

## ***The History of Tapas***

***La Tapa*** so as to be meaningful, has to be eaten between main meals as food that allows the body to survive until lunch or dinnertime.

Some authors assert that the *tapa* was born when, due to an illness, the Spanish king Alfonso the 10th, the Wise, had to take small bites of food with some wine between meals. Once recovered from the disease, the wise king decreed that no wine was to be served in any of the inns in the land of Castile, unless accompanied by something to eat. This was a wise precaution to counteract the adverse effects of alcohol on those people who, through lack of money to buy a nourishing meal, drank alcohol on an empty stomach.

Apart from the story of the royal disease we should consider the theory that the *tapa* first appeared because of the need of farmers and workers of other unions to take a small amount of food during their working time, which allowed them to carry on working until time for the main meal.

Once the “*botillerias*” (bottle-shops) and “*tabernas*” (taverns) became established throughout Spain, the wise King’s decree remained in place. For that reason, the glass or jar of wine was served covered with a slice of either smoked ham or cheese, for two reasons: first to prevent insects or other impurities falling into the jar and secondly, for the guests to soak up the alcohol they had drunk with something solid, as King Alfonso had advised. This was the origin of the *tapa*, a solid food that covered the wineglass and a word rooted in Spanish tradition. And so the tradition of the *tapa* spread throughout Spain, and continues right up to the present day. Many other countries have adopted the *tapa*, serving it in many different ways.

***Tapas recipes*** vary according to the taste and gastronomic traditions of each region. But the *tapas* most often served are usually those including the many variety of olives, dry nuts, as well as many kinds of cold cuts. Nowadays, the *tapa* includes many other recipes for appetizers. In the Middle Ages and during periods of economic hardship, those courses were supplemented with bread. However, today, those courses are included in the *tapas* world. *Tapas* recipes use a wide variety of animal-derived products, such as meat, fish and eggs and agricultural products such as vegetables

## ***Tapas***

### ***Arbequina Olives marinated with Thyme and Garlic***

*The Arbequina Olive is a very small light greenish-brown colored olive native to Spain that contains a soft-textured delicately flavored meat. It is brine-cured and provides a nutty flavor. This olive may be referred to as the traditional Catalan olive, grown in the Catalonia region of Spain*

\$ 3.25

### ***Cherry Tomatoes stuffed with Spanish Olive Tapenade***

*Tapenade is a Provençal dish consisting of pureed or finely chopped olives, capers, and olive oil. Its name comes from the Provençal word for capers, tapéno*

\$ 3.00

### ***In Extra Virgin Olive Oil marinated Goat Cheese with Tarragon***

*Tarragon is called the "King of Herbs" by the French, and with good reason. It is the main flavoring in many of the sauces that form the foundation of classic French cuisine. Tarragon has an aromatic property reminiscent of anise, due to the presence of estragole and suitable to combine with Goat Cheese*

\$ 4.00

### ***Dates wrapped with Prosciutto***

*Prosciutto is a cured Italian ham originally hailing from the region of Parma. Usually served sliced paper thin with figs, fruit or cheese, it is a staple of Italian cuisine*

\$ 2.75

### ***Avocado Topped with Smoked Salmon***

*The single California avocado tree can produce about 500 avocados (or 200 pounds of fruit) a year although usually average about 60 pounds from 150 fruit*

\$ 3.25

### ***Potato Salad with Tuna and Shrimps***

*Tuna and Shrimps are both a well known and favorite for their excellent tasting. Together with a potato salad it is the perfect combination for a delicious Tapa*

\$ 2.75

## ***Tapas***

### ***Brushetta***

*El origen de la brushetta es en el centro de Italia. Allí lo están comiendo desde el siglo 15. Consiste en rebanadas de pan tostados, rebozados con algún ajo y puestas a la parilla para que se doren, al servir se riegan aceite de oliva, sal, y pimentón molido. Nosotros añadimos tomates picados encima.*

\$ 1.75

### ***Pasta de Vegetales Asado***

*When vegetables are roasted it brings out all the natural flavors, which makes it not only healthy but also delicious to eat. Especially as a tapa dish*

\$ 1.75

### ***Marinated Anchovy filets***

*The Anchovy is a very popular fish, often used in the Italian kitchen. This very small fish is well known world wide and is mostly swimming the in Atlantic Ocean and the Mediterranean sea*

\$ 1.75

### ***Black Olive Tapenade with Garlic Bread***

*Tapenade can be served with vegetables, fish, or meat, and is sometimes used as a stuffing. It is often simply spread on artisan bread, pita, crostini, or crackers for use as a hors d'oeuvre*

\$ 3.00

### ***Salad Nicoise***

*Salad Niçoise (pronounced nee-suaz) es essentially a French composed salad and hails from Nice, on the Mediterranean Sea. The salad is traditionally made with tuna, potatoes, eggs, tomatoes, anchovy filets, and olives*

\$ 5.25

### ***Feta Salad***

*Mixed salad prepared with cucumber, olives, lettuce, belppepper, red onion rings and feta cheese*

\$ 5.25

### ***Rosemary and Garlic Bread***

*Home baked and served warm at your table*

\$ 2.00

## ***Entrees***

### ***Lamb Chops “Gòtic” \*\****

*These juicy Lamb Chops are prepared with Honey and Pesto*

*\$ 34.50*

### ***Chicken “Miró Mosaic”***

*Tender breast of chicken served with a tasty sweet Cherry-Pepper Sauce*

*\$ 16.50*

### ***Spanish Chorizo “Picasso”***

*a Spanish favorite served with Sweet Tomato Chutney*

*\$ 18.50*

### ***Beef Tenderloin “Gaudi”***

*Grilled to perfection and served with Horseradish Sour Cream and Caramelized Onions*

*\$ 24.50*

### ***Salmon “Sant Jaume”***

*Salmon grilled to excellence and served with Honeyed-Mango Chutney*

*\$ 19.75*

### ***Shrimp “Columbus”***

*A pincho of big black tiger Shrimps served with Guava-Lime Glaze*

*\$ 31.50*

### ***Surf & Turf “La Rambla” \*\*\****

*A favorite combination of Lobster tail and Filet Mignon with Chipotle- Lime oil*

*\$ 39.75*

**All Entrées are served from the charcoal grill and accompanied by a grilled potato and vegetable skewer**

*\* A surcharge of \$3.00 applies to each \* for all meal plans*

## ***Desserts***

### ***Crème Catalana***

*The Spanish version of Crème Brulee*

\$ 6.00

### ***Melon with Maraschino Cherries***

*The maraschino cherries are macerated in a flavored sugar syrup and almond flavored*

\$ 4.50

### ***Vanilla Rice Pudding***

*A classic delightful dessert*

\$4.50

### ***Pineapple with Honey and Lime***

*Grilled pineapple served with Honey, Lime and Vanilla ice cream*

\$ 6.00



***Las Ramblas***, the famous boulevard in Barcelona, undoubtedly the most cosmopolitan street of Barcelona, with the greatest diversity of people, passers-by, shoppers, tourists, civil servants, big shots, comedians, street musicians, night-birds and et cetera Spain is right here under the clear Caribbean sky. All fun things of the Caribbean with a Spanish accent, all set in intimate surroundings at our exotic garden terrace, feature savory Tapas and authentic main courses from the charcoal grill.