, served with a spicy tomato dipping sauce	
CHULETAS DE CORDERO	£13.75
Marinated lamb cutlets seared on the plancha, served with alioli	
HIGADILLOS DE POLLO	£9.10
Corn fed chicken livers with Forum vinegar and baby spinach	

DESSERT AND CHEESE

NUESTRA FAMOSA TABLA DE QUESOS	
- OUR RENOWNED CHEESE BOARD	£18.00
Young Manchego, mature Manchego, La Peral Blue and Monte Enebro goat's milk, fig and membrillo, grapes and crackers	
DARK CHOCOLATE MOUSSE	£7.50
Scented with Spanish brandy	
ICE CREAM(2 scoops)	£8.00
Salty caramel, cinnamon, ginger	
TORTA DE SANTIAGO	£8.00
An almond frangipane tart with caramel sauce	
TURRON DE JIJONA CON MOSCATEL	£10.50
The classic soft almond sweetmeat from Alicante served with a shot of Moscatel	
CREMA CATALANA	£8.00
Similar to creme brulee but flavoured with citrus zest and cinnamon (served cold)	
COFFEE	£3.50
Espresso, cappuccino, cortado, americano	
TEA	£3.30
Camomile, breakfast, earl grey and peppermint	

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FOOD ALLERGIES AND INTOLERANCES

Before you order your food please speak to our staff if you want to know about our ingredients

A 12.5% service charge will be added to your bill.

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