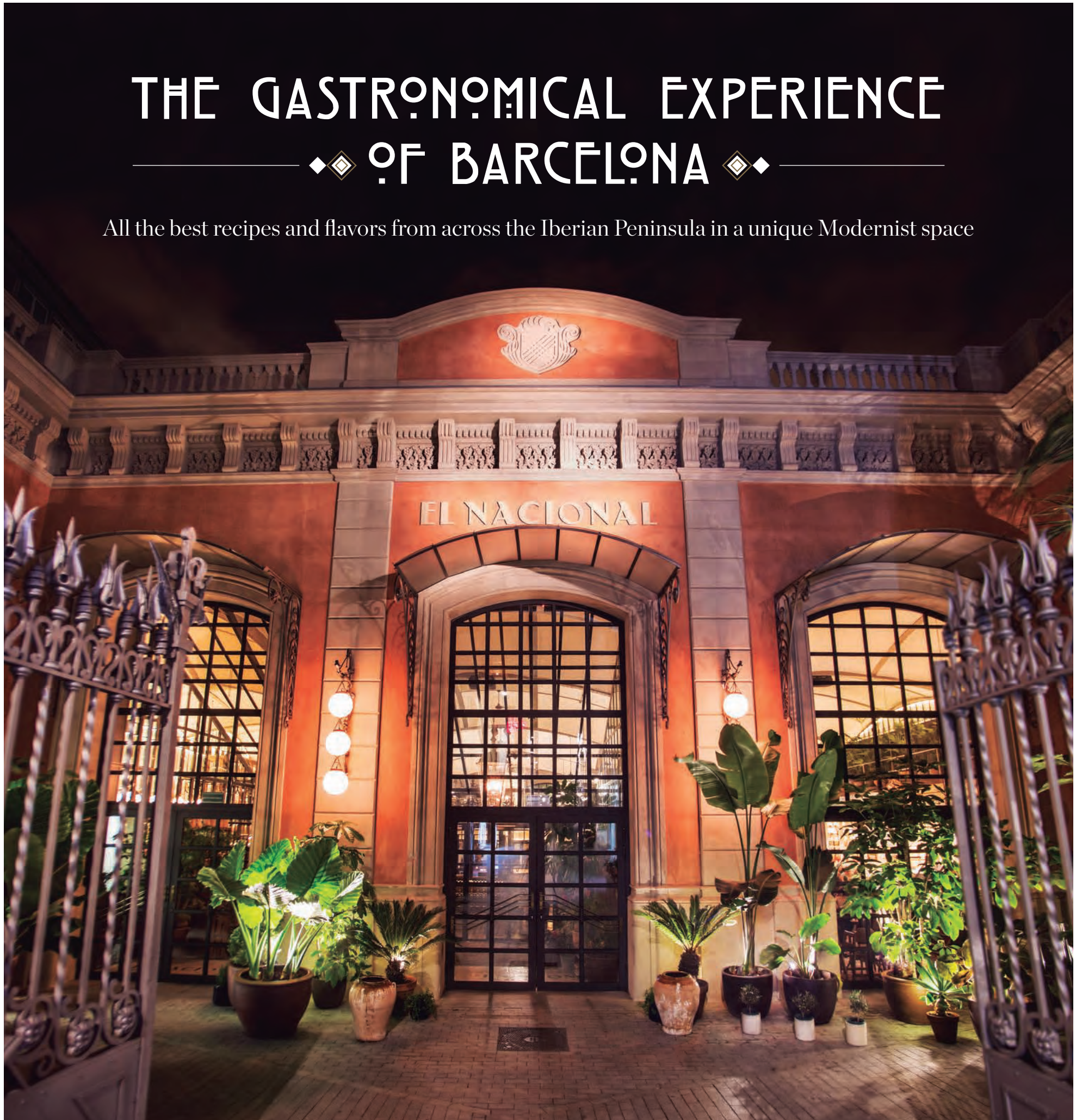


EL NACIONAL

BARCELONA

THE GASTRONOMICAL EXPERIENCE OF BARCELONA

All the best recipes and flavors from across the Iberian Peninsula in a unique Modernist space



EDITORIAL

El Nacional welcomes the arrival of warmer weather with new seasonal products and recipes. The four restaurants and five specialized bars will be offering the best Ibérico ham and charcuterie, the tapas that best reflect Iberian Peninsula's character, fish straight from the best harbor auctions and a selection of recipes that work with the highest quality local produce. Our cooking caters to the personal tastes and preferences of each diner. The philosophy behind this unique gastronomical macrospace, with its unique location that embodies the character of the Barcelona Eixample neighborhood, is that each and every visitor should enjoy a unique, premium, once-in-a-lifetime experience.



EL NACIONAL?

4 RESTAURANTS



YES, EL NACIONAL.

A unique multi-zone culinary centre, with kitchens open all day long, where everyone can enjoy traditional recipes, prepared with high quality products in a unique setting, a reflection of Barcelona's social and cultural life.

1 RESERVED AREA

EL MAGATZEM



5 BARS



**Kitchens open
all day long**

◆ The Barcelona gastronomical experience ◆

THE BASICS



WI-FI At El Nacional you can connect to our Wi-Fi service free of charge.



OPENING TIMES El Nacional is open non-stop from **12 noon to 2 am**.



BOOKINGS You can make bookings by calling **+34 935 18 50 53**, or by writing to the email **reservas.enb@elnacionalbcn.com** or on the web site, **elnacionalbcn.com**.



GROUP BOOKINGS El Magatzem is the perfect venue for holding exclusive events. For more information: **info.enb@elnacionalbcn.com**.



GIFT CARDS Would you like to give gastronomy as a gift? Give an El Nacional gift card (from 50 euros). You can acquire one on our web site **elnacionalbcn.com** or purchase *in situ*.





Did you enjoy your visit to El Nacional? Share it with us on El Nacional BCN (Facebook) and @elnacionalbcn (Instagram and Twitter).



A gastronomical gift

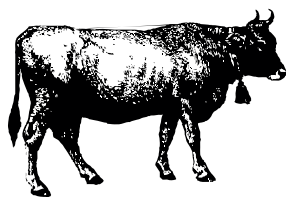
El Nacional gift card can be a great idea for special celebrations



A gift of fine food is a safe bet. For a birthday, a romantic getaway to Barcelona, a gift for a client, a surprise for a friend, honoring your family... El Nacional gift card can be your best ally in all those situations! You can purchase it on El Nacional webpage or in person at our restaurant. Web purchases will be mailed to the postal address you provide within two business days of your request. It will arrive in a gift box, perfect as a present. If you would rather purchase it at the restaurant, you

can take it with you right away and it will be effective immediately. Just ask any *maitre* and you will receive it then and there. Keep in mind that the balance will expire after a maximum of one year. However, we trust you will have fully enjoyed it at all the restaurants and bars at El Nacional by then. The minimum amount is 50€, while the maximum is up to you. This total can be used for as many separate visits or bills as you wish. Give gastronomy and enjoy it at El Nacional!

LA BRASERIA



WOULD YOU LIKE TO DISCOVER
OUR BRASERIA'S MENU?



Carnivorous pleasures straight from the grill

Dry-aged cuts of beef are the undisputed queens of La Braseria

BARCELONA— It may very well be that we're not in the mood for stews and pot roasts during the warmer months of the year. Although they stay on the menu at La Braseria, this venue shifts its focus to its specialty: dry-aged cuts of beef, grilled to perfection.

DRY-AGEING PROCESS. Prime rib eye and sirloin steaks from El Nacional come from thirty- to forty- kilo loins. Once they're on the premises, they will spend a further twenty days in our dry-ageing cabinets, in full view of diners, until they reach the perfect degree of maturity. A few hours before cooking, meat cuts are transferred to a preparation cabinet, where they will be gradually warmed up, before being grilled. Each cut is labelled to inform diners of the precise breed and sex of the animal, the origin, date of slaughter and all the other items of information that guarantee its traceability.

The staff at La Braseria will offer diners three meat-loving options: old cow, veal or ox. The first option, aged a minimum of 60 days, is our most prized cut. We serve sirloin steaks weighing between 900 grams and 1,5 kg that are perfect for sharing. We also serve sirloin and rib eye veal steak that has been aged 30 days, weighing approximately 350 grams. All these cuts are cooked on an open grill at a carefully controlled distance from the embers to avoid excessive heat damaging the meat's fat while ensuring that just the right temperature is reached, preventing dry, overcooked cuts or undercooked centers. If you prefer ox meat, you can choose between two specialties: a tartar or a 250 gram hamburger.

