

barcelona

CHARCUTERIE & CHEESE

7 for one | 19.5 for three

JAMÓN SERRANO

Castilla y León, ES
15-20 Months Cured Ham. Tender,
Salty, Sweet

SPECK

Alto Adige, IT
Spice-Rubbed Ham. Smoky, Lean

SALCHICHÓN DE VIC

Catalunya, ES
Pork Sausage. Nutmeg, Oregano, Garlic,
Peppercorns

FUET

Catalunya, ES
Pork Sausage. Rich, Garlic, Black Pepper

SOBRASADA

California, US
Majorcan Style Spreadable Chorizo. Rich,
Smoky, Pimentón

CHORIZO BLANCO

New Jersey, US
Slow Aged Pork Sausage, Garlic

SORIA CHORIZO

California, US
Pimentón Pork Sausage. Smoky, Garlicky

CHORIZO DE PAMPLONA

País Vasco, ES
Beef & Pork Sausage With Pimentón.
Tangy, Salty, Rich

CHORIZO PICANTE

La Rioja, ES
Pork Sausage. Smoky, Spicy, Pimentón

IDIAZÁBAL

País Vasco, ES
Semi-Firm, Raw Sheep's Milk, Aged 6
Months. Smoked, Sharp, Fruity

CABRA ROMERO

Murcia, ES
Semi-Soft, Goat's Milk, Aged 45 Days,
Rosemary. Mildly Tart, Cream

AGED MANCHEGO

Castilla-La Mancha, ES
Firm, Sheep's Milk, Aged 6 Months.
Buttery, Nutty, Complex

DÉLICE DE BOURGOGNE

Burgundy, FR
Triple-Crème, Cow's Milk, Mold Rind,
Mushroomy, Smooth, Tangy

IBORES

Extremadura, ES
Semi-Firm, Raw Goat's Milk, Aged 2
Months. Pimentón Rubbed

QUESO DE OVEJA CON FLORES

La Mancha, ES
Firm, Sheep's Milk, Aged 120 Days.
Earthy, Nutty, Flower Coated

AGED MAHÓN

Islas Baleares, ES
Hard, Cow's Milk, Aged 1 Year, EVOO
Rubbed. Salty, Sharp

DRUNKEN GOAT

Murcia, ES
Semi-Soft, Goat's Milk, Aged 2 Months.
Red Wine-Soaked

MAHÓN

Minorca, ES
Firm, Cows Milk, Aged 4 Months
Pimentón, Nutty

CAÑA DE CABRA

Murcia, ES
Soft-Ripened, Goat's Milk, Aged 21 Days.
Creamy, Mild

VALDEÓN

Castilla-León, ES
Creamy Blue, Cow & Goat's Milk,
Cave-Aged 2 Months. Mildly Pungent

SAN SIMÓN

Galicia, ES
Semi-Soft, Cow's Milk, Aged 3 Months.
Smoked, Creamy, Mild

BREDBIS ESPELETTE

Les Pyrénées, FR
Firm, Sheep's Milk, Aged 90 Days.
Creamy, Nutty, Espelette Rubbed

MANGALICA

Castilla y León, ES
Aged 36-42 Months, Acorn & Pasture Fed
Mangalica. Marbled, Tender, Nutty

LOMO IBÉRICO DE BELLOTA

Castilla y León, ES
Aged 3 Months Ibérico Pork Loin.
Mild, Smoky, Pimentón

QUESO LEONORA

Castilla León, ES
Soft-Ripened, Goat's Milk, Aged 3 Months.
Creamy, Lemony

APERITIVO BOARD

An Assortment Of Spanish
Aperitivo Snacks To Pair
With Your Anytime Drinks

*Jamón Serrano, Pamplona, Manchego,
Idiazábal, Pickled Guindilla Peppers, Olives,
Almonds, Patatas Bravas*

