

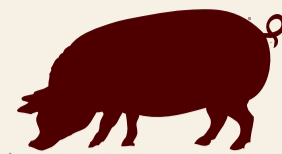
# ALLERGENS LIST

- 1. GLUTEN:** Appears in our bread, pinchos (little canapes) and flour based desserts. We do not thicken with flour. It also appears as a garnish for some dishes. Omission or substitution is not a problem.
- 2. CRUSTACEANS:** We regularly use a variety of crustaceans including crab, winkles, prawns, langoustine in whole and powder form. Omission or substitution is not a problem.
- 3. EGGS:** Are used in entire form in some dishes such as: tortilla (Spanish omelette) and maybe substituted with something else or avoid it (tortilla). They are present in many pastry preparations but may easily be substituted. Please note, some wines are filtered through egg whites.
- 4. FISH:** is the main protein in many dishes. The only option is to avoid these dishes.
- 5. PEANUTS:** N/A
- 6. SOYBEAN:** We use in soybean oil in all our fryers
- 7. MILK:** Is used in some dishes in the preparation stage of various elements. Substitution is easy.
- 8. NUTS:** Are used in the kitchen. Trace elements may occur in everything. But substitution is easy.
- 9. CELERY:** Appears in all stocks, therefore sauces, lentils dish and as a micro herb
- 10. MUSTARD:** Is used in some dishes in the preparation stage of various elements. Substitution is easy.
- 11. SESAME SEEDS:** N/A
- 12. SULPHUR DIOXIDE:** Dried fruits are used in some dishes (such as: pig's cheek, apple and plum compote in the preparation) stage of various elements. But substitution is easy.  
  
Sulphur dioxide and sulphites (E220-E228) are generally used for their preservative effects in wine.
- 13. LUPIN:** N/A
- 14. MOLLUSCS:** is the main protein in many dishes. The only option is to avoid these dishes. May occasionally be the main protein or an element of some dishes. Substitution is easy.

Please inform your waiter if you have any allergens. The kitchen team and waiting staff are always on hand to discuss substitutions and options available to you.

We have devise an *Allergens Menu*. All our dishes/beverages that contain one (or more) of the fourteen allergens are indictaed with a number eg: *tortilla, tomato, lovage oil (v)* **[1, 3]**. These numbers refer to this list of foods above eg: *tortilla, tomato, lovage oil (v)* **contains Gluten, Eggs.**

If you have any questions our staff our here to help.



## VERDURAS Y LEGUMBRES [VEGETABLES & PULSES]

(V)

tortilla, romesco [ 3, 6, 8 ]	7
patatas bravas [ 3, 6, 9, 10, 12 ]	5.5
wild mushrooms, organic cider, garlic [ 7, 12 ]	8.5
chickpea, spinach, tomato sauce [ 9 ]	7
goat's cheese & sweet potato croquettes, saffron mayo [ 1, 3, 6, 7, 10 ]	3/6
tomato bread, olive oil [ 1, 3 ]	5.5
catalan spinach [ 7 ]	7
lentils, organic vegetables, saffron, spices, yogurt	7
catalan ratatouille	7
moorish couscous, rose petals, hay smoked yogurt [ 7, 8, 12 ]	8.5
goat's cheese, piquillo peppers, walnut powder [ 1, 6, 7, 8 ]	8
organic beetroot, pine nuts, px sherry [ 8, 12 ]	7.5
fennel, kale, hazelnut [ 7, 8 ]	8.5
paella verdura (changes daily – see board for details)	9
chicory & hazelnut salad [ 8, 10 ]	6.5
chickpea empanadillas, piquillo pepper salsa, lovage oil [ 1, 3, 12 ]	8.5
leek, curd, truffle oil	9