Apart from beef, meat lovers can also choose traditional oven-baked suckling lamb, with potatoes, onions and garlic cloves, or two grilled specialties: Duroc pig trotters or Calaf *botifarra*.

RECENT ARRIVALS. La Braseria welcomes seasonal products such as oven-baked suckling pig, roasted in a traditional coal oven, according to the tradition of Segovia. The result is succulent and the uniquely crunchy texture the young pig's skin acquires makes it finger-licking good. Cherries from the Baix Llobregat region, available in June, will be



integrated into a delicious recipe: duck magret with cherry sauce. Watermelon will be served grilled, and peaches, in August, will join the meats as a chutney. Towards the end of the season, October will be the best month at La Braseria, as fowl, combined with the exquisite flavors of wild mushrooms gathered all across the Iberian Peninsula, will become the stars of this space.

And there is no better way to finish off a memorable steak dinner than with a great dessert. The

menu at La Braseria offers two specialties this season: the French apple classic –tarte Tatin– served with artisan vanilla ice-cream. And Goxua, a traditional dessert from the Northern Basque Country that combines a layer of whipped cream, a layer of sponge cake and a custard-like pudding (at El Nacional we use Sant Josep pudding). The top is then caramelized, adding a crunchy finish. In this warmer season, we also offer refreshing choices such as lemon sherbet or pineapple marinated with fennel and dill.



The poussin

A succulent and aromatic recipe

Apart from dry-aged beef, the menu at La Braseria offers other meat options, such as poussin. This is a very small chicken, usually under one pound in weight, that is raised outdoors. Its flesh is very tender. The best ways to cook it are roasted, stuffed or with a sauce. Here we serve it roasted in the oven, stuffed with bread and herbs. First of all, crumbs are prepared from double-leavened bread. These crumbs will be marinated between two and three hours with aromatic herbs (thyme, rosemary, basil...) and olive oil and then used to stuff the chicken, which will first be cooked in the oven at a low temperature until it is mellow. Then it will be roasted rotisserie-style, until the skin becomes crunchy. It is served sliced in half, with the garnish of your choice. The secret: the flavor is hiding in the bread.

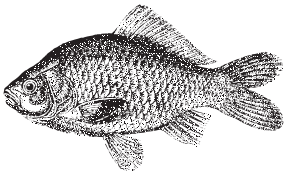


VEAL



The sirloin and ribeye steaks we serve at La Braseria are all sourced from the same breed of brown Pirineo cows, local to the area that extends from the regions of Berguedà to Alta Anoia. We always choose cow meat due to the fact "it's better in every organoleptic sense, including shape and ultimately, results on the grill" says Michel Grader, kitchen manager at El Nacional. These cuts are grilled after a maximum of forty days of dry-ageing and are served on a ceramic plate, pre-sliced, to ensure they reach the table at the right temperature, with the bone served apart. Diners have a choice of different garnishes: fried or baked potatoes, salad or *escalivada* (traditional broiled vegetables).

LA LLOTJA



WOULD YOU LIKE TO DISCOVER
OUR LLOTJA'S MENU?

Fresh catches from Mediterranean fisheries

Oily fish species are at their best during the summer months



BARCELONA—Barnacles, brown crabs, crayfish, prawn, clams, pod razors and lobster will all have important roles at La Llotja along with classic seasonal fish options such as mackerel, hake, John Dory, Atlantic bonito or striped red mullets, just to name a few. “Most of the fish we serve during the spring-summer season have been caught with line and hook”, explains kitchen manager Michel Gradelier.

Oily fish species are also at their best during the summer, in terms of abundance but also in terms of the quality of their flesh.

Diners can choose all these species and others that are sourced from the best harbor auctions across the Mediterranean, deciding the weight of their serving and how it will be cooked: broiled, steamed, griddled, oven baked, fried or stewed. Fish is served with a choice

of side dishes: sautéed vegetables, baby lettuce salad or fried or baked potatoes. The same applies for shellfish, so you have multiple options allowing you to tailor your order to match your personal preference.

NEW INGREDIENTS. Our monthly featured products will also be present at La Llotja. In June, cherries will make a guest appearance in the traditional brown meagre ceviche recipe. In August, breaded courgette flowers will be joining dishes that combine rice and fish. In September, grapes will be added to the traditional cod stew. As we reach October, wild mushrooms will announce the arrival of fall as they are served with angler and rice.

Our standard menu is ample, including local specialties such as paella or *fideuà*, Ibiza-style salt-baked gilthead or red prawn from Huelva, which can be ordered grilled with seaweed salt or fried. We also offer shellfish side dishes, steamed (such as Galician cockles with ginger or mussels with fresh herbs), grilled (clams from Carril or scallops) or fried (calamari, traditional Spanish cod fritters and fish or shellfish croquettes). If you prefer your fish or shellfish raw, we offer a tuna tartar and a wide selection of oysters, including three Atlantic and one Mediterranean type. El Nacional offers you the chance to taste a traditional Menorcan fish stew without having to travel to the Balearic Islands. You can also enjoy the Ibiza bullit, a well-kept secret classic of the island, which involves two courses, first a boiled fish, belonging to one of a number of local spiny species, is served with potatoes and aioli. The second course will be a rice dish cooked in the fish stock that was obtained during the preparation the first course. For those who are less inclined to indulge in fish, La Llotja offers alternatives such as salads, a 250 gram ox meat hamburger, free-range chicken or a veal steak with sautéed vegetables and potatoes.

To finish your meal, they’ve added two traditional classics, with a special El Nacional twist, to an already ample dessert menu. One is a baba with *ratafia*, a local liqueur made with nuts. The other is the Cardinal, a sponge cake covered in meringue and filled with whipped cream and strawberries. Such a pleasure!

PEARLY RAZORFISH

Known locally as “sea parrot”, “raor”, “galán” or “pejepeine”, this fish is one of the rarest and most peculiar species found in the seas that surround the Iberian Peninsula. It has reddish scales and blue stripes. Its shape is unusual, like a striped red mullet, only flatter. Its coloring reminds us of a parrot, giving it its local nickname. Another unusual trait is the fact that it is hermaphrodite and changes color when it switches sex. The flesh is very white and the skin is so gelatinous it melts in your mouth. It lives close to the shoreline in the Mediterranean and the Atlantic and is caught with hook and line off the coast of Almería, the Maresme and the Balearic Islands. This type of fish is so delicate it doesn’t bear slicing, so we can only serve it fried at La Llotja, with its crunchy skin and fleshy loin.

SELECT

Tuna tartar

A succulent and aromatic recipe

One of the new products on this season’s menu at El Nacional is Atlantic bonito, caught in the Cantabrian Sea. This oily fish species is at its best in the summer and will be the star of many recipes at La Llotja. Mediterranean red tuna is a close relative, used to prepare tartar, a refined, tasty, seasonal dish. A tartar requires dicing the core of the tuna’s loin *en brunoise*. Separately, a red onion is very finely diced and a vinaigrette is prepared, with soy and almond and olive oils. The tuna is mixed with the onion and it’s dressed with the vinaigrette. The tartar will be presented on top of an avocado *purée* base. This dish can be enjoyed on its own, or as part of our selection of raw dishes, which also includes Mediterranean oysters and scallops in ceviche.

LA PARADA



WOULD YOU LIKE TO DISCOVER
LA PARADA'S MENU?



An oasis of sweets in Paseo de Gracia

A new range of baked goods has been added to the menu at La Parada



BARCELONA— If you have a sweet tooth, it's time to head for La Parada, because this season our menu offers a new range of cakes that can only be described as guilty delights. If you want to stick to the classics, go for the lemon pie, made with two types of meringue on top of a rich lemon filling. If you're in a more daring mood, try the double chocolate cake with raspberry toppings



COCA DE RECAPTE. At La Parada you can find a long list of artisan *coques*, the traditional Catalan flatbread. Within this rich tradition, one of the most unique recipes is *coca de recapte*, which is topped with slow-broiled vegetables and goat cheese, combining peppers, eggplant and onions with the intense flavor of this cheese. Traditionally, they were baked in the village bread oven using produce from the vegetable garden that couldn't be used in other recipes. The famous local writer Josep Pla believes this tradition began in the Catalan region of La Noguera. The name of this specialty originates from the fact that it was used as a way to have a mid-afternoon meal away from home, as "recapte" was the name given to food that was prepared to be consumed on the road.

that playfully combines different textures. You'll also find two new fruit cakes: an apple cake decorated with candied apples, while the second is a variation on carrot cake, covered in thin slices of almond.

