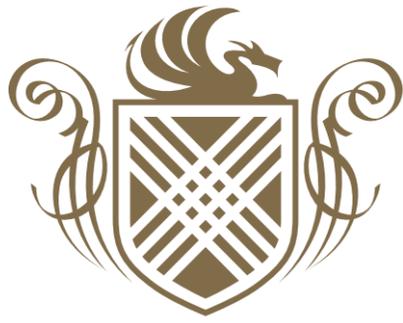


GRAPHIC NOTES



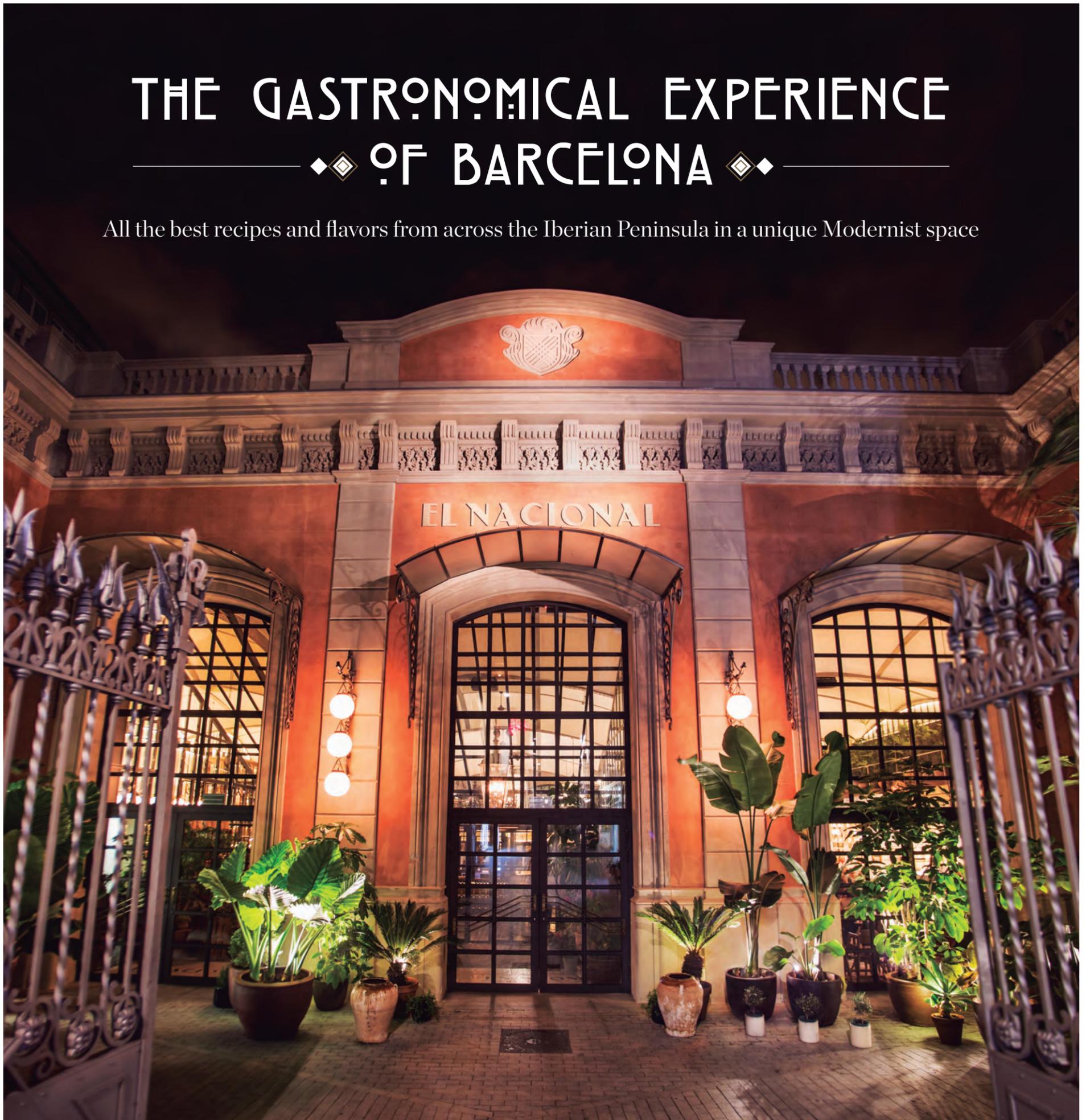
ISSUE 8 – SPRING-SUMMER 2019

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 Iberian ham and charcuterie, tapas that best reflect the 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.