## CIDER [ 12 ]

BTL

Longueville Irish Craft Cider (5%) 50cl	8
Zapiain (6.2%) 37.5cl	6.5

## BEER

BTL

<b>Estrella</b>	<b>Galicia</b>	<b>(4.7%)</b>	<b>33cl</b>	<b>[ 1, 12 ]</b>	<b>5</b>
	<b>Damm Barcelona</b>	<b>(4.6%)</b>	<b>33cl</b>	<b>[ 1, 12 ]</b>	<b>5</b>
	<b>Daura (wheat free)</b>	<b>(5.4%)</b>	<b>33cl</b>	<b>[ 12 ]</b>	<b>5.5</b>
	<b>Galicia Zero non-alcoholic</b>	<b>(0.0%)</b>	<b>25cl</b>	<b>[ 1, 12 ]</b>	<b>4.25</b>
<b>1906</b>	<b>Reserva Especial</b>	<b>(6.5%)</b>	<b>33cl</b>	<b>[ 1, 12 ]</b>	<b>6.25</b>
<b>Moritz</b>	<b>Barcelona</b>	<b>(5.4%)</b>	<b>33cl</b>	<b>[ 1, 12 ]</b>	<b>5</b>
<b>Barcino Beer</b>	<b>Bogatell Blat</b>	<b>(4.9%)</b>	<b>33cl</b>	<b>[ 1, 12 ]</b>	<b>6.5</b>
	<b>Raval IPA</b>	<b>(4.5%)</b>	<b>33cl</b>	<b>[ 1, 12 ]</b>	<b>6.5</b>
	<b>Gòtic Ale</b>	<b>(5.2%)</b>	<b>33cl</b>	<b>[ 1, 12 ]</b>	<b>7</b>
<b>Galway Hooker</b>	<b>Irish Pale Ale</b>	<b>(4.3%)</b>	<b>50cl</b>	<b>[ 1, 12 ]</b>	<b>6.5</b>
<b>Galway Bay</b>	<b>Stormy Port</b>	<b>(4.8%)</b>	<b>50cl</b>	<b>[ 1, 12 ]</b>	<b>6.5</b>
	<b>Full Sail IPA</b>	<b>(5.8%)</b>	<b>50cl</b>	<b>[ 1, 12 ]</b>	<b>6.5</b>

## POSTRES [DESSERTS]

crema catalana, caramel ice-cream, almond biscuits [ 1, 3, 7, 8 ]	7.5
chocolate mousse, vanilla ice-cream, candied hazelnuts, soil [ 3, 7, 8 ]	8
churros, chocolate sauce, chocolate ice-cream, honeycomb [ 1, 3, 6, 7 ]	6/12
santiago tart, pistachio ice-cream, walnut powder [ 1, 3, 6, 7, 8 ]	8
sorbet, rosé cava, berries, liquorice meringue [ 3, 12 ]	9
our own ice-cream, meringue, fruit, almond biscuits [ 1, 3, 7, 8 ]	7
leche frita (fried custard), orange, sorbet [ 1, 3, 7, 8 ]	8

## DESSERT WINE [ 12 ]

GLS

Moscatel Oro: Torres Floralis	6.5
Vi de Panses Dels Aspres	7

## SWEET SHERRY [ 12 ]

GLS

Moscatel: Lustau Superior: Emilín	7
Cream Superior: Lustau	7.5
Pedro Ximénez: Montilla-Moriles	7.5
Pedro Ximénez: Antique (Fernando de Castilla)	8.5