SUMMER SALADS. Before you get to your dessert, though, have a good look at the menu on offer here. It's ample, and divided into five headings: entrées and deli meats, pasta, artisan *coques* (traditional flatbreads), thin *coques*, crêpes and the previously mentioned cakes. Salads become an important element at La Parada in summer, given how fresh and healthy they can be.

In July we serve a salad with three types of tomatoes from El Baix Llobregat, celebrating the fact that tomatoes are one of our featured ingredients of the month at El Nacional. In August, we serve baby squash stuffed with quinoa salad. These are just a few of the recipes that join our usual lineup, including a salad with a selection of cold cuts, the classic Cesar salad (as a special El Nacional twist, it's made with chicken confit), cod salad with *xató* (a traditional sauce from Southern Catalonia) or artisan cheese salad.

A WELL-DESERVED BREAK. For a quick bite, *coques* are the best choice. We offer a range of artisan options, with a thick base and local ingredients. Don't miss the Ibérico ham, mozzarella and arugula or cheese with ham and spinach. Thin-crust *coques* are our specialty at La Parada and the possible combinations never cease to amaze: veal carpaccio with Parmesan and arugula, *samfaina* (the Catalan version of ratatouille) with fresh salmon, *botifarra esparracada* (sausage filling used as a topping) or premium *sobrassada* (a traditional charcuterie specialty from Mallorca).

Speaking of pork, suckling pig is one of our featured dishes. Pulled pork coca will be one of our star dishes at this time of the year. Our pastries and confections are freshly baked, as always, inspired by the expertise of the Italian tradition. Our cellar is well stocked, including vermouth and Jerez apéritif wines, Damm beer and a selection of white, rosé and red wines, cava, and sangria made with wine or with cava.

EL QUIOSC



ARTISAN ICE-CREAM. All our visitors at El Nacional admire El Quiosc on their way in. It's an Art Déco-inspired architectural jewel, created by combining two balconies. When the fair weather season starts, an exquisite ice cream shop is opened there, and becomes the premier destination for ice cream lovers. The stars of this venue are our artisan Italian-style ice-creams, served in cones or cups. Flavors also vary throughout these months: Belgian chocolate, Madagascar vanilla, fresh strawberry, Sicilian lemon, Indonesian coconut, hazelnut from Piemonte, coffee or white yoghurt. You can garnish your chosen flavors with an interesting range of toppings.

WINE BAR



WOULD YOU LIKE TO DISCOVER OUR WINE BAR'S MENU?

The most fun wine cellar in Barcelona

Our list includes new wines from all the best protected designations of origin

BARCELONA— Penedès, Rioja, Ribera de Duero, Montsant... We are lucky to live in a wine-producing country and this makes enjoying a wonderful red, white or rosé just so much easier. The Wine Bar at El Nacional has always offered a carefully curated selection of the best vintages from across the Iberian Peninsula. This season we’ve expanded the options available through our by-the-glass option, proving a chance to taste more wines with each meal. Why settle for a single bottle when you can explore and taste wines from several protected designations of origin? It’s a great chance to leave your comfort zone and challenge yourself with less familiar vintages, including the very premium ones. This also allows each diner to choose the wine they prefer, freeing each member of a dinner party to enjoy his or her favorite. Wines can be ordered by the bottle or by the glass, allowing everybody to choose their wine or be curious and taste several.

A RANGE OF CHOICES. A long list of options is also available when it comes to cheese, all of them sourced from Iberian Peninsula: *afuega'l pitu*, from Asturias, the traditional *torta* from Extremadura, Idiazabal from the Basque Country, traditional Manchego from Castille, Payoyo from Cadiz and Brisat from Catalonia... An assortment of these delicacies with a nice glass of wine is a sure bet.

For those who aren’t so keen on cheese, our list includes the best Ibérico charcuterie, *sobrassada* from Berga or *secallona* (cured dry sausage) from la



Vall d’Aran. If you aren’t that hungry, try the pickled anchovies, or the salted anchovies from l’Escala, olives, a vegetable entrée or an assortment of tinned shellfish (cockles, mussels, clams...). Variety is so enjoyable!



IBERIAN EXCELLENCE. At our Wine Bar you’ll always find an expert ham carver who treats this product with the care it deserves and cuts acorn-fed Ibérico ham into thin, perfect, slices. This is where we prepare all the servings of ham that are enjoyed all around El Nacional. This bar is also the perfect place to taste a range of other Ibérico charcuterie products, such as cured pork shoulder, loin or chorizo, on their own or with some slices of flatbread slathered in tomato. A glass of wine is the perfect way to complete the pleasure of tasting the best charcuterie products from Guijuelo.

LA TAPERÍA



WOULD YOU LIKE TO DISCOVER OUR TAPERIA'S MENU?

Tapas from all around the Iberian Peninsula

Cante a la malagueña turns serving tapas into a unique show at La Taperia

BARCELONA— La Taperia can come as a bit of a surprise for those who aren’t familiar with the tradition of serving tapas *al cante*. In Málaga, in Southern Spain, waiters will loudly announce tapas as they become available. “Waiters set up a kind of game with diners, keeping them on their toes” says Michel Grader, kitchen manager at El Nacional. Each waiter’s unique style in announcing the menu item, and their thorough knowledge of every specialty being served is essential for this interaction between diners and staff.

SEASONAL FARE. At this restaurant, which is the least formal space at El Nacional, we enjoy being



playful. Seasonal ingredients appear in our small dishes and *montaditos* (small, skewered, pile of ingredients assembled on a piece of bread). Now is the best moment to taste *cochifrito* (fried suckling pig) or a *montadito* with a suckling pig confit as its main ingredient. In June we are featuring Atlantic bonito from the Cantabrian Sea, which you can taste as part of our delicious La Taperia potato salad. In August, pickled courgette will be served with tasty cuts of meat, while in September you can count on our waiters announcing delicacies with duck magret in them. Apart from rice dishes which can be enjoyed as tapas (with shellfish, black rice, with chicken and seafood or with vegetables) we now also offer the option of ordering a rice specialty for a group of at least five people.

The philosophy of sharing a number of small plates continues in this space, offering a selection of the most traditional tapas from around the Iberian Peninsula, always produced with local, top-quality ingredients. From Asturias, we offer a spicy traditional sausage made with cider. From the Basque Country, San Sebastián-style razor clams or Vizcaya-style red tuna. From the South, Andalusian-style calamari or fried prawn from Huelva. The most famous Iberian dish, however, is paella, which can be enjoyed as a tapa, or ordered for a minimum of five diners. We also offer rice dishes and *fideuà* (similar to paella, but made with thin noodles). All this, along with Spanish cheese and charcuterie, and wine, cava or sangria will make this trip around the Iberian Peninsula complete.



A REFRESHING CLASSIC. *Esqueixada* is a typical Catalan dish that is very popular in the summer, made with small pieces of cod and vegetables. At La Taperia we prepare it with carefully de-salted cod, imported from Iceland. This cod is considered to be up there with the best in the world given its texture and taste. It’s combined with grated fresh tomato flesh, using tomatoes from El Baix Llobregat, one of our featured products in the month of July. Further ingredients are finely chopped onions, olive oil and black olives. This dish is best served with white wine. Penedès, Rueda, or Rias Baixas... our wine list offers plenty of choices.

OYSTER BAR

WOULD YOU LIKE TO DISCOVER
OUR OYSTER BAR'S MENU?

Oysters: alive and very, very, fresh

Some suggestions for enjoying this precious bivalve



BARCELONA—Alain Jeudy is an outstanding oyster specialist. He has been working in this field for over 25 years. Here is some advice he has for anyone who wants to enjoy this exquisite bivalve at the Oyster Bar. El Nacional works with four types of oysters, three

from the Atlantic and one from the Mediterranean. Their taste and texture can be quite different, so it's important to heed Alain's advice before deciding to taste just one, or have an assortment. In the latter case, you should always begin with the mildest type, the Gillardeau, and then work your way up through increasingly intense variants. Atlantic oysters are usually fleshier, while their Mediterranean counterparts tend to have a saltier taste.