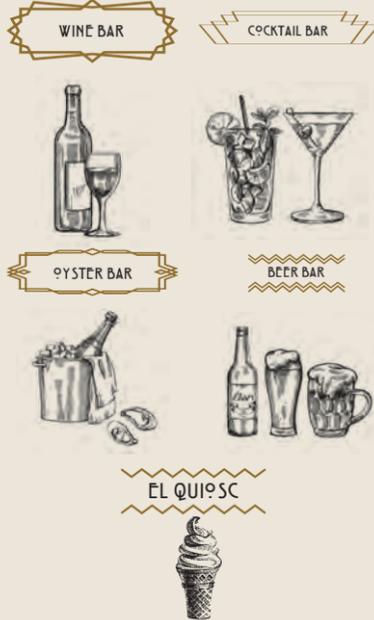
EL NACIONAL?

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.

5 BARS



1 RESERVED AREA



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 reservations by sending an email to reservas.enb@elnacionalbcn.com or on the website, 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 website 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

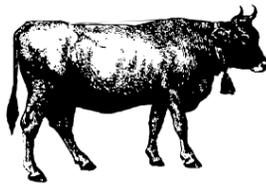
El Nacional gift card can be a great idea for special celebrations



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 the 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 duck magret with braised endives and cherry sauce in June, and in July, you can find a grilled Iberian pork slice with tomato and zucchini 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

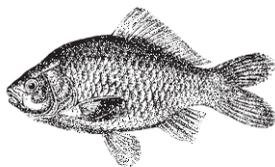
Apart from dry-aged beef, the menu at La Braseria offers other meat options, such as poussin. This is a very young chicken, usually under one pound in weight, that is raised outdoors. Its flesh is very tender. The best ways to cook it are roasted, stuffed or with a sauce. Here we serve it roasted in the oven, stuffed with bread and herbs. First of all, crumbs are prepared from double-leavened bread. These crumbs will be marinated for two to three hours in 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 that "it's better in every organoleptic sense, including shape and ultimately, results on the grill" says Michel Gradeler, 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 roasted vegetables).



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, prawns, clams, pod razors and lobsters will all have important roles at La Llotja, along with classic seasonal fish options such as mackerel, hake, John Dory, Atlantic bonito and 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 Gradeler.

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, grilled, oven baked, fried or stewed. The 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 prawns 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, 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 *babà* with *ratafia*, a local liqueur made with nuts. The other is the *Cardenal*, a sponge cake covered in meringue and filled with whipped cream and strawberries. Such a pleasure!

PEARLY RAZORFISH



Locally known 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 a 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.



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 and 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, almond oil and olive oil. The tuna is mixed with the onion and the vinaigrette is added. 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 scallop ceviche.



LA PARADA



WOULD YOU LIKE TO DISCOVER
LA PARADA'S MENU?



An oasis of sweets in Paseo de Gracia

The selection of baked goods stands out in the menu of La Parada



BARCELONA— If you have a sweet tooth, it's time to head for La Parada. 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 a raspberry topping that playfully combines different textures.



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.

You'll also find two new fruit cakes: an apple cake decorated with caramelized apples, while the second is inspired by the traditional carrot cake, and covered in almond slivers.

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 addition, fresh ingredients like tomatoes and zucchini, among others, will be incorporated into seasonal recipes, such as zucchini hummus with marinated salmon or tomato stuffed with cream cheese. 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 the 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 Iberian 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, *sanfaina* (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).

