

**EAT.
FLOW.
REPEAT.**
EIXAMPLE, BARCELONA.





SWEET 😊 MOMENT

BROWNIE WITH SALTED TOFFEE ICE CREAM 6,5



CARROT CAKE 6,5



APPLE CRUMBLE WITH CUSTARD 6,5



CHEESECAKE WITH LOTUS BISCUIT CRUST 6



OUR ICE CREAM SELECTION 2 SCOOPS 5



3 SCOOPS 7

Vanilla / salted toffee /
chocolate / raspberry sorbet

LICORES Y DIGESTIVOS

BAILEYS

Shot 4 | Glass 7.50

AMARETTO

Shot 4 | Glass 7.50

Mixed 9

JAGERMEISTER

Shot 3.60 | Glass 6.50

Mixed 8.5

ORUJO

Shot 3.60 | Glass 6.50

LIMONCELLO

Shot 3.60 | Glass 6.50

ESPRESSO MARTINI

6.50

Stolichnaya Vodka, coffee, Kahlúa, vainilla syrup.

AVAILABLE ALL THE DAY

ANITAFLOW.COM

- ANITA FLOW'S GILDA** 4
Anchovy, olive, piparra pepper, sun-dried tomato
- ANITA'S MARINATED OLIVES** 4
- (V) **SOURDOUGH BREAD WITH TOMATO** 3,5
- (V) **SOURDOUGH BREAD** 4,95
Olive spread, and green olive aioli
- (V) **ANITA'S BRAVAS POTATOES** 6
- CROQUETTES (MIN 4UDS)** 2,1/UD
Ham / mushrooms and parmesan / bettroot and Blau Ceretà cheese
- FRIED CALAMARI** 16,95
With citrus mayonnaise
- BEEF BITES** 10,9
Slow-cooked shredded beef with Granny Smith apple and creamy kimchi sauce (Spain, Korea)
- KOREAN WINGS** 9,9
Boneless, confit, served in brioche with Asian BBQ sauce, pickled scallions, and fresh cilantro (Korea)
- (V) **DIY GUACAMOLE** 12,9
We bring you fresh avocado, vibrant pico de gallo, and crunchy tortilla chips... (Mexico) You become the chef and finish it just how you like it!
- + With slow-cooked shredded beef 5,25
- + With chicken tinga 3,9
- IBERIAN HAM SHANK (80G)** 19,5
- CHEESEBURGER** 15
National beef with double Cheddar cheese, tomato, arugula, caramelized onion, house sauce, served with fries
- + Extra fried egg 1,35

 Gluten	 Lactose	 Egg	 Soy	 Nuts	 Sésame
 Crustaceans	 Molluscs	 Fish	 Celery	 Mustard	 Sulphites



SWEET AND SAVOURY
START YOUR DAY WITH JOY

- VEGEGABLE CREAM SOUP** 9,5
Seasonal vegetable cream with mushrooms, slow-cooked egg, and truffle
- STUFFED CROISSANT** 5,95
Nutella, strawberry, cream, and chopped hazelnuts
Without filling 1,8
- FRENCH TOAST** 11,5
Brioche soaked in milk and cinnamon, Catalan cream foam with seasonal fruit

- FLUFFY PANCAKES** 12,5
With berries, mascarpone, homemade peanut cream, and maple syrup.
- With smoked salmon, crème fraîche, rocket, Japanese spring onion, and black sesame.

SALADS & VEGETABLES

- (V) **SPINACH & AVOCADO SALAD** 8,9
With grilled pineapple, tender green beans, and carrot hummus
- (V) **KALE, CHICKEN AND BACON SALAD** 12,5
Dressed with cashew cream, nutritional yeast, toasted sunflower seeds, chicken and bacon.
Vegan option 9,5