"This is like a wine list. There are many good wines from La Rioja or Penedès, but, by tasting a number of them, you will eventually discover your favorite taste, or the ones that seem to suit you best. Tasting oysters is very similar", Jeudy tells us.

QUALITY CONTROL. An oyster is a living being and checking its freshness when it's opened is essential, as there could be risk of food poisoning. If it contracts when you delicately nudge it with the tip of a knife or sprinkle a couple of drops of lemon on it, then you



can be sure it's alive. If not, it must be disposed of. In order to savor an oyster fully, it should be chewed thoroughly, never just swallowed. This also prevents indigestion by chopping it into small pieces in our mouth, ensuring it is now quite dead.

It is important to understand that oysters must be kept at a controlled temperature between 7 and 8 degrees Centigrade. They should never come into direct contact with ice, as freezing the water that they contain would kill them before they are ready to be eaten. Ice should only be used for table presentation.

NAKED OR DRESSED. Once at the bar, apart from cava or French champagne, a nice, dry, white wine makes an excellent pairing for this feast. We can also follow the Japanese tradition of eating oysters with sake. As for seasonings, pepper or lemon are often used – "just two drops, don't squeeze the whole lemon" suggests Jeudy-. In France they often serve oysters with a shallot vinaigrette, while in Asia it is often seasoned with hot sauce.

We should keep in mind, though, that anything we put on an oyster will mask its original flavor. "The real *connoisseurs* want their oysters open and bare. Nothing else" adds our expert. That is the most authentic way to enjoy the taste of the sea.

If you don't dare deal with this delicacy, the Oyster Bar offers other equally succulent alternatives, such as Platinum Russian caviar, smoked Norwegian salmon or royal crab, which is steam cooked and served with seaweed mayonnaise.

COCKTAIL BAR

WOULD YOU LIKE TO DISCOVER
OUR COCKTAIL BAR'S MENU?

Refreshing cocktails, day and night

Gin, citrus fruit, mint and cucumber are our star ingredients



BARCELONA—Spring and summer mean hot weather on the streets of Barcelona. A good way to deal with a hot day is to drop by the Cocktail Bar at El Nacional. Here you won't just find the people who are looking for vermouth or a plate of the best quality cheese or

smoked meats. Increasingly, our clients realize they don't need to wait for night to fall to sit on our barstools and enjoy the beautiful round bar, admire the technique of our resident bar staff and enjoy a cool drink.

SUMMER IN YOUR GLASS. Mid-morning or right before lunch you can explore new mixed drinks that go far beyond the traditional summer combinations, like the mojito, caipirinha or piña colada or sours, made with pisco or whisky.

Our daytime drink list includes interesting suggestions that use gin, a smooth and fresh spirit that goes perfectly with the citric nature of ingredients such as limes or lemons, the refreshing aroma of mint or the taste of one of the star vegetables of the summer season, cucumber.

When the weather gets cooler, the Cocktail Bar will be waiting for you with a magnificent selection of whiskeys and bourbons from many sources. They may be heavier spirits, but they can be the perfect end to a meal at El Nacional.



THE FRESHEST OF THEM ALL. El Nacional is featuring this season two suggestions that use gin as their main ingredient. Green 10 is inspired by an alcoholic beverage from Morocco and is served with green tea and lemon juice. And the Splash plays with lemon juice and diced cucumber, used in contrast to the botanicals in the gin. If prefer to stay with the classic mixes, you can also ask the bar staff at El Nacional to make you a Bramble, with gin and blueberries; a Moscow Mule, a jewel of a cocktail that uses vodka and is currently back in vogue among spirit lovers; and its rather more modern summer version, with gin, lime juice and ginger beer, known as the London Mule.

EL MAGATZEM



The ultimate private space

Every moment of a meal held at El Magatzem is a bespoke gastronomic experience



BARCELONA— The most exclusive adventure at El Nacional starts at La Parada, where your group will convene for a welcome drink with beer, wine, cava or an appetizer. There is a wide range of options. Once all the diners have gathered, we will walk across the building, enjoying this wonderful gastronomic space inspired by the Barcelona of the thirties and forties, created by one of this city's most outstanding designers, Lázaro Rosa-Violán. Take advantage of this brief stroll to admire the original structure of the ceiling, with its brick and iron arches and skylights, the different ambiances in each of our spaces and the custom-made furniture, the hexagonal tiles and the wonderful lamps and stained glass windows that decorate the venue.

Once you've had a chance to be fascinated by the more than 3000 m² of this gastronomic macrospace, you'll reach the opposite end from the Paseo de Gracia entrance. You'll ascend a majestic stairway and emerge into a private alley which is enticingly lit at night, connected to Pau Claris. A small door leads to the most intimate and hidden space of El Nacional: El Magatzem. A VIP destination.

RECALLING OUR ORIGINS. Set apart from the rest of the restaurants and bars, this space is reserved for the best occasions and group experiences: family celebrations, birthdays, company dinners, meetings, presentations... Any event involving a maximum of 42 diners. Initially, this room was a storage space, used by El Nacional given its convenient proximity to our restaurant's main kitchen. Soon, though, it was turned into a private dining room, as it currently stands. The



décor is a homage to its original use, which is why it sports metal shelving, wooden crates, tins, bottles, fruit and vegetable, and other elements you might find in a restaurant's storage space.

THE MAGIC OF VERSATILITY. Service at El Magatzem is personal and very responsive with a team of professionals committed to ensuring you enjoy this experience. The space is open and remarkably versatile as it can be adapted to the size and needs of each group, with custom décor, schedules... and, above all, your unique gastronomic needs.

At El Magatzem, you can choose from the ample list of options available on the menus at our four restaurants and five specialized bars, matching the specific tastes of each group.

For example, the menu of La Braseria can supply this space with a wide range of entrées, including acorn-fed Ibérico ham, beef carpaccio, a fine flatbread with vegetable confit and fresh salmon, squid stuffed with beef or salted beef croquettes.

From the La Llotja menu, we can pick options such as sautéed prawn with garlic or a delicious artichoke fish stew. La Taperia, on the other hand, can supply informal dining classics like potato salad, fried potato slices with hot sauce and mayonnaise, cod and vegetable salad or cheese boards with selections of Spanish artisan cheeses.

A nice assortment of oysters, extremely fresh and opened just moments before at our Oyster Bar, with champagne or cava, can top off this unique and very privileged experience.

INFLUENCERS



GASTRONOMIC HEARSAY

A visit to El Nacional made such an impression on Silvia Bosch that she recommended this experience to her 43000 followers. [@silviaboschblog](#)



IN LOVE WITH A MOJITO

On her Instagram account, Marta Sierra (134000 followers) recommends tasting the apple mojito. [@marta_sierra](#)



CRÊPES FOR EVERY TASTE

Delicious lemon, Nutella or crème brûlée crêpes are featured in this post published on a blog with 16000 followers. [@comeresblog](#)



THE MAP

La Braseria

The carnivores amongst us have an appointment at this venue. The raw material, which is displayed to diners and show cooking, round off a proposal that is loaded with flavour through steak tartar, a delicious T-bone steak, osso buco...

Cocktail Bar

If you are fussy about your cocktails and always ask for your dry Martini, shaken not stirred, this is the place for you. Here you will be able to try classic versions along with signature creations for as long as you wish.

La Llotja

The flavour of the sea brought straight to the table. The privileged menu of this venue devoted to fish is fed by recipes from all over Iberian Peninsula, ranging from traditional stews to the best sea food, as well as irresistible rice dices.

El Quiosc

On entering El Nacional, the first structure you see is the unique El Quiosc, formed by two iron balconies joined together. This space has become an ice-cream parlour, where you can savour El Nacional's excellent ice-cream.

La Parada

A well-deserved stop-off on the route around the centre of the city is La Parada, where delicious flatbreads prepared with local products or cakes for unrepentant sinning await us. Don't miss your slice!

El Magatzem

This private room is the perfect space for celebrations, lunches and dinners, and it also has group menus. The normal menu includes the best dishes from the four restaurants and five bars at El Nacional and it accepts groups of up to 42 people.

Oyster Bar

Up to four different varieties of this delicacy are on the bar's menu. They may also be enjoyed accompanied by a selection of wines, cava and champagne. In addition to oysters, we also serve salmon, tuna, king crab, seasonal sea food, caviar and champagne here. All of them without any dressing to ensure that the flavour of each can be fully appreciated.