## BRANDY [ 12 ]

GLS

Torres 10: Imperial Brandy	5.5
Cardenal Mendoza: Gran Reserva	8

## PESCADOS Y MARISCOS [FISH & SHELLFISH]

turf smoked salmon, cucumber, dillisk, rye bread [ 1, 4, 10 ]	11
wild mussels, almonds, white wine, garlic [ 7, 8, 12, 14 ]	9.5
scallops, black pudding, cauliflower, panceta iberica, pistachio [ 1, 3, 6, 8, 14 ]	14
potatoes, octopus, smoked paprika, px vinegar [ 7, 14 ]	10.5
salted cod cakes, lemon mayonnaise [ 1, 3, 4, 6, 10 ]	8.5
hake, baby vegetables, morcilla, mojo verde [ 1, 4, 10, 12 ]	13.5
basque style monkfish, parsley mayonnaise [ 1, 3, 4, 6 ]	10.5
paella marinera (changes daily – see board for details)	15
squid, garlic, parsley, lemon mayonnaise [ 1, 3, 6, 10, 14 ]	10.5
monkfish, serrano ham, baby fennel, piquillo sauce, pistachio [ 4, 7, 8, 14 ]	15
bacalao (salted cod), garbanzos fritos, cherry tomato, broccoli salad [ 4, 6, 10 ]	9.5
prawns, pea, fennel, serrano ham powder [ 2, 7 ]	13

## WHITE WINE [ 12 ]

175ML 250ML 500ML BTL

Monteabellón: Verdejo (Rueda, 2015)	8	10.6	21.2	32
María Sanzo: Albariño (Rías Baixas, 2015)	9.25	13.9	27.75	37

## ROSE WINE [ 12 ]

175ML 250ML 500ML BTL

Azul y Garanza: Tempranillo (Navarra, 2015)	8	10.6	21.2	32
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## CARNES [MEAT]

smoked beef, goat's cheese, squid ink, rocket [ 7, 10, 14 ]	12
jamón croquettes, saffron mayonnaise [ 1, 3, 6, 7, 10 ]	4/8
free range duck fritter, chilli & seaweed jam [ 1, 6, 12 ]	9.5
beef steak, broccoli, jerusalem artichoke, hazelnut, px sherry [ 7, 8, 12 ]	14.5
rack of lamb, confit lamb belly, cauliflower, almond [ 7, 8 ]	11.5
pigs head fritter, beetroot, hazelnut [ 1, 6, 8, 12 ]	8.5
free range duck, plum, px sherry [ 12 ]	10
connemara mountain lamb shoulder, lentils, harissa [ 7 ]	10.5
moorish chicken, piquillo sauce, black olive soil [ 1, 6, 8 ]	9.5
confit pork belly, apple compote, thyme gel [ 10, 12 ]	5/10
pork neck, pickles, red cabbage, remoulade [ 3, 9 ]	9
chorizo, potatoes, red wine [ 12 ]	9.5
black pudding, chickpeas, raisins, pine nuts, parsley [ 1, 7, 8, 12 ]	8.5
meatballs [ 1, 3, 9, 12 ]	4/8
connemara mountain lamb & sweet potato skewer, piquillo sauce	8.5
chicken breast, celeriac, saffron, clam foam [ 7, 12, 14 ]	13.5
potatoes, serrano ham, cherry tomatoes, garlic [ 7 ]	9.5
beef & panceta ibérica burger, manchego, onion marmalade [ 1, 3, 7, 10, 12 ]	4.5/9
tomato bread, serrano ham, olive oil [ 1, 3 ]	7.5
pig cheeks, apple, sultanas, tomato sauce [ 9, 12 ]	8.5
chorizo, sherry [ 12 ]	9
smoked duck, radicchio, pear salad	8.5
venison, pomegranate, wild mushrooms, beetroot	15
chicken hearts, chorizo, cider [ 7, 12 ]	8

## RED WINE [ 12 ]

175ML 250ML 500ML BTL

Casa Benesal: Garnacha/Monastrell (Valencia, 2013)	7.75	10.3	20.6	31
Abril de Azul y Garanza: Temp/Cab Sav (Navarra, 2014)	8	10.6	21.2	32
Aclareo Crianza: Tempranillo (Ribera del Duero, 2014)	9	12	24	36

## WELCOME TO CAVA BODEGA

Tapa, *n.* a small snack; a cover for your sherry to keep the flies away; a thing to do with friends afterwork; to eat while standing; to share your food; to place your food on the top of the bar; to bring families together; to love food.

