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We present our menu selection, elaborated with natural & proximity products and, many of them, organic.

The preparation of our meals is realized just before being served, so the "fact to the moment" that characterizes our cuisine is kept. Which is why we need to know with three working days of anticipation the selected menu.

Our menus are designed **to share all the dishes**, except for desserts, this allows everyone to taste all our elaborations.

Allergies and intolerances:

All our meals are cooked in our kitchen and therefore we can attend many food particularities as intolerances, allergies, diets, etc.

Please inform us about all these particularities.

Contact for reservations:

You can contact us through the email to specify the details of your reservation and be able to attend all its peculiarities. Our menus are susceptible of changes, if they wish to make some modification don't hesitate to comment us.

What we want from the Local Bar is to adapt to your tastes and offer a personalized service. Our contact email is: **barlocal@elspescadors.com**

Booking conditions:

To confirm your booking will be necessary to pay a deposit equivalent to 50% of total amount. You can pay with cash, via bank transfer or with a credit card charge authorization. This payment will have to formalize three days before the lunch.

We will only issue a single invoice and a single charge will be made per group

Cancellation policy:

The deposit will be returned whenever the reservation is canceled, at least, 48 hours before the celebration of the event.

The final number of guests will have to be confirmed, at least, 6 hours before the food, otherwise will be billed (at least) for the guests who are included in the reservation.

All our prices include bread, water and V.A.T. 10%.

Don't hesitate to contact with us for any explanation.

MENU 1

20,90

Salad bowl: lettuce, carrot, tomato, onions.

Cup of carrot cream: with potato foam and ham salt

Fresh fried fish: with grilled vegetables.

Grilled meat: with potatoes candied in oil and fried.

Local sweet: stew of red fruits, hazelnut biscuit and fresh cheese foam.

Two drinks per person: glass of white wine, red wine or draft beer

MENU 2

23,90

Babagannoush: hummus of organic aubergine, tahine, spices and red pepper biscuit

Russian salad: tuna, onion, olives, egg, mayonnaise...

Two croquettes: with fine bechamel.

Two hot sandwiches: ham, cheese, tender onion. Roasted pepper, tomato, cheese.

Organic Loccal egg: cooked at low temperature with potato foam and dry tomato.

Grilled raviolones: fresh pasta stuffed with spinach and cheese over leek cream.

Local sweet: stew of red fruits, hazelnut biscuit and fresh cheese foam.

Two drinks per person: glass of white wine, red wine or draft beer

MENU 3

26,90

Marinera salad: lettuce, tuna, cod, pinkle anchovy and romesco.

Local salad: potato, hake, gherkins, tender onion

Two cod fritters: of Iceland cod.

Two hot sandwiches: majorcan sausage, honey with orange. blood sausage, caramelized onion.

Fried fish: from la Barceloneta with fried potatoes.

Catalan sausage with beans: organic white beans sautéed with pesto

Local Puntxi: lemon cream, fresh cheese foam, hazelnut biscuit and mint.

Two drinks per person: glass of white wine, red wine or draft beer

MENU 4

29,90

Three salads: Russian; potato, bonito... Escarlata; beet, bonito... Local; potato, hake...

Iceland cod cubes: with tomato, capers and tapenade mayonnaise.

Fried squids: rice flour, with a touch of lime and ink allioli.

Grilled vegetables and romesco: zucchini, carrot, onions, pepper, eggplant.

Norwegian salmon: cooked at low temperature with almonds.

Toia's meatballs: with onion sauce and stale wine.

Local Puntxi: lemon cream, fresh cheese foam, hazelnut biscuit and mint.

Draft beer: estrella Damm.

White and red wine: Clot d'Encís, cooperativa Bot. D.O. Terra Alta. 1 bottle every 3 people

MENU 5

32,90

Babagannoush: hummus of organic aubergine, tahine, spices and red pepper biscuit

Marinated salmon cubes: with soya, moustard, honey, mascarpone and a touch of lime.

Flamenquin roll: pork meat, ham, cheese, stale wine.

Grilled raviolones: fresh pasta stuffed with spinach and cheese over leek cream.

Fried cod with peppers: Iceland cod with organic roasted peppers.

Veal "entranya": with candied potato, "piquillo" peppers sauce and tximitxurri.

Creamy chocolate: caramel and huzelnuts

Draft beer: estrella Damm.

White and red wine: Babalà, cooperativa Espolla. D.O. Empordà. 1 bottle every 3 people

MENU 6

35,90

Three salads: Russian; potato, bonito... Escarlata; beet, bonito... Local; potato, hake...

Marinated salmon cubes: with soya, moustard, honey, mascarpone and a touch of lime.

Fried squids: rice flour, with a touch of lime and ink allioli.

Grilled raviolones: fresh pasta stuffed with spinach and cheese over leek cream.

Candied Cantabrian hake: potato, onion and cherry tomatoes candied in oil.

Organic beef cheek: stewed with Montsant red wine and fried potatoes.

Creamy chocolate: caramel and huzelnuts

Draft beer: estrella Damm.

White and red wine: Ònix clàssic, cooperativa Gratallops. D.O.Q. Priorat. 1 bottle every 3 people