La Taperia

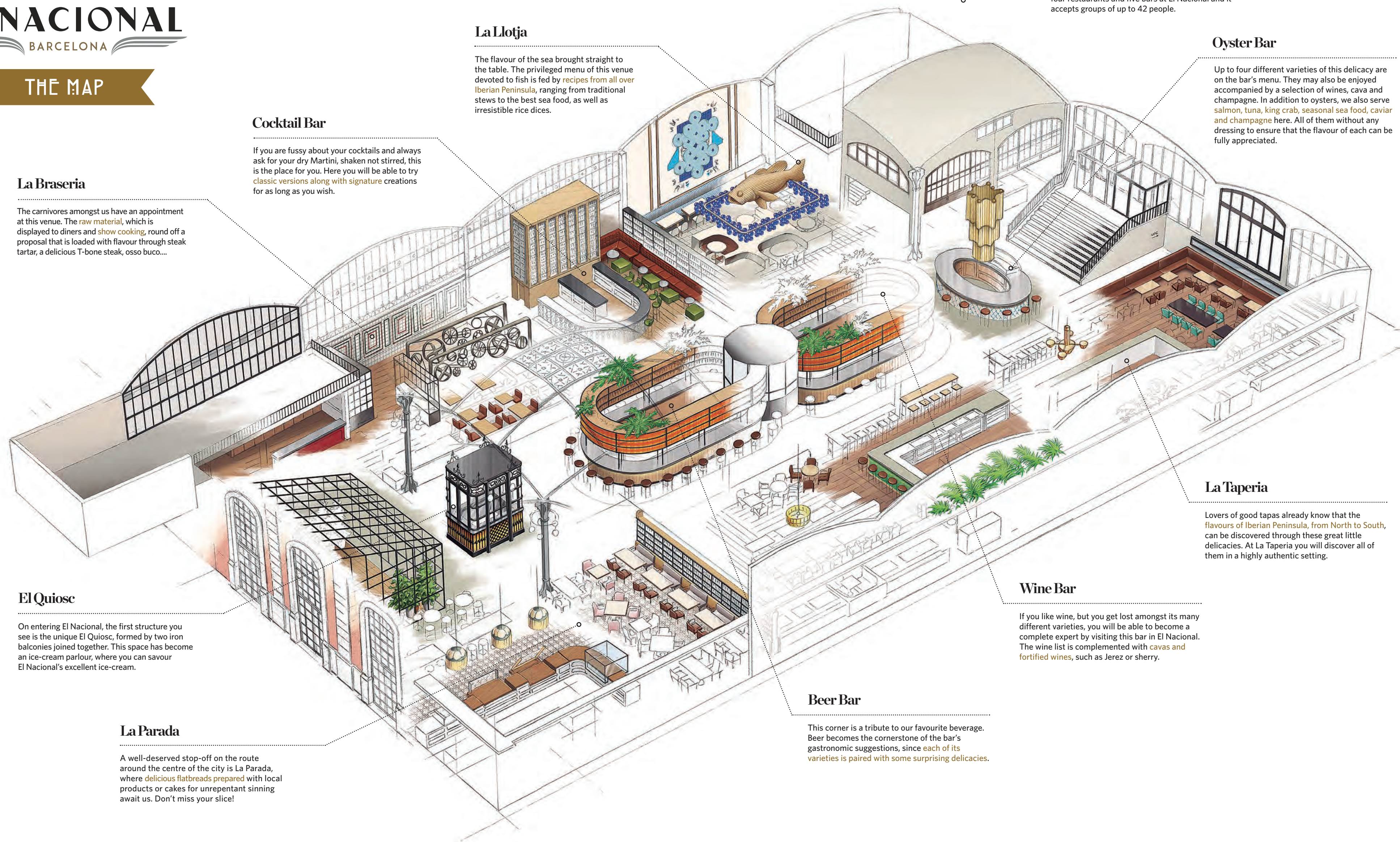
Lovers of good tapas already know that the flavours of Iberian Peninsula, from North to South, can be discovered through these great little delicacies. At La Taperia you will discover all of them in a highly authentic setting.

Wine Bar

If you like wine, but you get lost amongst its many different varieties, you will be able to become a complete expert by visiting this bar in El Nacional. The wine list is complemented with cavas and fortified wines, such as Jerez or sherry.

Beer Bar

This corner is a tribute to our favourite beverage. Beer becomes the cornerstone of the bar's gastronomic suggestions, since each of its varieties is paired with some surprising delicacies.



ORIGINS

Gastronomy is one of the Iberian Peninsula's strongest distinctive assets, largely due to the quality and diversity of the ingredients that can be sourced here. From sea or from land, at El Nacional we receive quality stock from the best areas, allowing us to use it in a timely manner in menus that highlight each season's best products. This guarantees that we will be able to serve these foods at their very best and enjoy an optimal flavor.

Atlantic bonito (Cantabria)

Known in Spain as northern bonito, this highly appreciated fish breeds in the Cantabrian Sea between the months of June and October. Its flesh is tastier and milder than the rest of the tuna family of species.

Duck (País Vasco)

Traditionally raised out in the open and fed with grain, almost every part of these Basque bred ducks is used. Magret, duck breast, confit, paté, foie gras... there are many options and some of them will be joining us at El Nacional to send off the summer season.

Peaches (Zaragoza-Calanda)

El Nacional chooses to use peaches from Calanda, a protected designation of origin. This fruit has been grown in the Bajo Aragón region since the nineteenth century. Each individual fruit is covered with a paper bag as it grows on the tree, preventing insect damage and removing the need to use chemical pesticides. This technique guarantees the very best quality.

Mushrooms (Zamora)

This is one of the ingredients that announce the arrival of fall. There are many types of wild mushrooms that grow in the region of Castilla y León. At El Nacional we also use mushrooms sourced from Catalonia or Aragon. This ingredient can transform the flavor of any dish.

Cherries (Baix Llobregat)

This region has a tradition of growing burlat and starking cherries and almost thirty other varieties. El Nacional sources them from towns like Torrelles de Llobregat or Santa Coloma de Cervelló and they are used both in savory dishes and in desserts.

Suckling pig (Segovia)

The Segovia Suckling Pig seal is a protected denomination that guarantees this animal has been fed exclusively with maternal milk and has been slaughtered before being weaned, at the age of 21 days. The most popular way to cook them is by roasting in a charcoal oven, as they do at La Brasería.

Tomatoes (Baix Llobregat)

Several varieties are grown in this region: roma, cherry, etc. This is a 100% local ingredient, rich in minerals and vitamins, which will be welcomed to El Nacional as part of our fresh summer salads and other dishes.

Grapes (El Penedès)

In the vineyards of El Penedès we can find a number of traditional local varieties of grapes: samsó, garnatxa, xarel·lo, macabeu, etc. You can taste them in the wines served by the glass at our Wine Bar. And in September, when the time to harvest grapes comes around, this fresh fruit also appears in the kitchen at El Nacional.

Watermelon (Murcia)

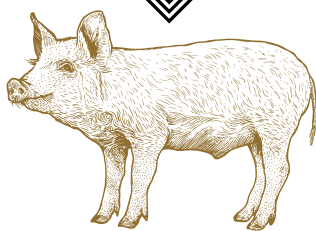
Watermelons were brought to the Iberian Peninsula by the Arabs. Currently the region of Murcia is the leader in watermelon production. This fruit is great for your digestion and can be grown with or without seeds. Individual watermelons can weigh up to 20 kilos.

Squash (Almería)

This is one of the most ancient vegetables known to man. Almería is currently one of the main European producers. Light, hydrating and fresh, in August squash will be found at El Nacional as a star ingredient in all our kitchens.

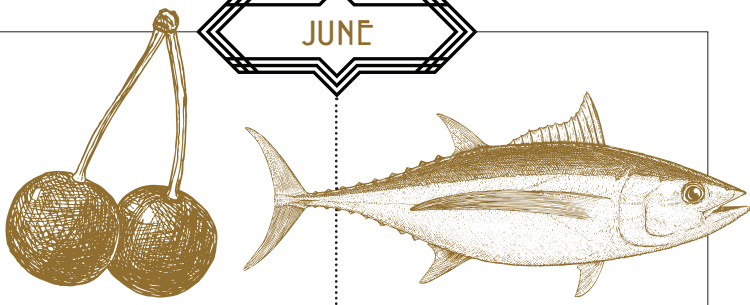
THE SEASONAL PRODUCTS THAT INSPIRE OUR RECIPES AT EL NACIONAL

MAY



SUCKLING PIG. White on the outside and pink on the inside. Its extremely tender flesh contrasts with the crunchy, toasted, skin when it emerges from the oven.