CHEF-PATRON: JP McMahon

HEAD CHEF: Pawel Karnafel

[@mistereatgalway](#)

[cavatapasbar](#)

[@cavagalway](#)

## PINCHOS [ SPANISH CANAPES ]

tortilla, tomato, lovage oil (v) [ 1, 3 ]	4
smoked duck, plum compote, hazelnuts [ 1, 3, 8, 10, 12 ]	7
jamón serrano, manchego cheese, quince [ 1, 3, 7 ]	5.5
scallop, baby fennel, saffron mayonnaise [ 3, 14 ]	7
black olive tapenade, lomo ibérico, cherry tomato [ 1, 3, 4, 12 ]	6
octopus, onion marmalade, piquillo pepper [ 1, 3, 12, 14 ]	6.5
romesco, apple, almonds (v) [ 1, 3, 8 ]	4.5
black pudding, saffron mayonnaise, panceta iberica [ 1, 3, 10 ]	6
pork belly, cucumber, truffle mayonnaise [ 1, 3, 10, 12 ]	7.5
broad bean, mint, lime [ 1, 3, 7 ]	6.5
montenebro goat's cheese, pear, olive soil (v) [ 1, 3, 7 ]	5
morcilla, piquillo pepper, quail egg, chorizo oil [ 1, 3 ]	7

## CAVA [ 12 ]

	GLS	BTL
María Casanovas (brut nature)	8	44
Alsina & Sardà (brut reserva)		49
Mas Candi (brut nature)		52
Juvé y Camps Rosé (brut)	9	54

## CRISP & LIGHT [ 12 ]

175ML 250ML 500ML BTL

Barbadillo Castillo San Diego: Palomino (Cadiz, 2015)	25
Altacena: Macabeo/Sauvignon (La Mancha, 2014)	6.5 8.7 17.4 26
Muriel Blanco: Sauvignon/Viura (Rioja, 2015)	7.25 9.6 19.25 29
Peramor: Verdejo (Rueda, 2015)	30
Vallmajor: Garnacha Blanco (Terra Alta, 2014)	31
BeTomish: Macabeo/Muscat/Sauvignon Blanc (Tarragona, 2015)	32
Esperanza: Verdejo (Rueda, 2015)	34
Viña Sanzo: Verdejo/Sauvignon (Rueda, 2014)	35
Blanco Nieva: Verdejo (Rueda, 2015)	39
José Pariente: Sauvignon Blanc (Rueda, 2014)	45

## SMOOTH & FRUITY [ 12 ]

175ML 250ML 500ML BTL

Altacena: Tempranillo (La Mancha, 2014)	6.5 8.7 17.4 26
Santa María: Tempranillo (Rioja, 2015)	29
Vega Real Roble: Tempranillo (Ribera del Duero, 2014)	29
1605: Tempranillo (La Mancha, 2014)	30
Langa: Garnacha/Syrah (Calatayud, 2015)	7.5 10 20 30
Campo Arriba: Monastrell/Syrah/Garnacha (Yecla, 2012)	30
Avaniel: Tempranillo (Ribera del Duero, 2014)	31
Las Reñas: Monastrell (Bullas, 2012)	31
El Pícaro: Tinto de Toro (Toro, 2014)	32
Biurko Joven: Tempranillo (Rioja, 2014)	33
Gaba do Xil: Mencia (Valdeorras, 2012)	34
Altos de la Hoya: Monastrell (Jumilla DO, 2014)	35
La Maldición: Tempranillo/Malvar (Madrid, 2014)	35
Cims del Montsant: Garnacha/Samsó (Montsant, 2010)	36
Jordi Miró: Garnacha/Syrah (Terra Alta, 2013)	37
Seis de Azul y Garanza: Merlot (Navarra, 2011)	44
Ánima Negra AN/2: Callet/Syrah (Mallorca, 2013)	48