As always, our pastries and confections are freshly baked, and inspired by the know how of the Italians. Our cellar is well stocked, including vermouth and sherry, Damm beer and a selection of white, rosé and red wines, cava, and sangria made with wine or 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 artisanal Italian-style ice creams, served in cones or cups. The flavors vary throughout these months: Belgian chocolate, Madagascar vanilla, fresh strawberry, Sicilian lemon, Indonesian coconut, hazelnut from Piemonte, coffee or plain 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 wines from some of the best protected designations of origin

BARCELONA— Penedès, Rioja, Ribera del 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.

The menu provides a chance to try some of their best wines in a single meal. Why settle for a single bottle when you can explore and taste wines from several protected designations of origin? It's a great opportunity 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 glass, allowing each person to choose what they prefer, or satisfy their curiosity and try different ones.

A RANGE OF CHOICES. A long list of options is also available when it comes to the cheeses, all of them sourced from the Iberian Peninsula: *afuega'l pitu*, from Asturias, the traditional *torta* from Extremadura, Idiazabal from the Basque Country, traditional Manchego from Castilla, Payoyo from Cádiz and Brisat from Catalunya... 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 Iberian charcuterie meats, *sobrassada* from Berga or *secallona* (cured dry sausage)



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



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 Iberian 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 Iberian charcuterie products, such as cured pork shoulder, loin or chorizo, on their own or with slices of flatbread slathered with tomato. A glass of wine is the perfect way to complete the pleasure of tasting the best charcuterie products from Guijuelo.

LA TAPERIA


 WOULD YOU LIKE TO DISCOVER
OUR TAPERIA'S MENU?


Tapas from all around the Iberian Peninsula

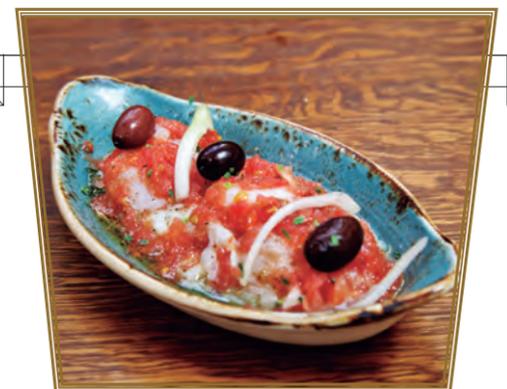
Cante a la malagueña turns serving tapas into a unique show at La Taperia

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 items, and their thorough

knowledge of each dish 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* (skewered toppings on a piece of bread). Some refreshing dishes like salmorejo with egg and ham or fried green tomatoes with cream cheese, will be chosen to combat the arrival of the warm weather. Apart from our rice dishes which can be enjoyed as tapas (with shellfish, black rice, chicken and seafood or 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 dishes 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 prawns 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 meats, 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 desalted 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, using tomatoes from El Baix Llobregat, one of our featured products during 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 fresh

Ideas and suggestions on how to savour this valued bivalve



BARCELONA—Alain Jeudy is one of the best oyster specialists in Barcelona. He has been working in the field for over 25 years and offers some essential tips on how to best enjoy this exquisite bivalve. 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 on whether to taste just one or have an assortment. If you choose the latter, you should always begin with the mildest one, 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. You will find good wines in La Rioja and el Penedès, but by trying a variety of different ones you will discover which ones you prefer. The same is true for oysters" explains Jeudy.

QUALITY CONTROL. An oyster is a living being and checking its freshness when it's opened is essential, as there could be a 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 that 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 a 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 cheeses

or smoked meats. Increasingly, our clients realize they don't need to wait for nightfall in order to sit 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, 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 diverse sources. They may be heavier spirits, but they can be the perfect end to a meal at El Nacional.



THE FRESHEST OF THEM ALL. This season, El Nacional is featuring two recommendations 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 with the botanicals in the gin. If you prefer to stick with the more classic options 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 of beer, wine, cava or an aperitif. 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 the 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 gastronomical 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 special occasions and group experiences: family celebrations, birthdays, company dinners, meetings, presentations... Any event involving a maximum of 42 diners. Initially, this room was used by El Nacional as a storage space, given its convenient proximity to the restaurant's main kitchen. Soon, though, it was turned into the private dining room it is now. The décor is a tribute to its original



use, which is why it sports metal shelving, wooden crates, tin cans, bottles, fruits and vegetables, and other elements you might find in a restaurant's storage space.

