

TABERNA

LA CARMENCITA

1854

### Step right up!

Taberna La Carmencita, the second oldest tavern in Madrid, welcomes you once again. We've opened our doors to bring back the spirit of the traditional neighborhood eatery it was back in 1854. We want you to feel at home and make sure you always have something tasty to eat. Help us bring back delights from Madrid's heritage such as vermouth, contemporary lunches, high mountain-style casseroles, organic veal, fish from Santander's fish market and free-range eggs with perfectly round yolks that taste just like they did in the old days.

La Carmencita welcomes locals and outsiders alike with more than 75 traditional Spanish recipes such as slow-cooked organic beef shank chunks from the Cantabrian cooperative Siete Valles de Montaña. You are always welcome to join us for a late-night bite of monkfish fingers or organic lamb chops after your soirée.

### Libertad: the street where freedom reigns

I live on number 16 calle de la Libertad. Through my French windows I've seen revolutions take place, neighbourhoods blossom, and I've read the poems of the Generation of '27. I've closed my large wooden doors to give refuge to freethinkers. In 2013 I recaptured the spirit of the traditional casa de comidas of yore that feeds the body and soul at any time of day. I'm the most traditional tavern in Madrid and the second oldest, and if there's something I've learned in these 150 years it's that there's nothing that Madrilians love more than drinking and dining under the moonlight. La Carmencita is the perfect place to write poetry, perhaps an ode to the onion or to tomatoes (lullabies are nothing new). I was the favourite watering hole of Pablo Neruda, Rafael Alberti, Vicente Aleixandre and Miguel Hernández, and I want to continue to serve poets, artists and writers. Here, you can be free.

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### Cuatro clásicos

**ALUBIAS A LO TÍO LUCAS**  
classic bean casserole recipe from the 19th Century with wild pork chorizo from Cantabria 14

**CROQUETAS DE CHISTORRA**  
organic chistorra croquettes 15

**ANCHOAS DEL CANTÁBRICO**  
anchovies from Santoña and Laredo 16

**RABAS DE SANTANDER** deep fried calamari with organic flour 19,5

### Iberico charcuterie

**CABECERO DE LOMO** 16

**PALETILLA DE DOBLE CEBO** 24

**JAMÓN IBÉRICO** 28

### Salads

**ENSALADA DE 3 TOMATES**  
three tomatoes tasting with organic fresh cheese 19

**ENSALADA IMPERIAL**  
imperial salad 15

**ENSALADA MADRILEÑA DE 12 COSAS:** lettuce, tomatoes, potato, radish, organic boiled egg, olives, artichokes, organic vegetables, breaded cheese, fresh cheese and mustard-honey vinaigrette 19

### Rices and fideuàs

**ARROZ MARINERO**, seafood rice, dry or soupy, with rice from Calasparra and calamari bites 23

**ARROZ DE LA ALBUFERA**, rice from Valencia with vegetables 22

**FIDEUÀ MARINERA** fideuà (pasta) with calamari bites 23

### Organic vegetables

*We work with small farmers from Cantabria and Navarra. We only have seasonal vegetables, freshly harvested and full of vitamins.*

**VERDURITAS DE LA SEMANA**  
seasonal vegetables of the week sauteed with purple garlic from Colmenar de Oreja, chips and baked organic egg 22

**PANACHÉ DE VERDURITAS**  
sauteed vegetables of the week with special sauce 21

**ALCACHOFAS FRITAS**  
fried crispy artichokes 18

**ALCACHOFAS GUISADAS**  
artichoke stew with green sauce 18

### Organic fried eggs

*From free-range hens raised by Guillermo in Pedaque. Served with chips.*

**CON CHORIZO ECOLÓGICO**  
with fried organic chorizo 19

**CON MORCILLA ECOLÓGICA**  
wich organic black pudding from Villarcayo, Burgos 19

**CON PALÉTA IBÉRICA ECOLÓGICA**  
with organic ham from Finca Montefrío, in Cortegana (Huelva) 28

**WITH ALL THREE** 21

### Fresh fish from Santander

*"We get up early (very early), and choose, bid and buy the best pieces in Santander's fish market every morning"*

We serve the fish in the traditional way: with baked potato rounds.

You can choose from the different Spanish styles: **battered, breaded or grilled**

**MERLUZA** hake 26

**RAPE NEGRO** monkfish 27,5

**PESCADO DE ROCA DEL DÍA**  
rock fish of the day 32

### Mountain casseroles

**MACARRONES CARMENCITA**  
grilled macaroni with artisan pasta from Humilladero, Málaga, with creamy organic chorizo bechamel 17

**ALBÓNDIGAS DE TERNERA ECO**  
organic veal meatballs with Spanish rubia sauce, made with onions, carrots, white wine, garlic and leeks 18,5

### Our shepherds' recipes

*"Our shepherds Chenko, from Polaciones, and Rafa, from Bejes (in Picos de Europa), both have National Shepherding Awards and are a great role model for everyone"*

**CHULETILLAS FRITITAS DE LECHAZO** fried organic lamb chops with chips 27

**PALETILLA DE CABRITO DE BEJES ENTREASADO**  
roasted kid shoulder with baked potato rounds 28

### High mountain veal

*From Siete Valles de Montaña, the first organic veal cooperative in Cantabria, formed by six hero farmers: Ángel Luis, Aurelio (father and son) and Ovidio, from Polaciones; Beatriz, from Susilla; and Azucena Barquín, from Bostronizo*

**ESCALOPE DE TERNERA** breaded veal cutlet with chips and salad 24

**BISTEC DE TERNERA** thin organic veal steak served with fried organic egg, salad and chips 23,5

**ENTRECOT AL CABRALES**  
organic beef entrecote with organic cheese sauce on the side 27