BARCELONA-STYLE - TAPAS

- OYSTER** 4,7
Spéciale Utah Beach (Normandía)
- ANITA FLOW'S GILDA** 4
Anchovy, olive, piparra pepper, sun-dried tomato
- (V) **ANITA'S BRAVAS POTATOES** 6
FRIED SQUID 16,95
With citrus mayonnaise
- RUSSIAN SALAD** 8,9
With tuna belly and piparras
- BEEF BITES** 10,9
Slow-cooked shredded beef with a touch of Granny Smith apple and creamy kimchi sauce
- (V) **CARROT HUMMUS** 9,5
Feta cheese snow, and crudités
- CROQUETTES (MIN 4UDS)** 2,1
De ham / de mushrooms and parmesa / de beetroot and Blau Ceretà cheese
- (V) **DIY GUACAMOLE** 12,9
We bring you fresh avocado, vibrant pico de gallo, and crunchy tortilla chips... (Mexico) You become the chef and finish it just how you like it!
+ With slow-cooked shredded beef 5,25
+ With chicken tinga 3,9
- IBERIAN HAM SHANK (80G)** 19,5
- (V) **SOURDOUGH BREAD** 4,95
Olive spread, and green olive aioli
- (V) **SOURDOUGH BREAD** 3,5
Tomato and extra virgin olive oil (EVOO)
- (V) **ANITA'S MARINATED OLIVES** 4

- CHICKEN SALT WAFFLE** 14,9
Korean-style breaded chicken with a spicy touch and maple syrup, served on a waffle

- AVOCADO TOAST** 10,9 (V)
Focaccia with homemade avocado cream, sott'olio veggies, and toasted pine nuts
+ Add to your toast:
Smoked salmon 3,9 / Iberian Ham 6,55 / Fried egg 1,35

EGGS
Free-range eggs

- SHAKSHUKA** 12 (V)
Slow-cooked eggs, portobello mushrooms, confit cherry tomatoes, and toasted bread.
- BENEDICT EGGS** 9,5
Slow-cooked egg, bacon, and hollandaise sauce.
- FLORENTINE EGGS** 9,5 (V)
Slow-cooked egg, hollandaise sauce, confit cherry tomatoes, and spinach.
- ROYAL BENEDICT** 10,9
Slow-cooked egg, smoked salmon, avocado, hollandaise sauce and arugula.
- 2 EGGS** 8,5 (V)
Scrambled or fried with rustic bread toast.
+ Add to your eggs:
Caramelised onion 1,7/ Confit cherry tomatoes 1,7 / Sautéed portobellos 2 / Avocado 3,3 / Feta cheese 1,5 / Cheddar cheese 1,2 / Iberian ham 6,55 / Bacon 2 / Smoked salmon 3,9 / Free-range egg 1,35

THE HEARTY DISHES

- CHEESEBURGER** 15
National beef with double Cheddar cheese, tomato, arugula, caramelized onion, house sauce, served with fries
+ Extra fried egg 1,35
- FREE-RANGE CHICKEN KATSU** 18,5
Served with sweet and sour sauce and your choice of side (INCLUDED)

SIDES

- HOMEMADE FRIES WITH ROSEMARY** 3,9
- GREEN SALAD** 4
- OVEN-ROASTED SEASONAL VEGETABLES** 5,5

IF WE ARE GOING TO FALL, LET IT BE INTO TEMPTATION

BRUNCH

UNTIL 4 PM

EVERYTHING HERE IS MEANT TO BE SHARED!

At Anita Flow, we believe that the best way to enjoy food is by sharing it.

All our dishes are designed to be tasted, savored, and discovered in good company.

For a balanced meal, we recommend ordering 3 to 4 dishes to share between two people.

Let yourself be guided by our suggestions and enjoy every bite!

TO START

	OYSTER 🍷🍷🐟	4,7
	Utah Beach Spéciale Oyster (Normandy)	
	GILDA ANITA FLOW	4
	Anchovy, olive, piparra pepper, and sundried tomato	
(V)	IBERIAN HAM SHANK (80G)	19,5
(V)	SOURODOUGH BREAD 🍷🍷🍷	4,95
	Olive spread, and green olive aioli	
(V)	SOURODOUGH BREAD 🍷	3,5
	Tomato and extra virgin olive oil (EVOO)	
(V)	ANITA'S MARINATED OLIVES 🍷🍷	4

