

CONSTANCIA

ENTRADAS – STARTERS

- ❖ **Picadita (Mix de Aceitunas, Papas Fritas y Castañas de Caju)** £6.00
Olive Cocktail Mix, Cajun Nuts & Crisps

- ❖ **Empanadas / Argentinean Style Pasties**

..... **...Carne / Beef** £3.50 each

..... **Humita / Sweet Corn** £3.20 each

..... **...Espinaca y Queso / Spinach & Cheese** £3.20 each

- ❖ **Provoleta con Chimichurri** £6.50
Grilled Provolone Cheese with Chimichurri sauce

“Chimichurri is the typically Argentine barbecue sauce. Ours is made mixing parsley, oregano, garlic, crushed red pepper, olive oil, vinegar, lemon and a pinch of salt”

- ❖ **Jamón Serrano** £6.00
Serrano Ham from Flavours of Spain

- ❖ **Chorizo con Humus, Tomatitos Cherry y Aceite de Oliva** £4.95
Argentinean Style Sausage w/ Humus, Cherry Tomatoes & Olive Oil
Chorizo solo / Sausage only..... £4.00

- ❖ **Morcilla Española c/ Manzana Caramelizada y Hojas Verdes** £4.95
Spanish Black Pudding w/ caramelised apple and green leaves
Morcilla sola/ Black Pudding only.....£4.00
**este producto contiene piñones/this product contains pine nuts*

- ❖ **Choripan** £5.50
Chorizo Sandwich with Red Pepper & Chimichurri Sauce

- ❖ **Gran Picada (Salames y Quesos Italianos, Jamon Crudo, Castañas de Caju, Aceitunas y Papitas para compartir entre dos o mas)** £17.50
Italian Salami & Cheese Platter, Serrano Ham, Olives, Cajun Nuts & Crisps (For sharing)

If you suffer any food allergies please let us know in advance

Our prices include VAT at 20%
A discretionary service charge of 12.5% will be added to your bill

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🌿 PLATOS PRINCIPALES – MAIN COURSES 🌿

- ❖ **Bife de Chorizo Argentino (396gr) £24.95**
14oz. Prime Argentine Sirloin Steak
- ❖ **Medallón de Lomo Argentino (283gr) £26.45**
10oz. Prime Argentine Fillet Steak
- ❖ **Ojo de Bife Argentino (311gr) £20.95**
11oz. Prime Argentine Rib-Eye
- ❖ **Chuletas de Cerdo Ibérico (380gr) £18.95**
13.5oz. Two Prime Iberico Pork Cutlets
Media Porción/ Half Portion.....£10.95
- ❖ **Brochette con papas fritas o ensalada £15.95**
Prime Argentine Beef & Vegetable Brochette served with chips or salad
- ❖ **Churrasco Argentino (224gr) £14.95**
8oz. Prime Argentine Sirloin Steak
- ❖ **Chorizos con Papas Criollas £10.95**
Two Argentine Style Sausages served with potatoes, rocket & onion

🌿 PARRILLADAS – BRAZIERS 🌿

- ❖ **Parrillada Constancia (mínimo 2 personas) (minimum two people)**
Dos cortes a su eleccion - 2 Chorizos - Morcilla & Provoleta
Two steaks of your choice - two Argentine Style Pork Sausages - Black Pudding & Provolone Cheese with oregano
 - **Bife de Lomo (280gr) 10oz. Prime Argentine Fillet Steak.....£32.95 per person**
 - **Bife de Chorizo (390gr) 14oz. Prime Argentine Sirloin Steak.... £30.95 per person**
 - **Ojo de Bife (310gr) 11oz. Prime Argentine Rib-Eye..... £27.95 per person**
- ❖ **Parrillada Mixta (mínimo 2 personas) £23.95 per person**
Selección de Carne Argentina - Hongos con pesto - Provoleta - Chorizo & Morcilla
Mixed Grill Selection (minimum two people) with Argentine Sirloin - Portobello Mushrooms with pesto - Provolone Cheese with Oregano - Argentine Style Pork Sausage & Black Pudding

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🌿 VEGETARIANOS - VEGETARIAN DISHES 🌿

- ❖ **Berenjena Grillada con Tomate, Mozzarella y Parmesano** £12.95
Grilled Aubergine with Tomato, Mozzarella & Parmesan Cheese
- ❖ **Vegetales Grillados 'del Mercado'** £12.95
Mixed Grilled Vegetables 'from the Market'

🌿 GUARNICIONES - SIDE ORDERS 🌿

- ❖ **Criolla** £4.50 / (½) £2.95
Lettuce, Tomato & Onion Salad
- ❖ **Tomate y Cebolla** £4.50 / (½) £2.95
Tomato & Onion Salad
- ❖ **Mixta (Lechuga y Tomate)** £4.50 / (½) £2.95
Lettuce & Tomato Salad
- ❖ **Zanahoria, Nueces y Pasas con Salsa de Mostaza y miel** £4.75 / (½) £3.25
Carrot, Walnuts & Raisins served with Honey Mustard Dressing
- ❖ **Ensalada Verde** £4.50 / (½) £2.95
Green Salad
- ❖ **Rúcula y Ajo** £4.95 / (½) £3.35
Rocket & Garlic Salad
- ❖ **Espinaca, Hongos Frescos y Parmesano** £5.25 / (½) £3.75
Spinach, Fresh Closed Cup Mushrooms & Parmesan Cheese Salad
- ❖ **Papas Fritas** £4.50 / (½) £2.95
Chips
- ❖ **Papas Fritas a la Provenzal** £4.95 / (½) £3.50
Chips with Garlic & Parsley
- ❖ **Papas Criollas** £3.95
Potatoes, prepared with some Red Onion, Rocket & Salt
- ❖ **Salsa Criolla** £2.00
Criolla Sauce (Tomato, Onion, Peppers, Olive Oil, Vinager & Salt)

🌿 GUARNICIONES ASADAS - SIDES FROM THE GRILL 🌿

- ❖ **Hongo con pesto** £4.50
Portobello Mushroom w/ Pesto
- ❖ **Morrón asado c/ ajo** £3.95
Grilled Red Pepper w/ Garlic
- ❖ **Cebolla Asada con Pimienta Negra** £2.75
Roasted Onion w/ Black Pepper

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POSTRES - DESSERTS

- ❖ **Cheesecake del día** £6.50
Home Made Cheesecake of the day
- ❖ **Flan Casero con Crema o Dulce de Leche (o Mixto:-)** £5.50
Traditional Home Made Crème Caramel with Cream or Dulce de Leche (or Both:-)
- ❖ **Helados Artesanales (Chocolate, Vainilla, Dulce de Leche, Frutilla o Limón)** £6.00
Artisan Ice-Creams (Chocolate, Vanilla, Dulce de Leche, Strawberry or Lemon Sorbet)
- ❖ **Don Pedro** £7.00
Vanilla Ice-Cream with Whisky, Chocolate and Walnuts
- ❖ **Anglo-Argentino**
Brownie Casero de Chocolate con Helado de Vainilla y Dulce de Leche £6.50
Home Made Chocolate Brownie w/ Vanilla Ice Cream, Dulce de Leche, and Chocolate
- ❖ **Helado de Limón con Espumante Argentino** £6.50
Lemon Sorbet with Argentine Sparkling Wine
- ❖ **Arroz con Leche, Dulce de Leche y Nueces Caramelizadas** £5.50
Rice Pudding with Dulce de Leche and Caramelized Pecan Nuts

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