THE MAGIC OF VERSATILITY. Service at El Magatzem is personalized 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 Iberian ham, beef carpaccio, a thin 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 prawns 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](#)



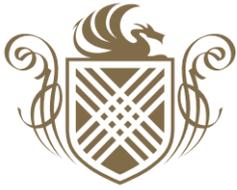
IN LOVE WITH A MOJITO

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](#)



EL NACIONAL

BARCELONA

THE MAP

La Braseria

Carnivorous souls have a date in this local. The **raw material**, which is displayed to diners, and a **showcooking**, round off a proposal full of flavor, with dishes like the steak tartar, a delicious T-bone steak, the 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

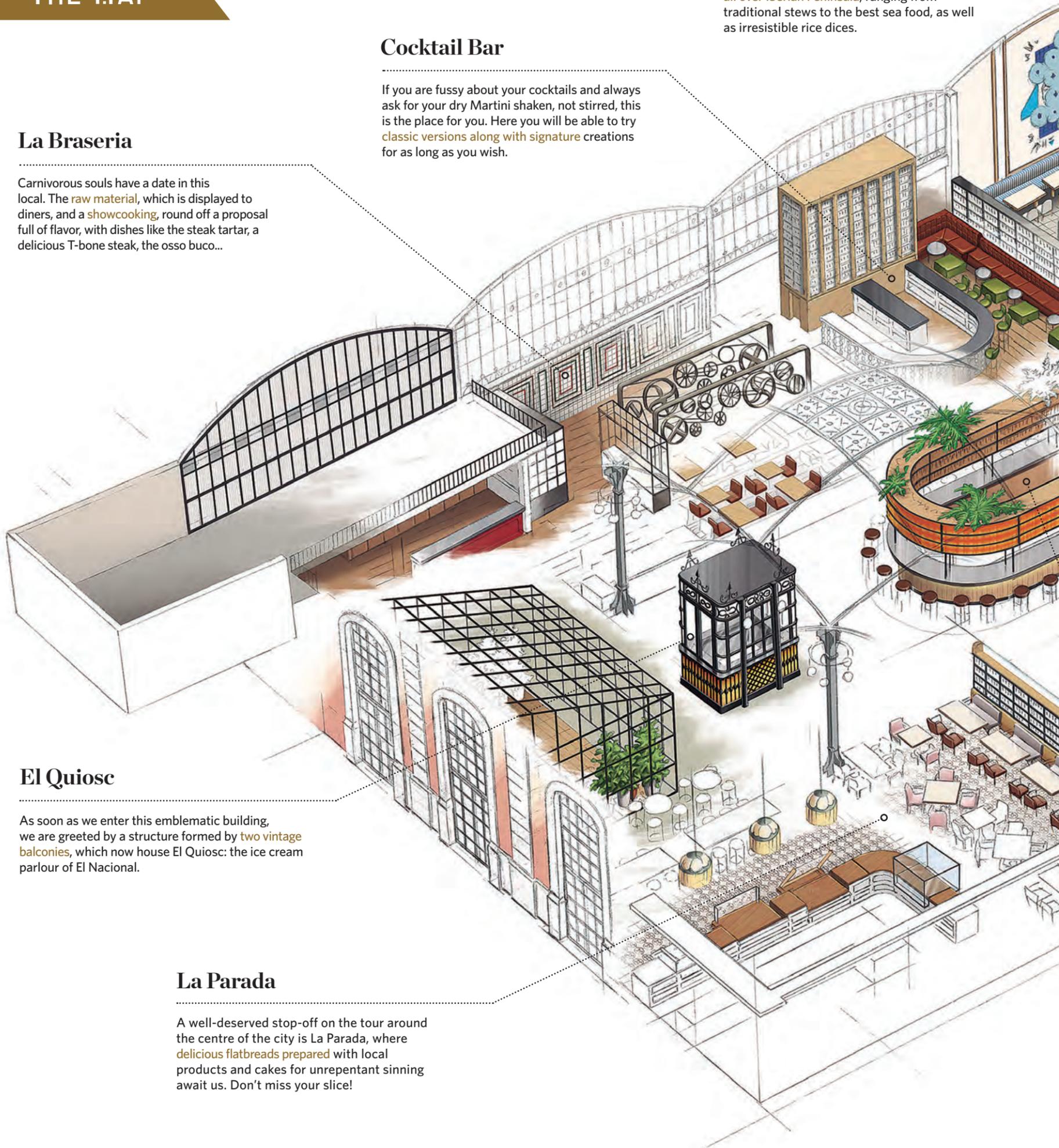
The flavour of the sea brought straight to the table. The privileged menu of this venue devoted to fish is nourished by **recipes from all over Iberian Peninsula**, ranging from traditional stews to the best sea food, as well as irresistible rice dices.

