

BITS (TAPAS)

HUMMUS 6 🌱

*served with crackers 🍴

GUACAMOLE 6

*Served with crackers 🍴

ENSALADILLA 7 🍷 🍷

POTATO SALAD

CANNED FISH (TIN)

SARDINE 20/25 in Olive Oil 5,4 🐟

MUSSELS in pikled sauce 7 🍷

MUSSELS in scallop sauce 5,4 🍷

*Conservas Catrineta de O Freixo.

*Served with bread. 🍴

PATÉS (SPREAD)

CRAB or SPIDER CRAB 5,7 🍷 🍷

SARDINE 7 🐟

MACKEREL 7 🐟

MUSSEL 7 🍷

*Patés O Submarino & La Curiosa

*Served with crackers. 🍴

SIDE DISHES

FRENCH FRIES 3,5

with black garlic **ALIOLI** sauce 4,5

🍷 🍷

with spicy **BRAVA** sauce 4,5

with both sauces 5,5

SALADS MAR DE FORA 10/7 🍷 🍷

Tomato, lettuce, avocado, Cebreiro cheese, walnuts and seeds.

HAMBURGERS

*Meat from local branches or fish from Fisterra, with no additives.

*Sourdough bread. Available gluten-free bread.

CANELIÑAS 10 🌱 🍷 🍷

Mackerel hamburger, caramelized onion and our black garlic ali-oli.

CABO TOURIÑÁN 10 🌱 🍷

Cachena beef hamburger, Cebreiro cheese, caramelized onion, arugula, lambs lettuce and peppers from Padron jam, spicy or not by request ;)

VIVA MEXICO 9,5 🌱

Cachena beef hamburger, guacamole, tomato, crispy onion and spicy fire sauce.

BOCA DO RÍO 9 🌱 🍷

Cachena beef burger, Arzúa cheese, our mustard sauce and caramelized onion.

MONTE PINDO 9 🌱 🍷

Cachena beef hamburger, lettuce, tomato, caramelized onion, pickled cucumber and Arzúa cheese.

NORDÉS 9 🌱 🍷

Cachena beef hamburger, red berriest jam and San Simón (smoked) cheese.

LOURO 9 🌱 🍷

Cachena beef hamburger, caramelized onion, fig jam and Arzúa cheese.

REDONDA 8,5 🌱 🍷 🍷

Chicken with veggies burger, our mustard sauce, caramelized onion and Arzúa cheese.

GURES 8,5 🌱 🍷 🍷

Chicken with veggies burger, lettuce, Arzúa cheese, tomato and maionesse.

PANCHÉS 10 🌱 🍷

Cachena beef hamburger, 3 types of cheese, caramelized onion and butter.

VEGETARIAN & VEGAN

OPTIONS

*We do our veggie burgers, with veggies, gluten free oat and chia, available gluten free bread by request

MOREIRA 9,5 🌱 🍷 🍷

Vegan burger with season veggies + caramelized onion, hummus, arugula, lambs lettuce and red pepper jam.

LOURIDO 9 🌱 🍷

Vegan burger with season veggies + Arzúa cheese, lettuce, tomato, caramelized onion and pikled cucumber.

FURADIÑO 7,5 🌱 🍷

Sandwich with letuce, tomato, "Cebreiro" cottage cheese, black olive pate, olive oil and oregano.

TALÓN 7,5 🌱 🍷 🍷

Sandwich with hummus, red roasted pepper, Arzúa cheese.

SANDWICHES

*Sourdough bread

*Gluten free bread available

PRAIA DO ROSTRO 9,5 🌱 🍷 🍷

Sandwich of roasted pork shoulder, smoked cheese San Simón and a special sauce.

SARDIÑEIRO 7,5 🌱 🐟

Sandwich of guacamole, spicy sauce and canned sardines.

ANCHOA 7,5 🌱 🐟

Anchovy sandwich with pickled cucumber and arzúa cheese.

ÉZARO 8,5 🌱 🍷 🍷

Sandwich of chicken breast, lettuce, galician cheese, tomato and mayonnaise

ARNELA 8,5 🌱 🍷

Zorza sandwich, pork meat in paprika with galician cheese.

