

EN

TARDEO CON FLOW

ALL DAYS FROM 4PM TO 7PM

SMALL DISHES

FRIED SQUID FRITTERS

With black kimchi mayonnaise

RUSSIAN SALAD OUR WAY

With Iberian ham, chilli peppers and bread sticks

ANITA'S PATATAS BRAVAS

Potatoes mashed and fried with our brava sauce and aioli

CROQUETTES

Ham or pumpkin and gorgonzola (4 pieces)

GUACAMOLE WITH TORTILLA CHIPS

Extra serving of cerdo mechada (larded pork) **+3,95**

100% D.O. GUIJUELO ACORN-FED IBERIAN PORK SHOULDER

Don't forget to ask for coca bread with tomato and EVOO to go with it ..

COCA DE CRISTAL (CIABATTA-STYLE BREAD)

With vine-ripe tomatoes and Picual virgin olive oil

MALAGA-STYLE OLIVES

SANDWICHES, BURGERS, MEAT...

MARINATED CHICKEN CAESAR SANDWICH WITH THYME

Spinach, tomato, bacon and tahini Caesar sauce, with chips

STEAK SANDWICH

Organic beef, buffalo mozzarella, rocket, tomato, caramelised onion, chips Finger-licking good..

CHEESY CHEESE BURGER

De ternera Eco, queso Cheddar, tomate, rúcula, salsa de la casa y patatas fritas

TRUFFLED VEAL MILANESE

With poached egg, tartufata and sautéed portobello mushrooms

THE GENUINE ROAST CHICKEN

With grilled vegetables

FROM THE GARDEN

AVOCADO AND SPINACH SALAD

With pineapple, green beans and carrot hummus

MISO TAHINI CAESAR

Kale, watercress, cherry tomato, crispy bacon, bread croutons

With grilled chicken

With red lentil falafel

CREAM OF PUMPKIN AND SWEET POTATO SOUP

With orange, coconut foam, spiced pumpkin seeds and parmesan crisp

BURRATA AND KMO TOMATO STRACCIATELLA

With balsamic vinaigrette and chopped peppers, sun-dried tomatoes, kalamata olives and fresh basil

HUMMUS TRIO

Carrot hummus, kalamata hummus, apricot hummus, feta cheese, and pita bread

SMOKED EGGPLANT

Creamy ricotta, basil oil, sundried tomato, nuts, mint and parsley

DESSERTS YOU WON'T WANT TO SHARE

CARROT CAKE

CHOCOLATE AND PEANUT CAKE

Peanuts, dates, chocolate and raspberry ganache

APPLE CRUMBLE with crème anglaise

Extra: scoop of vanille ice cream **+2,25**

CHEESE CAKE (in a cup)

Passion fruit / berries / Lotus biscuits

BROWNIE

With vanilla ice cream and strawberry compote

IF YOU HAVE ANY ALLERGIES OR INTOLERANCES,
NOTIFY THE WAITER AND HE WILL ADVISE YOU.



/anitaflowbcn

www.anitaflow.com