El Quiosc

As soon as we enter this emblematic building, we are greeted by a structure formed by **two vintage balconies**, which now house El Quiosc: the ice cream parlour of El Nacional.

La Parada

A well-deserved stop-off on the tour around the centre of the city is La Parada, where **delicious flatbreads prepared** with local products and 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 accommodates 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 and caviar** here. All of them without any dressing to ensure that the flavour of each can be fully appreciated.

La Taperia

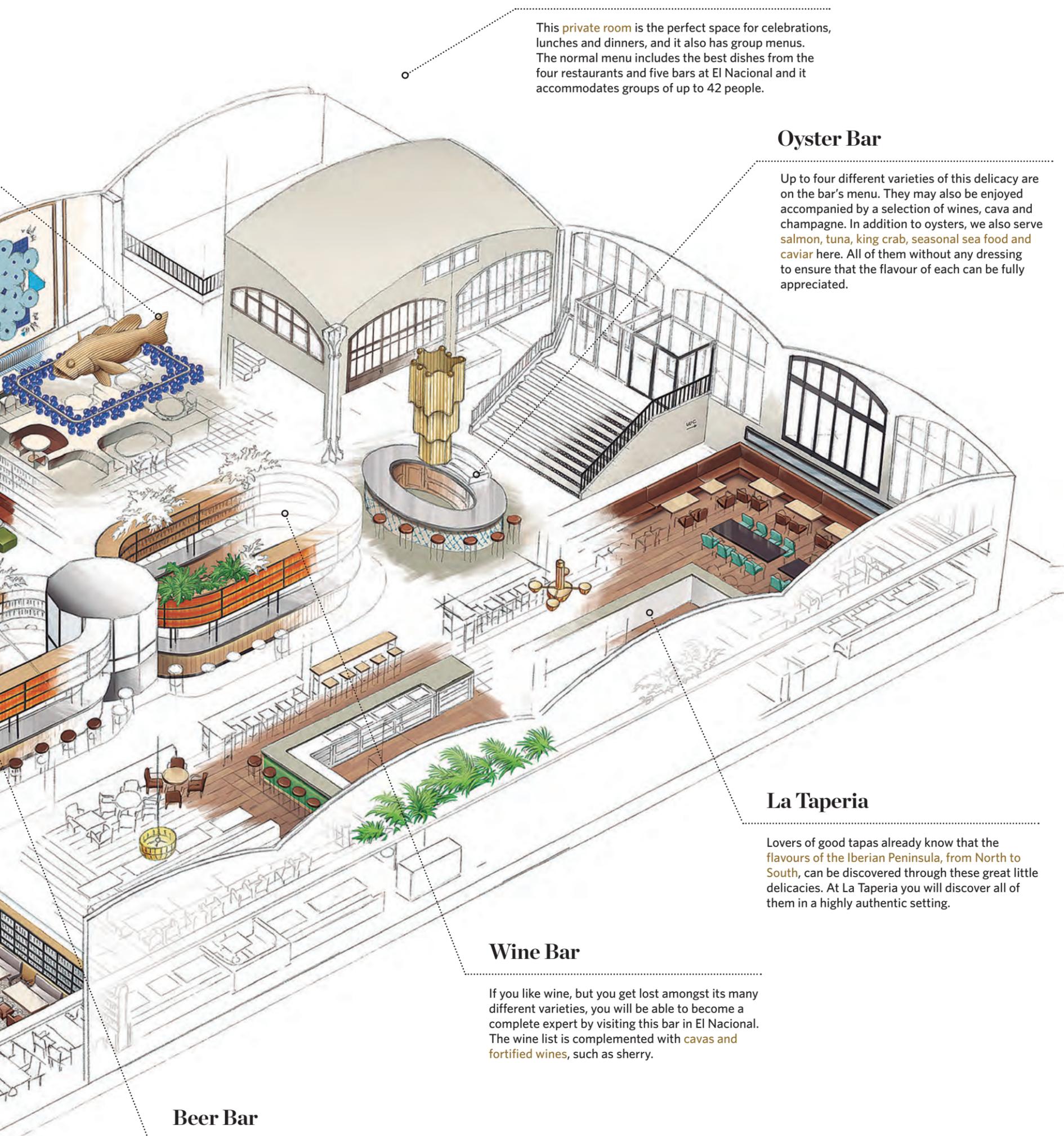
Lovers of good tapas already know that the **flavours of the Iberian Peninsula, from North to South**, can be discovered through these great little delicacies. At La Taperia you will discover all of them in a highly authentic setting.