TAPAS

MARCONA ALMONDS

5

HOUSE-MARINATED OLIVES

Garlic, Thyme, Citrus, Giardiniera

5

EGGPLANT CAPONATA

Sweet Peppers, Onions, Basil

5.5

PAPAS ARRUGADAS

Mojo Rojo

8

LEEKS

Piri Piri, Marcona Almonds

8.5

BROCCOLINI

Roasted Garlic, Lemon

8.5

CHARRED SNAP PEAS

Ajo Blanco

8

SPINACH & CHICKPEA CAZUELA

Cumin, Roasted Onions, Lemon

8.5

SAUTÉED KALE

Golden Raisins, Pedro Ximénez

8

CRISPY ARTICHOKEs

Sunflower Xato

9.5

ROASTED CARROTS

Crème Fraiche, Green Chimichurri

8.5

ROASTED CAULIFLOWER

Scallion Gremolata

9

DILLY BEANS

Romesco

8.5

CHAMPIÑONES

Aleppo Pepper

9

CORN BUÑUELOS

Harissa, Roasted Red Pepper

9

COUSCOUS

Kale, Pecans, Sour Cherry

8.5

HUMMUS

Roasted Red Pepper, Za'atar

8.5

POTATO TORTILLA

Chive Sour Cream

7

PATATAS BRAVAS

Salsa Brava, Garlic Aioli

8

BOQUERONES

Olives, Citrus

6

GAMBAS AL AJILLO

Guindilla Peppers, Scallions, Garlic

9.5

PULPO

Potato, Chorizo Picante

15.5

MUSSELS

Chorizo Picante

13

COD A LA PLANCHA

Celery Root, Fennel

15.5

JAMÓN & MANCHEGO CROQUETAS

Garlic Aioli

7

STEAK PAILLARD

Crispy Potatoes, Red Pepper Vinaigrette

14.5

ALBONDIGAS

Spiced Meatballs in Jamón-Tomato Sauce

9.5

CHORIZO W/SWEET & SOUR FIGS

Balsamic Reduction

9

SPICED BEEF EMPANADAS

Red Pepper Sauce

8

PORK BELLY

Mojo Verde

10.5

BACON WRAPPED DATES

Valdeón Mousse

8

PORK MILANESE

Napa Cabbage, Kohlrabi

10.5

SALADS

ENSALADA MIXTA

Olives, Onions, Tomatoes, Little Gem Lettuce

9

ARUGULA SALAD

Apples, Walnuts

8.5

GRILLED CHICORY

Valdeón, Speck

9.5

LARGE PLATES

CHICKEN PIMIENTOS

Potatoes, Lemon, Hot Cherry Peppers

23

WHOLE BRANZINO

Arugula, Radish, Fingerling Potatoes

26.5

PAELLA VERDURAS

Koginut Squash, Leeks, Fennel

half / full / double
18 / 36 / 64

PAELLA MARISCOS

Shrimp, Calamari, Mussels, Clams

28 / 56 / 98

PAELLA SALVAJE

Chorizo, Gaucho Sausage, Morcilla

28 / 56 / 98

PARILLADA BARCELONA*

Strip Steak, Pork Loin, Gaucho, Chicken

31 / 62 / 108

DESSERTS

FLAN CATALÁN

Sea Salt

7

OLIVE OIL CAKE

Sea Salt

9

CHOCOLATE CAKE

Coffee Crème Anglaise, Almond Crumble

9

BASQUE BURNT CHEESECAKE

Plum

9

LONGFORDS ICE CREAM STAMFORD, CT

Lemon Sorbet

7.5

EXECUTIVE CHEF MATT KNEELAND | SOUS CHEF RICHIE WOODFORD

*This item is served using raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. Please inform your server if a person in your party has a food allergy.