JUNE



CHERRIES. Bright red, and particularly appreciated for their sweet, fresh, taste, this summer fruit has plenty of fiber and is an excellent source of antioxidants.

ATLANTIC BONITO. Its firm texture and tender flesh make it a unique ingredient, great for salads, stews or just a quick sear on a griddle.

JULY



TOMATO. These tomatoes, grown in an outdoor vegetable garden, are at their best in the summer, with intense aroma and just a pleasure to bite into.

WATERMELON. This summer fruit has reddish flesh, in a range of pink to orange hues. A magnificent source of hydration, as it's 90% water.

AUGUST



PEACHES. This tasty fruit is a delicacy that stands out due to its size, its uniformly yellow color and its sweet and excellent taste.

SQUASH. Low in calories, this vegetable is perfect for weight loss diets. Moreover, it can also be used raw, in salads, stews or purées.

SEPTEMBER



GRAPES. Sweet, with a sour aftertaste, this fruit is very versatile. Its ability to detoxify and cleanse our bodies is remarkable.

DUCK. Its delicate flesh pairs well with fruit with a sour note, such as apples or pears, or also with the sweet taste of plums.

OCTOBER



MUSHROOMS. Low in fat and high in water content, mushrooms can be cooked in endless ways: baked, sautéed, broiled, stewed, etc.

BEER BAR



The best pairings for this summer

The Beer Bar offers a chance to taste Damm's wide range of beers



BARCELONA— The warm weather is back and once again a cold, tasty beer is beckoning us to slow down and take a moment to enjoy a high-quality brew. The Beer Bar is a great place to cool off in the shade when the sun on Paseo de Gracia gets sizzling hot.

In this space, specializing in beer and tinned preserves, our beer list offers a wide sample of Damm beers in different formats, along with stuffed olives from protected denominations of origin, potato chips, *gildas* (an olive, a hot pepper and a bit of pickled fish skewered on a toothpick), anchovies (salted or in vinegar), cockles and a delicious assortment of shellfish and vegetable preserves.

Don't miss the cheeses and the acorn-fed charcuterie products from el Guijuelo, which are always served with artisan bread or toasted flatbread slathered with garland tomato, olive oil and salt. Everything you need for a great appetizer.

ON TAP. Obviously, the star of this venue at El Nacional is beer. Served as pints (50 cc) or *cañas* (25 cc), each glass is carefully drawn, with just the right head of foam, by the experts behind this bar. Four types are available on tap: Estrella Damm, Voll-Damm, Bock-Damm and Damm Lemon.

Estrella Damm is this company's flagship beer, created by its founder, August Kuentzemann Damm, who developed this very Mediterranean brew, lighter than its counterparts in Central Europe, adapted to the local climate and taste. Voll-Damm is a Märzenbier-style double malt full-bodied brew with a stronger taste and aroma, while Bock-Damm is a Munich-style black beer brewed with three types of malt that give it a toasted taste. The last specialty on tap is Damm Lemon, a shandy made with just the right proportions: six parts of Estrella Damm to four parts of lemonade, with a touch of lime. A very refreshing option.

BOTTLES. If you prefer your beer in a bottle, the range of available options is even broader.

Beyond the four brands we've just discussed, you can also order a Saaz, a beer made with aromatic hops from the Czech region of Saaz; toasted Turia, a Valencian beer with a deep color with reddish hues; Malquerida, a fresh red beer brewed with hibiscus, orange, wheat, barley malt and corn; the Alsatian A.K. Damm, mild but by no means lacking character and Keler, from San Sebastián, a lager that has been brewed there since 1890.

And of course, you can also try Free Damm, an alcohol-free brew. A new process preserves the aromas that previously were lost when alcohol was removed, leading to a beer with more aroma and better taste.

Finally, we can't overlook Inedit, a creation of the master brewers at Damm working with Ferran Adrià and his team of sommeliers from elBulli.

WOULD YOU LIKE TO DISCOVER
OUR BEER BAR'S MENU?

OUTSTANDING
PAIRINGS

In all the venues at El Nacional you can get an expertly drawn glass of beer or a bottle of all the main Damm brews. These beers pair wonderfully with a range of entrées and dishes.

LA PARADA



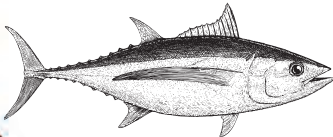
A.K. DAMM + SAUTÉED VEGETABLE COCA
A coca with sautéed vegetables and Romesco sauce pairs perfectly with this Alsatian-style beer that was created in 2001 as an homage to the founder of Damm, August Kuentzemann Damm. German character meets French sophistication.

LA TAPERIA



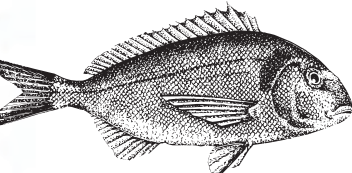
BOCK-DAMM + SQUID INK BLACK RICE
This La Taperia pairing is black on black. Bock-Damm is a Munich-style black beer made with three types of malt that give it its toasted flavor. A perfect companion for black rice with seafood.

OYSTER BAR



ESTRELLA DAMM + TUNA TARTAR
Raw foods, such as the red tuna tartare, are the stars of the Oyster Bar. It's only appropriate to have it with a drink with similar starpower: Estrella Damm. Fresh, Mediterranean and perfect for this summer dish.

LA LLOTJA



INEDIT + GILTHEAD
The nuances of Inedit add complexity and Mediterranean character to salt-baked Ibiza gilthead. This beer was created by the master brewers at Damm, working with Ferran Adrià and the team of sommeliers at elBulli, combining two types of beer (barley malt and wheat beer) and with the added aroma of spices.

COCKTAIL BAR



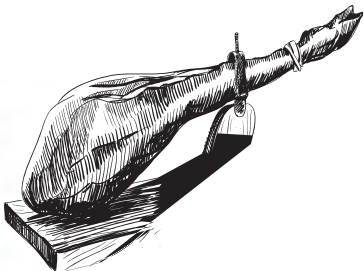
MALQUERIDA + TINNED SHELLFISH
At the Cocktail Bar you can enjoy Malquerida, a fresh red beer that pairs wonderfully with dishes inspired by Latin American cuisine or with tinned shellfish and its vinegar. It has been brewed with hibiscus, orange, wheat, barley malt and corn.

LA BRASERIA



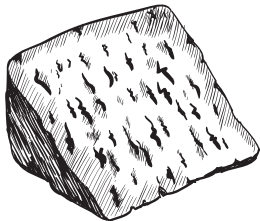
VOLL-DAMM + OLD COW SIRLOIN STEAK
Voll-Damm has more aroma, taste and body than other beers, given that it's made with twice the malt. This intensity is a good match for a grilled old cow sirloin steak or the outstanding ox hamburger served at El Nacional.

BEER BAR



TURIA + ACORN-FED IBÉRICO HAM
An expertly drawn glass of Turia, Damm's toasted Valencian beer, is a guarantee of the perfect tapas experience. This brew is uniquely appropriate for the intensity and mellow character of Ibérico acorn-fed ham, cut into very thin slices, with all its natural fat.

WINE BAR



KELER + SMOKED IDIAZABAL CHEESE
The two elements in this pairing share Basque origins. Keler is a lager from San Sebastián, elegant and refreshing, but with plenty of aroma. Idiazabal cheese, which has its own protected denomination of origin, is intense, with spicy notes. A combination that celebrates its homeland.

FRIENDS OF EL NACIONAL

Exceptional Ibérico charcuterie follows an artisan tradition

The Ibérico charcuterie products from Juan Manuel come straight to El Nacional from Salamanca



BARCELONA— Based in Guijuelo (province of Salamanca), Ibéricos Juan Manuel has been working with El Nacional to supply them with the best Ibérico charcuterie. Established in 1930 and currently led by the third generation of the founding family, this company works with Ibérico pigs bred in Southern Spain, in the regions of Extremadura and Andalucía, in meadows covered in grass and oak trees.