[ 12 ] MAGNUM 1.5L

Cuna de Reyes Crianza: Tempranillo (Rioja, 2012)	70
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## PARA PICAR [ NIBBLES ]

almonds (v) [ 6, 8 ]	4.5
olives (v)	4.5
anchovies, piquillo peppers, caperberry [ 4 ]	6
pork crackling, mushroom salt [ 6 ]	5
garbanzos fritos (fried chickpeas) (v) [ 6 ]	4.5

## SHERRY [ 12 ]

70ML

Fino: En Rama (Fernando de Castilla)	6
Manzanilla: La Goya	6

## EMBUTIDOS Y QUESO [ CURED MEAT & CHEESE ]

lomo, chorizo, pear	9
jamón serrano, manchego cheese, quince, caperberry [ 7 ]	8/14
cured meats & spanish cheeses, quince paste [ 7 ]	18
goat's cheese, fig cake, black olive soil (v) [ 1, 7, 8 ]	7.5
manchego, quince, almond (v) [ 6, 7, 8 ]	7
spanish cheeses, olives, quince paste, hazelnut (v) [ 7, 8 ]	14
jamón iberico, hazelnuts, quince, olives [ 8 ]	9/16
cecina, tetilla, almonds, quince [ 7, 8 ]	11

## SHERRY [ 12 ]

70ML

Amontillado: Montilla Moriles	6.5
Oloroso: Antique (Fernando de Castilla)	7
Palo Cortado: Marqués de Rodil Especial	8

## AROMATIC & FRUITY [ 12 ]

175ML 250ML 500ML BTL

Torrelongares Blanco: Macabeo (Cariñena, 2014)	24
Nekeas: Viura/Chardonnay (Navarra, 2014)	26
Bodega Langa: Chardonnay (Calatayud, 2015)	7 9.3 18.6 28
Angosto: Moscatel/Chardonnay (Valencia, 2015)	31
Spanish White Guerilla: Chardonnay (Rioja, 2014)	35
XiÓN: Albariño (Rías Baixas, 2014)	36
Torres Viña Esmeralda: Moscatel/Gewürztraminer (Penedés, 2014)	37
Torres Waltraud: Riesling (Penedès, 2014)	38
Tempestad: Godello (Valdeorras, 2012)	42
Itsas Mendi: Hondarrabi Zuri (Basque Country, 2012)	43
Señorío de Rubios: Albariño (Rías Baixas, 2015)	44
Eira dos Mouros: Treixadura/Godello (Ribeiro, 2012)	45
Picarana: Albillo (Madrid, 2012)	46

## RICH & FULL [ 12 ]

175ML 250ML 500ML BTL

1605 Crianza: Tempranillo (Rioja, 2012)	8 10.6 21.2 32
Aga: Tempranillo/Merlot (Navarra, 2014)	32
Rebel: lía: Tempranillo/Garnacha/Bobal (Utiel-Requena, 2014)	33
Palacio Camino Real Crianza: Tempranillo (Rioja, 2012)	34
Alvarez Nolting: Monastrell (Valencia DO, 2014)	35
Nekeas Crianza: Tempranillo/Cab Sav (Navarra, 2012)	36
Strabon Oro: Tinta de Toro (Toro, 2012)	37
Rondan Crianza: Tempranillo (Rioja, 2011)	38
Drac Magic: Temp/Gar/Syr/Cab Sav (Costa Del Segre, 2012)	38
Barahonda Crianza: Monastrell/Petit Verdot/Syrah (Yecla, 2011)	39
Vinessens Sein: Syrah (Alicante, 2012)	40
Elías Mora Semi-Crianza: Tinto de Toro (Toro, 2013)	10.5 14 28 42
BeTomish: Garnacha/Merlot/Syrah/Samsó (Priorat, 2013)	45
Guerinda 'El Maximo': Garnacha/Merlot/Cab Sauv (Navarra, 2015)	45
Anjoli: Garnacha/Cab Sav/Syrah/Merlot (Priorat, 2010)	46
Quinta Milú La Cometa: Tempranillo (Ribera del Duero, 2013)	49