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 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 foods from the best areas, allowing us to use it in a timely manner in menus that highlight the seasonal 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 that of the rest of the tuna family.

Veal (Galicia)

Galicia has earned international recognition for its valued beef and has the distinctive of the PGI (Protected Geographical Indication Galician Veal). The calves are slaughtered with less than 10 months of age. Its flesh stands out for its pink or soft red colour and a generous infiltration of pearly white fat.

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 Catalunya and Aragón. This ingredient can transform the flavor of any dish.

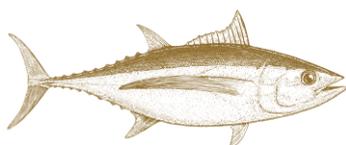


THE SEASONAL PRODUCTS THAT INSPIRE OUR RECIPES AT EL NACIONAL

JUNE



CHERRIES. Bright red, and particularly appreciated for their sweet and 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. Grown in an outdoor vegetable garden, these tomatoes are at their best in the summer, with an intense and pleasant flavor.



ZUCCHINI. Low in calories, this vegetable is ideal for weight loss diets, and can be used raw in salads, or cooked in stews or purées.

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.

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. 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.

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 desserts.

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 harvest season comes around, this fresh fruit also appears in the kitchen at El Nacional.

Gilt-head bream (Mediterranean Sea)

This coastal species is widely spread throughout the Mediterranean Sea. Also known as Golden Snapper, it is a very popular fish that has a long tradition in Mediterranean cuisine.

Zucchini (Almería)

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

SEPTEMBER



VEAL. Characterized for being a red meat of great nutritional value as it's rich in protein, iron, zinc and magnesium.



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



GILT-HEAD BREAM. A white, semi-oily saltwater fish. Its name is attributed to the golden stripe between its eyes.

OCTOBER



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



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

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 preserves, our beer list offers a wide range 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 by the experts behind the bar, you can enjoy a pint (50 cc) or caña (25 cc). Each beer is carefully drawn, with just the right amount of foam. 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 mentioned, 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 of 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 in 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.

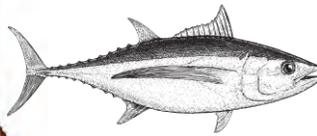
WOULD YOU LIKE TO DISCOVER OUR BEER BAR'S MENU?



OUTSTANDING PAIRINGS

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

OYSTER BAR



ESTRELLA DAMM + TUNA TARTARE

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 to accompany this summer dish.

LA BRASERIA



VOLL-DAMM + AGED BEEF T-BONE 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 aged beef t-bone steak or the outstanding ox hamburger served at El Nacional.