When they reach the optimum weight of 150 to 200 kg, they are transported to Guijuelo, where they are slaughtered, quartered, salted and cured

following traditional procedures handed down from one generation to the next. “Our secret is using just a bit of salt and a very long curing process. This allows us to achieve an exceptional product.” Gerard Farrà, marketing director at Ibéricos Juan Manuel, tells us.

PRODUCT EXCELLENCE. During their free range pasture feeding season, from October to March, each pig will eat from seven to ten kilograms of acorns every day. It will take one to two years of growth and four or five years of curing, first in a natural drying space, then in a cellar.

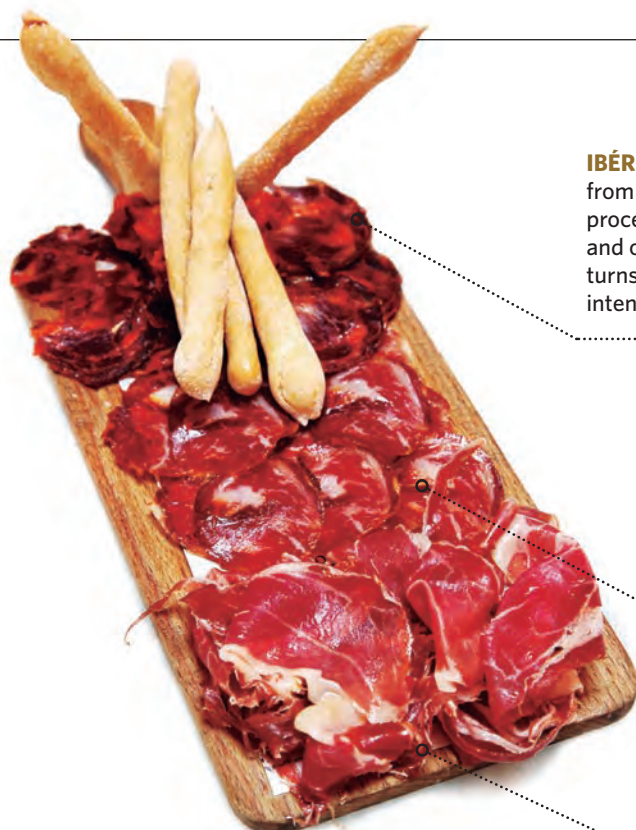
“Our product requires substantial investment in time and money, but this is required to guarantee the best quality”. Every year, this company slaughters and cures 25000 to 30000 Ibérico pigs. This will produce about 60000 cured shoulder cuts and 60000 hams in total that will be shipped to their clients, especially in Madrid, Catalonia and the Basque Country.

In order to guarantee excellence, shoulder cuts and hams are subject to ongoing classification processes. “For example, starting in May and throughout the summer, each cut is unhung from the drying area and basted with olive oil and melted lard, to protect them from the heat. The softer cuts will be moved to areas with more airflow for further curing. This follows a traditional process based on opening and closing windows to take advantage of natural breezes. This enables us to cure each cut perfectly.”

DELICATE FLAVORS. Ham from Guijuelo, like the ham from Juan Manuel, is milder than what we get from southern areas of the Iberian Peninsula, such as Jabugo or Los Pedroches. “And we’re sweeter than most of our competitors in the area. Our ham has much less salt and this gives it a more subtle taste and a bouquet you never grow tired of” Farrà tells us. This makes this ham adequate if you want to eat quite a bit of it, or if you want to pair it with cava. This is an interesting alternative to the traditional marriage of ham and wine.

At El Nacional you will find some of the star products of Juan Manuel, such as the acorn-fed Ibérico ham (which will be hand-sliced at the Wine Bar), acorn-fed cured loin or Ibérico chorizo or standard Ibérico cured shoulder. Among other spaces, these items can be tasted in the tapas and dishes served at La Taperia. They also serve pork cuts, specifically *secreto*, a highly marbled cut of pork between the shoulder and the belly with an exceptional taste and melt-in-your-mouth texture. This makes it a very popular pork item that El Nacional serves all year round.

THE FAVORITES



IBÉRICO ACORN-FED CHORIZO. Made with premium cuts from acorn-fed Ibérico pork, manufactured following traditional processes. These lean sausages are seasoned with salt, paprika and other spices. After being cured for five months, chorizo turns a dark red color, with reddish white spots and a very intense aroma with paprika notes.

IBÉRICO ACORN-FED LOIN. This is one of the most valuable Ibérico pork cuts and Juan Manuel cure them with salt, paprika, garlic and oregano. They are then cured six months in drying bays and cellars, following a labor-intensive natural process. The result is a reddish-purple hued cut, with visible marbling, a smooth texture and an intense and unctuous taste.

IBÉRICO ACORN-FED HAM. These are carefully selected items, from animals that were raised on meadows, eating acorns and grass. They require 48 months of curing. The aroma is unmistakable. At El Nacional they are mounted on special ham cutting brackets to enable our specialist staff to slice them into very tasty and very thin -almost transparent- slices.



IBÉRICO SHOULDER. This cut comes from pigs that are raised free-range, but have been fed with fodder. After thirty months of curing, its lean parts have taken on a cherry-red hue. The taste is delicate and sweet, and this makes it ideal to be served at La Taperia and La Parada.

FRIENDS OF EL NACIONAL

Quality fruit and vegetables

El Nacional relies on the best ingredients from El Prat and Murcia



BARCELONA— Jochen Schloemer and Thorsten Beckmann are two young Germans with a family background in the field of agriculture. Their dream was to bring the best produce from the fields and vegetable gardens to our tables. They started their company, Gemüsering, in Stuttgart (Germany) in 1991, a fruit and vegetable distribution company. “We’re also a production company. We’re farmers and we’re very proud of that. We’re sometimes seen as a company that just buys and sells, but actually the core of our company is out there on the fields” says Jesús Peinado, the managing director of Gemüsering in Spain.

SHARED WISDOM. Their main products are tomatoes, carrots, red and white cabbage, cucumbers, radishes, onions, cauliflower, leeks, radicchio, bell peppers, squash, grapes, citrus fruit... the list goes on and on. The high quality of the fruit and vegetables that they deliver has led to exponential growth for this company. In 2015 they arrived in Spain and since then they’ve set up three lines of business: supplying restaurants, institutions and cruise ships.

“We’re currently working to develop our own line of prepared fruit and vegetables. The feedback from our clients has been excellent. This will allow us to offer the full range of services that our clients need without depending on other companies” says Peinado.

One of those clients is El Nacional. They have been sourcing their highest-quality fruit and vegetables for all their venues through Gemüsering for over two years. “We supply everything from the basics to the most complex, from eggplants to micromesclun or live sprouts. From an orange to a prepared fruit skewer. Vitally, the quality standards enforced at El Nacional motivate us to improve day after day” he tells us. And he

adds: “Our experience has been very positive, not just because El Nacional is a role model for other restaurants in Barcelona, but also because they collaborate with their suppliers and generously share their expertise. This is enriching for all of us.”

LOCAL PRODUCTION. The company philosophy at Gemüsering is built on buying locally and on caring for the environment. “We try to select our producers to ensure they’re as close as possible to our clients. We are mindful of our carbon footprint. We would rather supply El Nacional with a head of lettuce grown in El Prat rather than with one that comes all the way from Murcia. To this end we have agreements with local growers and are constantly searching for new suppliers” the director tells us.

They are rigorous when it comes to quality control and every item is checked at its source, when it gets to the warehouse and before it is shipped to the client. They understand how important it is to set up a team of quality-minded suppliers and a team of professionals that are client- and quality-oriented. “Our staff are experts in a wide range of fields. They are our strongest asset. We really care about what we do”, concludes Peinado.

THE BEST VEGETABLES IN THE WHOLE

IBERIAN PENINSULA. Gemüsering works with more than sixty suppliers from across the Iberian Peninsula. This number has increased every year, partly due to the increasing appreciation of responsibly sourced quality food that relies on locally produced ingredients. Jesús Peinado, managing director of Gemüsering Spain tells us that: “here the issue of local ingredients has really become important, so we always source our produce as close as possible.” Gemüsering is located in Barcelona and specializes in supplying the highest quality, carefully selected fruit and vegetables to upscale restaurants and hotels, including tomatoes, lettuce, broccoli, grapes, carrots, leeks or squash. “We are farmers, we know this industry well. That is why farmers want to work with us, because they realize they’re dealing with people that know the business well and are aware of the issues they have to deal with” Peinado points out.

