

# 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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