

# TABERNA

## LA CARMENCITA

1854

### Cold starters

**ANCHOAS DEL CANTÁBRICO** anchovies from Santoña and Laredo 20

**ENSALADILLA IMPERIAL** La Carmencita, 1856 edition 18

**ENTREMESES FRÍOS** Three-tomato salad, anchovies, and Russian potato salad 26

**ENSALADA MADRILEÑA DE 12 COSAS:** lettuce, tomato, boiled potato, baby radish, boiled organic egg, olives, organic vegetables, Pasiego cheese fritter, fresh cheese, and honey&mustard vinaigrette 23

**SOLOMILLO DE TOMATE:** tomato rosa de Huesca con aceite de oliva virgen y sal de Chiclana 21

### Hot starters

**ALMEJAS AL JEREZ CENTENARIO** Clams with Maestro Sierra Centennial Sherry (1827), and Colmenar de Oreja purple garlic, chemical-free 24

**CROQUETAS DE CHISTORRA** organic chistorra croquettes 19

**RABAS DE CALAMAR PELUDÍN** deep fried calamari with organic flour 22

**TAQUITOS DE QUESOS EMPANADOS** organic deep fried breaded “pasiego” cheese cube 21

**ENTREMESES CALIENTES:** deep fried calamari, organic chistorra croquettes and organic deep fried breaded “pasiego” cheese cube 26

### Organic vegetables

**VERDURITAS DE LA SEMANA** seasonal vegetables of the week sauteed with purple garlic from Colmenar de Oreja, chips and baked organic egg 24

**PISTO DE CALABACÍN ECO A LA BILBAÍNA** Spanish version of ratatouille with zucchini organic Pedaque egg and croutons 24

**ALCACHOFAS CRUJIENTES** with spicy tomato sauce 21

**ALCACHOFAS CLÁSICAS** with green sauce 22

**MENESTRA DE VERDURITAS** with green sauce 24

### Classics

*We cook little by little, over low heat, in small pots and we start cooking at nine in the morning. It depends on the day, we will have one or the other*

**MACARRONES CARMENCITA** grilled macaroni with artisan pasta from Málaga, with creamy organic chorizo bechamel 23

**PIMIENTOS RELLENOS DE TERNERA ECO** stuffed peppers of the day: organic lamb shoulder from Polaciones, from Chenchó, with sauce El Maestro Sierra and potatoes 26

**ALBÓNDIGAS DE TERNERA ECO** organic veal meatballs with Spanish rubia sauce, made with onions, carrots, white wine, garlic and leeks 24

**CALLOS A LA MADRILEÑA** organic grilled tripe madrilean style with organic egg from Pedaque or white rice from Valencia 26,5

### Organic fried eggs

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

**CON CHORIZO ECOLÓGICO** with fried organic chorizo 24

**CON MORCILLA ECOLÓGICA** wick organic black pudding from Villarcayo, Burgos 24

**CON PALETILLA IBÉRICA** of Montechico 28

**CON LAS TRES COSAS** 26

### Hot stew

**LENTEJAS ECO ‘PEPE LAMARCA’** the photographer who immortalized Camarón and Paco de Lucía in the 70s and who came here to eat. Lentils stew with organic lentils, from Colmenar de Oreja, and cooked with chorizo, pepper and garlic 18

### Rices from La Albufera

**ARROZ MARINERO** seafood rice, dry or soupy, with rice from Calasparra, calamari bites and monkfish cubes 27

**ARROZ CON VERDURITAS** to the skillet, as it was eaten in the houses when there was no rush 25

### Galo Celta Chicken

*Galician free-range chicken Galo Celta, pasture-raised chickens that can weigh up to 3 kilos*

**ESCALOPINES DE PECHUGA DE POLLO** grilled chicken breast with herbs 28

**POLLO PEPITORIA**, a classic recipe from Madrid, chicken stew with a sauce made with almonds, onions, white wine and saffron 27,5

### Our shepherds’ recipes

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

**GUIISO DE CORDERO DE PASTO PASIEGO** Stew of pasture-raised lamb in a pot with vegetables and small potatoes 29

### High mountain veal

*From Siete Valles de Montaña, the first organic veal cooperative in Cantabria*

**ESCALOPE DE TERNERA** breaded veal cutlet with chips and salad 28

**TIRAS DE LOMO DE TERNERA ECO** Grilled organic beef tenderloin strips with mild Tresviso cheese sauce from Picos de Europa 28

### Fresh fish from Santander

*“We get up early and choose, bid and buy the best pieces in Santander’s fish market every morning”*

**LOMITOS DE MERLUZA** small dices of hake battered with egg and fried in olive oil 26,5

**RAPE** grilled monkfish or battered with egg and fried in olive oil. With vegetables and potato rounds 28,5

**PESCADO DEL DÍA DE LA LONJA DE SANTANDER** Baked fish of the day with baked potato and vegetables 32

**ZARZUELA DE PESCADOS** Fresh fish from Santander with potatoes 28,5

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.

  @tabernalacarmencita

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