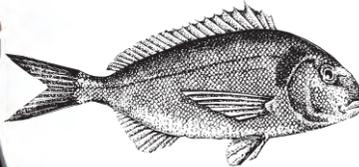
LA PARADA



A.K. DAMM + SAUTÉED VEGETABLE FLATBREAD

A coca with sautéed vegetables and Romesco sauce pairs perfectly with this Alsatian-style beer that was created in 2001 as a tribute to the founder of Damm, August Kuentzemann Damm. German character meets French sophistication.

LA LLOTJA



INEDIT + GILTHEAD

The nuances of Inedit add complexity and Mediterranean character to the 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.

BEER BAR



TURIA + ACORN-FED IBERIAN HAM

A well-drawn Turia, Damm's toasted Valencian beer, guarantees the perfect tapas experience. This brew is uniquely suitable for the intensity and mellow character of the Iberian acorn-fed ham, cut into very thin slices, with all its natural fat.

LA TAPERIA



BOCK-DAMM + 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.

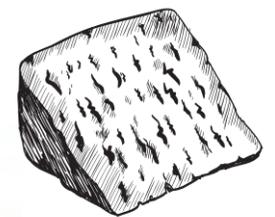
COCKTAIL BAR



MALQUERIDA + TINNED SEAFOOD

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

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

Tradition and thoroughness to create great cava

For Juvé & Camps, tradition and renewal go hand in hand with ecological vine growing



BARCELONA— A hundred-year history that dates back to Joan Juvé Mir, founder of the family saga in 1796 in Sant Sadurní d'Anoia. 270 hectares of vineyards in El Penedès belonging to the family and another 200 if we count the olive trees, grains and woodlands. Mediterranean air, environmental balance, biodiversity and maximum thoroughness in all the phases, taking care of each type of grape from its cultivation to the production and the subsequent sale of its cava and wines.

EXCELLENCE AS A PHILOSOPHY. Although summarizing so many generations, jobs, care and efforts would require many pages, this is a very small excerpt of what this family business is about. Perhaps it would be worth adding the deep respect to nature and its cycles, which is currently being shown in the complete ecological conversion of Juvé & Camps' vineyard, as stated by Antonio Orte, head of Oenology at the wine cellar, along with Toni Cantos. Low yield

wine growing practices that consider the vines as part of the landscape and the wine as an expression of its ecosystem. "The experience of four generations of wine growers in El Penedès has shown us to look at the land-vines with different eyes. We have changed from having a corrective mentality (when synthetic products were used to treat diseases or pests) to working in a preventive manner. Strengthening the health of the plant, seeking the natural balance with its ecosystem (fauna, flora...) and applying the minimum intervention possible. We have all become impregnated with this new philosophy that has been translated into an improvement in the end quality of the grape", Orte comments.

THE VALUE OF ECOLOGY. A philosophy that has been recognised with the strict certification of ecological vine growing, obtained in 2015. Vineyards that are free from chemical insecticides and herbicides and fallow periods of up to seven years for the soil to rest

and recover. The reward for all this, healthy, balanced and top quality grapes.

When the moment comes to harvest the fruit after a year of dedication, the grape harvest is performed completely by hand. Grape harvesters linked for years to the family, equipped with scissors, cut only the healthy, whole bunches, which are placed in small plastic baskets. Care must be taken to ensure the grapes are not squashed. To a large extent the quality of the future wine depends on the grape harvest. "The vine-grower who harvests the grapes makes a selection at the foot of the vine, discarding any marred bunches. Additionally, in this way we ensure that the whole grapes arrive in our hands, therefore preserving all their potential", Orte tells us.

THE BEST EQUIPMENT. The recently harvested grapes require top quality installations for their treatment and for turning them into wine. Like the winery that Juvé & Camps has in Espiells, which is surrounded by vineyards, styled like a French chateau. The precious bunches arrive here after a short journey from the nearby vineyards. In rooms perfectly equipped to receive and select the grapes, we proceed with the destemming, pressing and later the fermentation in large warehouses equipped with temperature controlled deposits.