DESSERTS

CHEESE CAKE 5

with caramel and cookies 🍴

BANOFFE CAKE 5

🍷 🍷

LEMON PIE 4,5

🍴

CHÍA PUDDING 4

chía, oat, coconut and banana
(gluten free and vegan, no sugar added)

VEGAN COOKIES 1

🍴 🍷 🍷 🍷
Cocoa (1 cookie)
Ginger and chía (2 cookie)



HOMEMADE DRINKS COFFEE

Lemonade 2,3
 Hibiscus water 2,3
 Elder flower sirup 2,6
 Orange juice 2,6

Coffee 1,4
 Big coffee 1,8
 Double coffee 2,2
 *Available vegetable oat milk

ECOLOGICAL DRINKS FROM GALICIA ORGANIC GALICIAN INFUSIONS

ZUMIÑO 2,6
 apple juice 100%
 apple juice, beetroot, carrot
 apple juice, kale, spirulina
 apple juice, turmeric, ginger

KOMBUCHA ZUMIÑO 3
 kombucha apple, chai and cinnamon

KOMBUCHA MERAKI 3,5
 Raw cane sugar & lemon
 Strawberry

Spicy citrus
 100% organic ginger and lemon. No
 caffeine or theine.
HEALTHY HIBISCUS
 100% organic hibiscus, sage and rosemary.
 No caffeine or theine.

CURATIVE CAMOMILE
 100% organic chamomile, cinnamon and
 basil. No caffeine or theine.

DEBUG WITH MADNESS
 100% organic orange, nettle and licorice.
 vegan. No caffeine or theine.

CHA CHA CHAI
 100% organic black tea, allspice, ginger,
 cinnamon, cloves and cardamom.

BLACK, RED OR GREEN TEA, ROOIBOS

OTHER DRINKS

Water 1,3
 Sparkling water 1,4
SOFT DRINKS (CAN) 2,3
 Estrella Galicia beer (can) 2,3 🌿
 Radler 2,3 🌿
 Mahou tostada 0% 2,3 🌿
 Estrella Galicia gluten free 2.3
 Cider 2,6
 Sangría 3,5
 Apple sangría 3,5

LICORES ZIRALL shot / cup with ice
 Coffee liquor, herbs, white, toasted and
 cream 2 / 3

COFFEE LIQUOR BELLO BLANCO 4 / 5

GALICIAN VERMOUTH 2,8
 Sardino

PORTONIC 7
GINTONIC 7

GRAPEFRUIT OR BLOOD ORANGE WINE
TARONGINO 2,2 / 12

TARONGINO ORANGE SPRITZ 6,5
 Bottle 375ml

OUR CRAFT BEER

FISTERRANA de Etel&pan

American Pale Ale

Draft Beer 2,8 🌿
 Bock 4,5 🌿
 Bottle 3 🌿

ANOTHER GALICIAN CRAFT BEERS

MURGA PAMPEANA DE ALE ALÉ 3 🌿
 blonde ale

FOLIADA DE ALE ALÉ 3 🌿
 brown ale

ALOUMIÑA ORIXE 3,5 🌿
 american ipa

ALOUMIÑA TINERIPA 3,5 🌿
 session ipa

ALOUMIÑA OVELLA NEGRA 4 🌿
 imperial stout

ALOUMIÑA TRINTA MOEDAS 4
 RYE IPA

GALICIAN WINES**WHITE**

glass/ bottle
POUSADOIRO 2,1 / 6 / 11
 DO RIBEIRO
 Treixadura, godello, torrontés & loureira

SETEMBRO 2,3 / 13
 DO MONTERREI
 Godello, treixadura & albariño

GARABELOS 3,1 / 18
 RÍAS BAIXAS
 Albariño 100%

KOMOKABRAS BARRICA 3 / 17,5
 A Pobre do Caramiñal. V. T. Barbanza e Iria.
 Albariño 100%

PORTELA DO VENTO -/20
 Manzaneda, out of DO.
 Palomino, godello, dona branca and more, non filtered.
 Biodynamic.

MÁIS ALÁ -/26
 O Bolo- Viños de encostas.
 Godello

SPARKLING

ÁNTESE 22
 Castrelo de Miño, Ourense.
 Sparkling wine. Traditional ANCESTRAL. TREIXADURA &
 ALBARIÑO

RED

O ALBOREXAR 4.0 2,3 / 13
 DO RIBEIRO
 Mencía

O ALBOREXAR TRAD 2,6 / 15
 DO RIBEIRO
 Sousón, brancellao, caiño & ferrón

RESILIENTE 3 / 17,5
 Taboada. Ribeira do miño.
 Mencía 100 %

OS MECOS RASPÓN -/ 22
 A RÚA, fóra de D.O.
 Garnacha, mencía, brancellao & gran negro.

AMPHORA - / 26
 D.O. RIBEIRO
 Garnacha, caiño, gran negro & sousón

ROSE

O PINTOR 3 / 17,5
 Rosado de Castrelo de Miño
 Caiño, Sousón, Brancellao & Ferrón