



EL TROS

DE LA RAMBLA

Coca bread with tomato spread and virgin olive oil   | 5

Appetisers

Gildas “El Tros” (stuffed olive, piparra, gherkin, anchovy and “boquerón”) | 3

Mediterranean olives | 4



Anchovies in vinegar (4 fillets) | 6

Cantabrian anchovy with bread with tomato (4 fillets) | 14


Tapas to share

Iberian ham (80 gr.) | 17,9

Assortment of signature Catalan cheeses  | 16,5

Hummus with paprika, olive oil, airy grissini and carrot dips   | 7,9

Cuttlefish & potato salad, hard-boiled egg and parsley mayonnaise emulsion | 7

Extra crispy free-range chicken strips with panko and honey-mustard sauce  | 12,5

Andalusian style squid with three citrus mayonnaise  | 14,5

Fried eggs with Iberian ham and fried potatoes | 13,5

Garlic Shrimp | 14,9

Spanish potato and onion omelette  | 10,5

Fried “Padrón” peppers  | 8



Homemade meat croquettes (4 pieces)  | 8,5

Crispy potatoes with brava sauce with a touch of chipotle  | 7,5

Galician style octopus with baked potato and paprika mayonnaise | 17,9

Salads & Veggies

Lacquered eggplant with teriyaki, ginger and lime sauce  | 10,5

Salmorejo with soft-boiled egg, tomato bombón and iberian ham shavings   | 7,5

Lettuce hearts and duck ham salad with cherry tomato, courgette, pomegranate and toasted hazelnut vinaigrette | 11,9

Tomato salad, onion, tuna and capers | 10,5

Chicken salad with burrata, tomato, pesto and seasonal lettuces | 10,9

“Escalivada del Tros”: Eggplant, red pepper and onion with anchovies and extra virgin olive oil | 11,5

Baked seasonal vegetables with romesco sauce   | 12,9

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Paella and pasta

“Rostit” cannelloni XL with homemade béchamel sauce  | 16,5

Fish and seafood paella | 22,5

Vegetable Paella  | 20

“Fideuá” of cuttlefish and alioli  | 22

Meat

Beef entrecôte with chips and rosemary | 24,9

Beef steak tartare on marrow and potato chips  | 19,5

Low temperature Black Angus beef rib with parmentier and roast juice | 21

Low temperature pork tenderloin, olive paste, piquillo peppers coulis and confit potatoes | 18,5

Half a roasted chicken “Tros” style with blond potato and Padron peppers | 17,5

Fish

Glazed salmon with wok vegetables | 17,5

Roasted sea bass supreme with baked eggplant and cherry tomatoes sautéed with thyme | 19,9

Codfish catalan style tros style | 18,5

Desserts

Pineapple carpaccio with lime and coconut ice cream  | 5

“Crema catalana” traditional Catalan caramelised custard   | 5,5

Chocolate coulant with vanilla ice cream   | 5

Cream sponge cake roll with melted chocolate   | 6,5

Assortment of Tros artisan ice creams  | 4,5

Apple Tart Tatin with cream ice cream   | 7,5

Cheesecake with raspberry jam   | 7,5

Coffee with “petit fours”   | 4,5

 Vegetarian

 Contains gluten (Ask for dishes that can be adapted)

We have menus available with food allergies information.

Prices with IVA

On the terrace (+15%)

Consult here the menu with all the allergens