KEEPING IT CLASSIC WITH TAPAS THE TIMELESS ONES

	ANITA'S BRAVAS POTATOES 🍷🍷🍷	6	(V)
	RUSSIAN SALAD	8,9	
	With tuna belly and pickled green peppers		
	CROQUETTES (MIN 4UDS) 🍷🍷🍷🍷🍷	2,1	
	Ham / mushrooms and parmesan / betroot and Blau Ceretà cheese		
	FRIED CALAMARI	16,95	
	🍷🍷🍷🍷🍷🍷🍷🍷		
	With citrus mayonnaise		
	GARLIC SHRIMP 🍷🍷🍷🍷🍷🍷🍷🍷	15,9	
	With a smooth sauce and a touch of spice		

ANITA'S WORLD JOURNEY

A JOURNEY OF FLAVORS WHERE MEDITERRANEAN ESSENCE MEETS GLOBAL INFLUENCES

Tapas created to surprise, inspired by ingredients and techniques that cross borders but keep the soul of the Mediterranean

(V)	SMOKED EGGPLANT 🍷🍷🍷🍷	10,5	
	Kalamata olive cream, mixed nuts, and Unagi sauce (Greece & Japan)		
	BEEF BITES 🍷🍷🍷🍷	10,9	
	Slow-cooked shredded beef with Granny Smith apple and creamy kimchi sauce (Spain, Korea)		
	CHICKEN TINGA TACOS (3 PCS) 🍷🍷🍷	13,5	
	Chicken breast marinated in spices, slow-cooked for hours, served with avocado, pico de gallo, and chipotle mayo (Mexico)		
(V)	STRACCIATELLA WITH SWEET POTATO	10,5	
	🍷🍷🍷🍷		
	Roasted sweet potato, pistachios, and dressed with basil-infused green oil (Italy)		
	STEAK TARTAR 🍷🍷🍷🍷🍷🍷🍷🍷	16	
	Seasoned Girona beef, served on a soft focaccia base (France)		
	KOREAN WINGS 🍷🍷🍷🍷	9,9	
	Boneless, confit, served in brioche with Asian BBQ sauce, pickled scallions, and fresh cilantro (Korea)		
	CARROT HUMMUS 🍷🍷🍷🍷🍷🍷	9,5	(V)
	Feta cheese snow and crudités (Egypt)		
	DIY GUACAMOLE 🍷🍷🍷	12,9	(V)
	We bring you fresh avocado, vibrant pico de gallo, and crunchy tortilla chips... (Mexico) You become the chef and finish it just how you like it!		
	+ With slow-cooked shredded beef	5,25	
	+ With chicken tinga	3,9	

THE HEARTY DISHES

	POTATO GNOCCHI 🍷🍷🍷	15	(V)
	In a smooth Parmesan sauce with seasonal mushrooms and truffle		
	HOMEMADE CANNELLONI 🍷🍷🍷🍷🍷	18,5	
	Filled with roasted meat and gratinated in the oven with Parmesan cheese		
	ENTRECOTE STEAK 🍷🍷	24	
	Served with chimichurri and rosemary-smashed potatoes		
	FREE-RANGE CHICKEN KATSU	18,5	
	🍷🍷🍷🍷🍷🍷🍷		
	Served with sweet and sour sauce and your choice of side (INCLUDED)		
	FISH & CHIPS 🍷🍷🍷🍷🍷🍷🍷🍷	21,5	
	Hake in tempura, homemade fries, pea cream, and tartar sauce		
	CHEESEBURGER 🍷🍷🍷🍷🍷🍷	15	
	National beef with double Cheddar cheese, tomato, arugula, caramelized onion, house sauce, served with fries		
	+ Extra fried egg	1,35	

SALADS & VEGETABLES

(V)	VEGEGABLE CREAM SOUP	9,5
	Seasonal vegetable cream with mushrooms, slow-cooked egg, and truffle	
(V)	SPINACH & AVOCADO SALAD	8,9
	With grilled pineapple, tender green beans, and carrot hummus	
(V)	KALE, CHICKEN AND BACON SALAD	12,5
	🍷🍷🍷🍷	
	Dressed with cashew cream, nutritional yeast, toasted sunflower seeds, chicken and bacon.	
	Vegan option	9,5

SIDES

	HOMEMADE FRIES WITH ROSEMARY	3,9
	GREEN SALAD	4
	OVEN-ROASTED SEASONAL VEGETABLES	5,5