WINES BY THE GLASS

SPARKLING

NV BarCava, Brut, Penedès, Spain
 2021 AT Roca, Reserva, Brut Nature, Classic Penedès, Spain
 2021 Caves São João, Brut Rosé, Bairrada, Portugal

	3oz	6oz	bottle
<i>Xarel-lo Blend</i>	4.75	9.5	38
<i>Macabeo Blend</i>	6.5	13	52
<i>Baga Blend</i>	6.25	12.5	50

WHITE

2023 Mila, Rías Baixas, Spain
 2023 Rezabal, Getariako Txakolina, Spain
 2023 Menade, Rueda, Spain
 2023 Le Naturel, Navarra, Spain
 2019 Pinord, Diorama, Penedès, Spain
 2023 Orto Vins, Les Argiles, Montsant, Spain
 2020 Alvear, 3 Miradas, Montilla-Moriles, Spain
 2022 Asnella, Vinho Verde, Portugal
 2020 Capítulo 7, Mendoza, Argentina
 2023 Aylín, San Antonio, Chile
 2024 Bodegas Cerro Chapeu, Cerro Chapeu, Uruguay
 2020 1752 Gran Tradicion, Cerro Chapeu, Uruguay
 2023 Iniceri, 'Abisso', Sicily, Italy
 2023 Leitz, Feinherb, Rheingau, Germany
 2021 L'Alpage, Mont-sur-Rolle, Switzerland

	3oz	6oz	bottle
<i>Albariño</i>	6	12	48
<i>Hondarribi Zuri</i>	6.25	12.5	50
<i>Verdejo</i>	6	12	48
<i>Garnacha Blanca</i>	5	10	40
<i>Xarel-lo</i>	4.75	9.5	38
<i>Macabeo</i>	6.5	13	52
<i>Pedro Ximénez</i>	5.5	11	44
<i>Arinto, Loureiro</i>	5	10	40
<i>Pedro Ximénez</i>	4.25	8.5	34
<i>Sauvignon Blanc</i>	5	10	40
<i>Chardonnay</i>	4.5	9	36
<i>Petit Manseng Blend</i>	6	12	48
<i>Catarratto</i>	6	12	48
<i>Riesling</i>	6	12	48
<i>Chasselas</i>	6.5	13	52

ROSÉ & SKIN CONTACT

2022 Liquid Geography, Bierzo, Spain
 2021 Familia Schroeder, Saurus, Patagonia, Argentina
 2023 Christophe Avi, Agenais, France
 2021 Los Conejos Malditos, Blanco Con Madre, Toledo, Spain

	3oz	6oz	bottle
<i>Mencia</i>	5	10	40
<i>Pinot Noir</i>	4.5	9	36
<i>Cabernet Sauvignon</i>	5.5	11	44
<i>Malvar, Airén</i>	5	10	40

RED

2019 Nucerro, Reserva, Rioja, Spain
 2020 Marqués de Tomares, Crianza, Rioja, Spain
 2021 Pedro González Mittelbrunn, Castilla y León, Spain
 2021 Bardos, Viñedos de Altura, Ribera del Duero, Spain
 2022 Glup Glup, Cariñena, Spain
 2021 Azul y Garanza, Navarra, Spain
 2017 Alberto Orte, A Portela, Valdeorras, Spain
 2023 Sotabosc, Montsant, Spain
 2013 Laurona, Montsant, Spain
 2020 Coster dels Olivers, Priorat, Spain
 2023 Vins de Pedra, Negre de Folls, Conca de Barberá
 2023 La Vinyeta, Bongo*, Emporda, Spain
 2021 Península, Vino de Montaña, Sierra de Gredos, Spain
 2021 Uva de Vida, Biográfico, Toledo, Spain
 2022 Bodegas Ponce, Clos Lojen, Manchuela, Spain
 2021 Earth First, Classic, Mendoza, Argentina
 2023 Belinda, Mendoza, Argentina - served chilled
 2021 Quieto, Gran Corte, Mendoza, Argentina
 2020 Peñalolen, Maipo, Chile
 2021 Polkura, Colchagua, Chile
 2022 Casas del Bosque, Casablanca, Chile
 2022 Garage Wine Company, Revival, Maule, Chile
 2018 Alto de la Ballena, Maldonado, Uruguay
 2021 Chat. du Morre du Tendre, Cuvée Paul, Côtes-du-Rhône
 2021 Dom. des Tourelles, Bekaa Rouge, Bekaa Valley, Lebanon