“The heart of our company is out there in the fields” says Jesús Peinado, managing director for Spain of Gemüsering.



The experience of dining at LomoAlto

Our staff strives to share their expertise about types of beef, dry-ageing and cooking



meat lovers seeking a unique experience.

This begins with our staff's advice, helping diners choose the right cut for them. Here we serve cuts from old Rubia Gallega cows that have been dry-aged for more than 80 days, 50-day-aged Friesian cow cuts, one-year-old Rubia Gallega veal cuts aged 30 days in a refrigerated cabinet... We serve all the best breeds and sources -Castilla y León, Galicia, Asturias, Portugal, etc.- aged in our restaurant's cabinets and served at its very best moment.

"We explain how dry-ageing works, what different breeds are available, the age of the animal, what flavor to expect, why you might prefer cow or ox... We will help you decide what suits you best and avoid mistakes" says Carlos Tejedor, gastronomic consultant at LomoAlto & LomoBajo.

These are very special flavors and getting to know them may take some time. If you're not familiar with this kind of meat, it's probably best to start with an old cow option rather than with an ox cut.

The ageing process is very delicate and we strive to provide all the information a diner might need. "A quality dry-aged cut of meat smells of drying foliage or butter, not wet leaves or blue cheese. A successfully matured cut doesn't have a strong smell" points out Tejedor.

MEAT DONE JUST RIGHT. Grilling meat requires great care, as each muscle demands a specific cut and temperature and its own optimal degree of doneness. "By the time it is served, a cut of meat has been put through ten different temperatures, higher or lower, as needed at each moment, until it is finally sliced, muscle by muscle, in front of the client" Tejedor tells us.

Temperature is very important and it is controlled with lab-like precision. Cooks work at the grill equipped with a thermometer, a knife and tongs.

BARCELONA—In the two years since it was opened, spreading the culture of high-quality dry-aged beef has been the main goal of LomoAlto. This temple to the meat of younger or older cows or oxen has become a pilgrimage destination for



"A quality dry-aged cut of meat smells of drying foliage or butter", points out Carlos Tejedor, gastronomic consultant at LomoAlto & LomoBajo.

Here we don't use hot stones to serve cuts –as we know this damages the meat- but rather plates that have been heated to 60 degrees Centigrade, ensuring just the right final temperature.

Another unique detail is that our staff never asks diners how they want their meat done. "We serve cuts done just right, as our experience dictates. If someone prefers their cut a bit more done, we will be happy to take it back to the kitchen for additional cooking" he adds.

DESSERTS THAT AID DIGESTION. To round off the adventure of tasting dry-aged beef or ox, nothing could be better than a celery, lemon and mint sherbet with a spoonful of gin and tonic, which will help manage the taste of the meat and assist with digestion. A word of advice for beginners in the field of dry-aged meats: visit LomoBajo first, and start out tasting our carnivorous, gourmet, sandwiches. That is the first stop on your way to becoming a dry-aged beef *connoisseur*.



An experience worth sharing

LomoAlto showcases its specialties in a range of group menus



Visiting LomoAlto with a group can be a great experience, particularly if you opt for one of the prix fixe group menus this restaurant offers. The *Sidreria* Menu, which includes a taste of this drink, has been named in honor of the traditional cider pubs of Northern Spain. The core of this powerful menu is a 450 gram cut of veal per person, aged 30 days. This is served with cider *chistorra* (a traditional Spanish sausage) cooked over a charcoal oven, a green salad with tender onion and a cod and spring garlic omelet.

Other menus begin with a charcuterie selection and smoked beef croquettes or a tartar, among other options. The main course, depending on the menu, may be a veal or beef sirloin steak.

We also offer the option of ordering two half servings, allowing diners to compare two types of meat. A range of garnishes are offered: slow-stewed Piquillo peppers, fried Agria potatoes or a salad. Estrella Damm beers and a range of wines from across the Iberian Peninsula top off this carnivorous adventure.

LOMOBAJO
PANS I CARNS

WOULD YOU LIKE TO DISCOVER
OUR LOMOBAJO'S MENU?



Sandwiches to discover dry-aged beef

Top-quality beef and bread are the building blocks at LomoBajo



are assembled with whole grain chapata-style crunchy bread made with kamut and carob that they have developed especially for these sandwiches.

A BALANCED MENU. There are sandwiches for every taste and personality and being a dry-aged meat expert is not a requirement. The Classic hamburger has lettuce, tomato, and broiled onion; The Sybarite includes grilled foie gras and apple; The Gorgonzola includes Italian blue cheese, onion, tomato and lettuce, and The Supreme, which, unlike the others, which are made with beef, uses ground ox meat and adds cheese to the usual list of ingredients. As for the rolls, there is a wide range of choices, including ox *sobrassada* (a spicy and fatty sausage) with honey, Arab-style skewer-broiled meat, an ox tartare with crunchy onion and creamy egg yolk or smoked beef with fresh sprouts and citrus fruit. One type of steak sandwich is prepared with veal and green bell peppers, cheese and beef mayonnaise while the other includes a sirloin steak and Piquillo peppers. This is a new version of a classic sandwich and is always present on our menu.

As side dishes, the menu at LomoBajo offers suggestions such as fried potato wedges, Padrón peppers with sea salt, onion rings with molasses or a baby lettuce salad with tuna. Another salad, combining endives, Gorgonzola and nuts, leads the list of dishes intended to be shared, along with smoked beef croquettes or a tomato salad with tuna belly. Only the best quality ingredients are used.

Beef stimulates appetites, so you will probably still be in the mood for a dessert, classic but tempting and, in some cases, great for your digestion. That would be the case if you order fresh pineapple with crème fraîche, a beer-drenched sponge cake with whipped cream, a lemon sherbet or an artisan vanilla or Belgian chocolate ice cream. If you want to extend your stay and enjoy the view from our fantastic windows, check our gin and tonics list, made with the best gins and premium tonic waters.



four hamburgers, four rolls, two steak sandwiches and more than a dozen side dishes and desserts, a selection of beers and of wines available by the glass.

BARCELONA— Carlos Tejedor, gastronomic consultant at LomoAlto & LomoBajo, says that the best way to access the world of dry-aged meat is to visit LomoBajo. On the ground floor of this temple to beef, ten gourmet sandwiches are on the menu, along with

THE POWER OF BREAD. The main goal is to acquaint diners with dry-aged ox, old cow and young veal by serving small delicacies. But awareness of how good high-quality bread can be is another goal, and bread is the other key ingredient that goes into these gourmet sandwiches. “We offer different types of sandwiches because we want diners to understand that, in a sandwich, the outside is as important as the inside” says Tejedor. That is why hamburgers -they call them burgers here- are presented on a pretzel bun that has been toasted over live embers; the rolls are served using English-style buns that have been steam cooked and seared on a griddle; the steak sandwiches

WHICH ROLL IS YOURS?



FOR MEAT ESSENTIALISTS.

The delicious Ox Tartar Roll with crunchy onion and creamy egg yolk is, undoubtedly, the star sandwich at LomoBajo. Those foodies who love dry-aged beef or ox and intense flavors can't let this chance to taste this delicacy get away. A real surge of impressions for your taste buds.



FOR THE EXOTIC CROWD.

The Moruno Roll is a variation on the classic shish kebab meat skewer, made with two-toned marinated and spicy beef loin and purple onion, pickles and a chili mayonnaise. Inspired by the Arab tradition, this sandwich-shaped delicacy will be a great pleasure for anyone seeking authentic flavors.



FOR THE SALT ENTHUSIASTS.

Beef *cecina* is a 100% Spanish cold meat cut. Cured first with salt and then smoked, it has a unique, intense, aroma, a tasty texture and bright reddish color. The *Artisanal Cow Extra Cecina Roll* has been developed for fans of salty flavors, with *cecina*, lettuce sprouts and citrus fruit and a touch of aioli.



IF YOU'RE FOND OF TRADITION.

Sobrassada is a traditional spicy pork sausage from the Balearic Islands of Mallorca and Menorca, where it is served with cheese and honey. LomoBajo offers a variation on this theme, the *Ox Sobrassada Roll*, which uses a *sobrassada* they make themselves replacing pork with ox meat. It is served with authentic Maó cheese.

WELCOME TO BARCELONA'S MEAT TEMPLE

Book your private space for groups and events at **LomoAlto**

LOMOALTO
RESTAURANT DE CARNIS

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