This is how the optimum vinification of base wines is performed for cava and sparkling wines, as well as young, crianza and reserve wines, including whites, rosés and reds. An impressive warehouse of barrels and advanced bottling line complete the complex. In the cellars located in Sant Sadurní d'Anoia, built by the family in 1921, the caves acquire great quality, finesse and an elegant character, slowly maturing in the stacks, thanks to the craftsmanship and meticulous work, following traditional guidelines and renewing the bottles on the desks. At a constant temperature between 12 and 18°, in the dark, without any noise or air currents, the second fermentation in bottles takes place following the traditional *champenoise* method. An extreme thoroughness to ensure that the cava acquire the subtle, complex aromas which, along with their creaminess, freshness and elegance, characterise the Juvé & Camps cava.

PAIRINGS

By Antonio Orte
Oenologist at Juvé & Camps

LA PARADETA



MAGNUM RESERVA DE LA FAMILIA 75 CL. Versatile, to enjoy with traditional cooking and the flavours of the land that are marked in our minds from childhood. Sensations that are saline, fatty, roast, smoked flavours... find in this cava the perfect accompaniment that smoothens and lightens these dishes.

LA TAPERIA



MAGNUM GREGAL. Exuberant, with floral and tropical fruit notes, it combines with the Andalusian style squid and the ham croquettes from La Taperia. The fried eggs or garlic prawns are also helped by its freshness and clean acidity to reduce their intensity, in this way prolonging the enjoyment of the meal.

LA LLOTJA



MILESIMÉ. Purity and selection of the raw material that the sea brings us. Maximum quality and simplicity. The Milesimé cava respects the flavours of the dish, bringing freshness, smoothness and balanced acidity to offer a unique gastronomic experience. La Llotja's surf 'n' turf shares the same idea and offers more complex sensations.

LA BRASERIA



IOHANNES. The fire in the fireplace always draws us: roasted, smoky, spices... they are aromas that are difficult to forget. The perfect pairing: Iohannes, a structured red wine, full-bodied, with reminders of ripe red fruits, notes of coffee, tobacco, oak wood... These are the bases to create a unique moment of harmony.

FRIENDS OF EL NACIONAL

Quality fruits 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 an 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 fruits 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 fruits 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 and sprouts. From an orange to a prepared fruit skewer. The quality standards enforced at El Nacional motivate us to improve day after day” he tells us,

adding: “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 foods that rely 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 fruits 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 who 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.

LOMOALTO
RESTAURANT DE CARNES

WOULD YOU LIKE TO DISCOVER
OUR LOMOALTO'S MENU?



The experience of dining at LomoAlto

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



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

meat lovers seeking a unique experience.

This begins with our staff's advice, helping diners to 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 says Michel Gradeler, kitchen manager of 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 Gradeler.

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 in each moment, until it is finally sliced, muscle by muscle, in front of the client" Gradeler 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. Here we don't use hot stones to serve cuts -as we know this



"A quality dry-aged cut of meat smells of drying foliage or butter", points out Michel Gradeler, kitchen manager of LomoAlto & LomoBajo.

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 step 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 *Sidrería* 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 cut of veal of 450 grams per person, aged 30 days. This is served with cider *chistorra* (a traditional Spanish sausage) cooked over a charcoal oven, a green salad with spring onion and a cod and tender garlic omelet.

The rest of the menus start off with a charcuterie selection and smoked beef croquettes or a tartare, 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 portions, 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.



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



cooked and seared on a griddle; the steak sandwiches are assembled with whole grain ciabatta-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 and 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 fantastic views, check our gin and tonics list, made with the best gins and premium tonic waters.



BARCELONA— The best way to access the world of dry-aged meat is to visit LomoBajo. On the ground floor of this meat temple, ten gourmet sandwiches are on the menu: four hamburgers, four rolls, two steak sandwiches and more than a dozen side dishes

and desserts, as well as a selection of beers and wines available by the glass.

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 Grader. 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

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 the chance to taste this delicacy get away. A real surge of sensations 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 cut meat. First cured 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