	3oz	6oz	bottle
<i>Tempranillo</i>	6.5	13	52
<i>Tempranillo</i>	6	12	48
<i>Prieto Picudo</i>	4.5	9	36
<i>Tempranillo</i>	6	12	48
<i>Garnacha</i>	4.5	9	36
<i>Tempranillo</i>	4.25	8.5	48
<i>Mencia</i>	6.5	13	52
<i>Garnacha, Cariñena</i>	6	12	48
<i>Garnacha, Cariñena</i>	7	14	56
<i>Cariñena, Garnacha</i>	7.5	15	60
<i>Trepat Blend</i>	4.75	9.5	38
<i>Monastrell</i>	4.5	9	36
<i>Garnacha, Piñuela</i>	5.5	11	44
<i>Tempranillo, Graciano</i>	6.5	13	52
<i>Bobal</i>	5.25	10.5	42
<i>Malbec</i>	4.25	8.5	34
<i>Bonarda, Pedro Ximénez</i>	4.25	8.5	34
<i>Cabernet Franc, Malbec</i>	6.25	12.5	50
<i>Cabernet Sauvignon</i>	6.5	13	52
<i>Syrah</i>	5.75	11.5	46
<i>Pinot Noir</i>	6.75	13.5	54
<i>Pais</i>	5.75	11.5	46
<i>Cabernet Franc Blend</i>	4	8	32
<i>Grenache Blend</i>	7	14	56
<i>Cabernet Blend</i>	6	12	48

SHERRY

DRY

Jarana, Lustau, 750mL
 Tradición, Bodegas Tradicion, 750mL
 La Cigarrera, 1L
 Almacenista, Lustau, 500mL
 Los Arcos, Lustau, 750mL
 Carlos VII, Alvear, 375mL
 Península, Lustau, 750mL
 15 Años, El Maestro Sierra, 375mL
 Asuncion, Alvear, 375mL
 VORS, Bodegas Tradicion, 750mL

	3oz	bottle
<i>Fino</i>	5	40
<i>Fino</i>	9	72
<i>Manzanilla</i>	8	82
<i>Manzanilla Amontillada</i>	11	66
<i>Amontillado</i>	5	40
<i>Amontillado</i>	11	55
<i>Palo Cortado</i>	7.5	60
<i>Oloroso</i>	11.5	46
<i>Oloroso</i>	12	44
<i>Oloroso</i>	19	152

SWEET

East India Solera, Lustau, 750mL
 Nectar, Gonzalez Byass, 750mL
 Solera 1927, Alvear, 375mL

	3oz	bottle
<i>Oloroso Dulce</i>	8	64
<i>Pedro Ximénez</i>	9	72
<i>Pedro Ximénez</i>	13.5	54

WINE FLIGHTS

3 Half Glasses

APERITIVOS BarCava / La Cigarrera / El Bandarra Vermut 13.5
 Start like a Spaniard: half pours of sparkling wine, dry sherry, and red vermouth (served on the rocks w/orange)

BIO-CURIOUS Diorama / Abisso / Biográfico 16
 Many of our wines use Biodynamic farming practices, here are three incredible examples

GRENAACHE (ON THE ROCKS) Le Naturel / Vino de Montaña / Cuvée Paul 17.5
 All grenache, but grown in three distinctly different soil types: Clay, Granite, and Limestone

ACID TRIP Asnella / L'Alpage / Belinda 14.5
 High. Acid. Wines.



