GLUTEN FREE

If you are ordering from this menu, please advise the team when you place your order as some dishes have been adapted to make them gluten free

PARA PICAR Y PAN

Marinated Gordal olives from Carmona V — 4

Roast salted Catalan almonds V, N — 3.9

Padron Peppers V — 5.5
Galician green peppers, olive oil, sea salt

Bread V — 5
Gluten free sourdough,
house Rama 44 extra virgin olive oil

Pan con tomate V — 4
Gluten free toast, tomato, olive oil, sea salt

Sobrasada tostada — 5
Sobrasada on gluten free toast,
Catalan rosemary honey

PRESERVED/CURADO

Boquerones — 6.5
Pickled Cádiz anchovies, tomato, red onion, parsley

Jamón — 15
Hand carved Paleta Ibérico de Bellota 100%

Charcutería — 12
Plate of regional cured cuts

Olavidia, Jáen — 8.5
Soft, floral, ash seamed, world's best cheese 2022.
Served with gluten free crackers, tomato & shallot relish

Cheese Plate N — 15
Selection of regional cheeses, gluten free crackers

44 CLASSICOS

Tortilla V — 6.9
Arlington egg & caramelised onion tortilla

Patatas Bravas V — 5
Triple cooked potatoes, bravas sauce, sherry alioli

Pescado a la plancha — 8
Sustainable market fish, alioli, piquillo pepper

Gambas — 8.9
Wild red prawns, Rama 44 olive oil, garlic, chilli

Pringa 44 — 6 each
Confit duck smoked morcilla burger, gluten free bun,
piquillo pepper ketchup, apple & fennel

Chicken N — 6.9
Sticky sherry chicken, toasted hazelnut

Chorizo — 6.7
Cider poached León chorizo

SEASONAL

Requesón V — 5.9
Whipped Spanish ricotta, bitter leaves, orange

Sprouting broccoli V, N — 6.5
Herb butter, pochas bean purée, hazelnut

Heritage tomato ensalada V — 7.5
Isle of Wight tomato, burnt onion, dried cornicabra olive

Arroz meloso — 9
Shellfish bisque braised bomba rice, scallop, tarragon alioli

Tuna Tartare — 8
Sesame, gluten free cracker, sherry alioli

Chipirones — 8.5
Baby cuttlefish, orange & maple glaze, coriander, chilli

Solomillo Ibérica de bellota puro N — 11.5
Ibérico pork served rare, walnut migas,
jamón bone sauce

Sobrasada Tortilla — 8
Sobrasada & spring onion tortilla

Ox Cheek — 9
Overnight ox cheek, peas, bone marrow

DULCE

Chocolate Mousse — 6.7
Rama 44 olive oil ice cream

Valencian Orange & Almond Cake N — 6.5
Moscatel soaked oranges, citrus spiced cream,
toasted almonds

Trufas N — 5
Dark chocolate truffles

HELADO/ICES

£3 each or £8 for 3

Rama 44 olive oil ice cream

Red berry sangria sorbet

Pear, honey & ginger sorbet GF

Orange & Gin sorbet GF

Salted Catalan almond & caramel ice cream N

Chocolate truffle & sherry ice cream

Please ask if you would like to see our children's tapas menu.

Tapas comes to the table as and when it is ready. If you would like certain dishes to arrive together just ask when you order. Please inform the team if you have any allergies.

BAR FORTY FOUR
TAPAS Y COPAS

44 GROUP INFO FOR FOOD AND DRINK LOVERS

WEEKDAY LUNCH OFFER

Enjoy lunch on the go or over a leisurely couple of hours for £13. Thursdays and Fridays, choose 3 dishes from a select menu available 12-4pm.

VEGAN MENU

Please ask for our separate vegan menu to enjoy at any time.

SPANISH SUNDAYS

Our Spanish take on a sharing roast. Book to enjoy options like salt aged picanha of beef with trimmings like chorizo Yorkshire pudding, Ibérico fat roast potatoes and truffled Manchego cauliflower cheese.

DRINKS SPECIALS

As well as an incredible list of sherries, wines, beers, vermút, gin, rum and cocktails, please ask for our wines of the week by the glass, weekly seasonal serves and creations.

FINO FRIDAY

Every Friday we rustle up a tapita (mini tapa) paired with a glass of fino or manzanilla sherry. Changing weekly, come and partake to transport you to Andalucia

THE 44 FAMILY

Apart from the 3 Bar 44 venues, take a look at some of our other Spanish projects we are hugely passionate and proud of.

Asador 44
Our Northern Spanish grill & wine house next to the stadium in Cardiff. World class produce, cooked simply over different types of wood fire, and an envious ever changing Iberian wine list.

Mercado 44
Our UK wide online shop providing the finest Spanish produce available in the UK, as well as our own products, finish at home meals and tapas boxes. Weekly collection or delivery.
mercado44.grupo44.co.uk

Parador 44
Our Spanish boutique hotel, a 9-bedroom sanctuary in the city. Including a guest terraza, lounge and honesty bar. Inspired by our love of the Paradors throughout Spain putting old historic buildings back into use as accommodation.

BAR FORTY FOUR
44
TAPAS Y COPAS

44 OWN PRODUCTS

We scour Spain for unparalleled ingredients. We have also spent years working with long standing producers to develop our own ingredients and wines. These are examples that we really hang our hat on and are incredibly proud of, believing they could grace any table. Available to take away or via Mercado 44 online.
www.mercado44.grupo44.co.uk

Rama 44 Extra virgin olive oil, Granada
Our unfiltered blend of Arbequina, Hojiblanca and Picual varietals. A superb oil developed with Juande and Paula in their mill and farm north of Granada. They are one of the worlds leading producers, and this is a superb blend, whilst also being accessible to sit in any kitchen.

Bar 44 Gordal Olives, Carmona (Sevilla)
Famed for our olives for 20 years, we never looked back after spending the harvest season with Luis at Acietunas Losada. A few years ago we were honoured when we began jarring with them, the first people that this producer has ever agreed to do such a project with.

Toro Blanco Pale Ale, Llantrisant
We have worked with Glamorgan Brewing for over 20 years. When they opened a new microbrewery in 2015, we developed a beer with them to pair with our food. After a year of tweaking, Toro Blanco was kegged and canned. It is an easy-going pale with citrus and herbal notes.

Manzanilla 44, Sanlúcar de Barrameda
A personal dream of Owen and Toms, to age and bottle their own fino or manzanilla. Owen represents Bodegas Baron in the UK, an historic producer dating back to 1631. This small batch bottling averaging 5 years of age is unfiltered, ultra fresh, bone dry and so easy to drink.

Uva 44 Blanca, Ribeiro
Our newest project of all, a Galician white wine using 5 native grapes to the region, resulting in a true white wine of the region. Albariño, Godello, Treixadura, Torontes and Loureiro. Refreshing, textured, very well rounded.

Uva 44 Tinta
A Monastrell blend from 50yr old bush vines surrounding the Ego bodega in the heart of Jumilla. A small personal bottling from a region becoming famed for making reds true to their surroundings. Packed full of fruit, spending just a couple of months in oak.

BAR 44 BOOK

Owen and Tom have recently had their first book published, 'Bar 44 Tapas y Copas, this is our Spain.' A collection of 100 recipes, from 44 favourites over 20 years, to our creative takes on classics. It is also a story of us, the family company, our team and travels along the way.

Recipes are paired with drinks and there is an extensive drinks chapter. Much more than just a recipe book. Available via Amazon, Waterstones, WHSmith, all good independent book shops and mercado44.grupo44.co.uk