



## Spanish Menu Ordering Guide: Gluten-free

Here's a list of traditional Spanish menu options that are naturally gluten-free. If you have any questions you can always ask your server about a particular menu item:

"¿Tiene gluten?"

\*\*\*If you have a sensitivity to cross-contamination, be careful as many bars and restaurants have traditional kitchens where all the dishes are prepared together.

### Tapas

Pimientos de Padrón: Lightly fried green peppers

Escalivada: Roasted vegetable salad

Espárragos a la plancha: Grilled asparagus

Parrillada de verduras: Mixed roasted vegetable platter

Champiñones al ajillo: Mushrooms sautéed with garlic

Setas a la plancha: Grilled oyster mushroom

Pisto: Spanish ratatouille

Tortilla española/de patatas: Great egg and potato omelet like a big frittata and is available at most bars and restaurants throughout the day

Revuelto: A revuelto is like scrambled eggs for lunch/dinner mixed with other ingredients.

Look for one with esparagos/asparagus, ajetes/garlic shoots or setas/mushrooms

Huevos rotos: Fried eggs on top of homemade French fries. Ask if they can put pimientos de padrón on top instead of ham/chorizo

Tabla de queso: Cheese board

Boquerones en vinagre: White anchovies pickled in white wine vinegar

Aceitunas: Olives

Banderillas/Gildas: Olive and pepper skewes. Gilda have anchovies as will

Jamón: Great ham has just three ingredients: pork, salt and time

Pulpo a la Gallega: Sliced octopus over potatoes sprinkled with smoked paprika

Habitas con jamón: Baby fava beans sautéed with bits of cured ham

Alcachofas: Artichokes can be served sautéed with cured ham, grilled or preserved in olive oil

Mejillones: Mussels served steamed, sautéed or preserved in olive oil

Gambas a la plancha/Gambas al ajillo: Grilled shrimp or shrimp served in sizzling olive oil with garlic and a little chili

Sepia a la plancha: Grilled cuttlefish (like a big squid, cut into chunks rather than rings)

Chipirones a la plancha: Grilled baby cuttlefish (like baby squid)

### Lunch (Menú del Día/Set lunch menu)

Salmon a la plancha: Grilled salmon (really any fish can be served grilled like this, "A la plancha" is a safe bet)

Filete/Entrecot: Steak

Pollo a la plancha: Grilled chicken fillet

Lentejas: Stewed lentils usually with chorizo and potatoes (any of the stewed bean dishes are probably a good choice as the beans are cooked with meats and vegetables)

Paella: Paella and other rice dishes are naturally gluten-free

Ensalada verde: Green salad

Ensalada de tomate con ventresca: Tomato salad with olive oil-packed tuna belly

Ensalada mixta: Salad greens with tomato, hard boiled eggs, tuna, olives and onions

### Desserts

Flan: Egg and milk custard

Arroz con leche: Rice pudding

Helado: Ice cream

Fruta de temporada: Seasonal fresh fruit

### Menu items to avoid

A la Romana: Breaded and fried

Cachopo: A steak that's been breaded and fried

Empandado: Breaded

Croquetas: Breaded and fried fritters

Bechamel: A sauce made with butter, flour and milk

Tostas: Open-faced sandwiches with meat, cheese, fish and vegetable toppings

Bocadillos: Sandwiches served on crusty baguettes

Salsas: Salsa brava (spicy sauce served on potatoes) and other thick sauces can be thickened with flour

Empanada: Savory pies with a bread/puff pastry crust

Hojaldre: Puff pastry

### Drinks

Many bars have gluten-free beer options "cerveza sin gluten". The Mahou brand's gluten-free option is a nice lager!