COCKTAILS

BEES & BAYS (No ABV) 6
 Lime, Salted Honey Syrup, Cardamom Bitters
 Sparkling Water, Torched Bay Leaf

TEA TIME (No ABV) 7
 Blue Flower Earl Grey Tea, Blueberry Shrub,
 Salted Honey Syrup, Lemon, Aquafaba, Mint

FLOR DE SAL (Low ABV) 12
 La Cigarrera Manzanilla, Alma de Trabanco Cider Apéritif
 Luxardo Maraschino, Lime, Lemon, Black Lava Salt
Porrón for the Table 48

PICA PICA 12.5
 Tito's Vodka, Cappelletti Aperitivo, Orange,
 Lemon, Aquafaba, Jalapeño

TYGRA 13
 Cachaça, Quevedo White Port, Ginger Beer,
 Lime, Angostura Bitters, Cucumber

DOS PENÍNSULAS 13
 Libélula Joven Tequila, Lustau Palo Cortado
 Lemon, Agave, Nutmeg

ALEBRIJES 13.5
 Banhez Mezcal, Byrrh Quinquina, Salted Honey Syrup,
 Lemon, Aquafaba, Bee Pollen & Dragonfruit Powder

SIDE HUSTLE 13
 Lustau Solera Reserva Brandy, Bénédictine,
 Pineapple, Lemon, Barcava

BOURBON SPICE RACK 13
 Four Roses Bourbon, Cardamaro, Maple Syrup,
 Lemon, Cardamom & Lavender Bitters

LAIRD'S WAY 14.5
 Monkey Shoulder Scotch, Dolin Rouge Vermouth,
 Sfumato Rhubarb Amaro, Orange, Walnut Bitters

GINTONICS

Inspired by three of Spain's most iconic regions 15

CATALAN
 Hayman's London Dry Gin, Fever Tree Mediterranean Tonic,
 Grapefruit, Lime, Rosemary

VALENCIAN
 Hayman's London Dry Gin, Fever Tree Indian Tonic,
 Orange Blossom Water, Lemon, Orange, Thyme

GALICIAN
 Nordés Gin, Fever Tree Indian Tonic,
 Lemon, Green Apple, Mint

SANGRIA

RED OR WHITE SANGRIA glass pitcher
 Rioja Wine, Elderflower, Citrus Infused 9.5 34
 Dark Rum, Guava Nectar

GUNS & ROSÉS glass carafe
 São João Brut Rosé, Lillet Rosé, Rime Vodka, 12.5 50
 Peach Nectar, Lemon, Grapefruit Bitters

BEER

DRAFT caña doble
 Estrella Galicia, Lager - Spain 4.25 8.5
 Two Roads, No Limits Hefeweizen - CT 4 8
 New England, Sea Hag IPA - CT 4.25 8.5

BOTTLES & CANS
 Athletic Brewing, Run Wild IPA, Non- Alcoholic - CT 7
 Peroni, Lager - Italy 8.5
 Narragansett Lager (16oz.) - RI 7
 Estrella Damm, Daura Gluten-Free Lager - Spain 8.5
 Von Trapp, Bohemian Pilsner - VT 8
 Two Roads, Passion Fruit Gose - CT (16 oz.) 12
 Troegs, Dreamweaver Wheat - PA 8
 Hitachino, Nest White - Japan 14
 Half Full, In Pursuit IPA - CT 8
 Night Shift, Whirlpool Hazy NE IPA - MA 8.5
 Jack's Abby, Hoponius Union IPL - MA 7
 Lagunitas, Maximus IPA - CA 8.5
 Allagash, Tripel Reserve - MN 10.5
 Kentucky Ale, Bourbon Barrel Ale - KY 10
 Left Hand, Milk Stout - CO 9.5

CIDERS
 Down East Cider, Origonal Blend Cider - MA 9.5
 Isastegi, Sagardo Natural Cider (750mL) - Spain 28