

L'Unya

Catalonian Deli.
Restaurant & Bar

Snacks

Kikones - Fried and salted giant corn kernels from Zaragoza. Excellent paired with a glass of cold draught beer (a caña in Spain). **£3.20**

Spanish Crisps - artisan potato crisps fried in olive oil and sunflower oil, dressed with sea salt. **£3.20**

Habas picantes - Baby broad beans, fried until they are crispy, and lightly dusted with hot pimentón and salt. These go fabulously with a glass of very cold, dry Fino sherry **£3.20**

Roasted Catalan Almonds - The finest Marcona almonds from Catalunya, expertly roasted and lightly salted. **£3.95**

Breads

Catalan tomato bread - Our own home-made sourdough bread baked in our wood fired oven, lightly toasted, rubbed with garlic and tomato, then drizzled with extra virgin olive oil, Maldon salt and cracked black pepper. **£4.25**

Catalan garlic bread - Our own home-made sourdough bread baked in our wood fired oven, lightly toasted with garlic and olive oil. **£4.25**

Home-baked sourdough bread Made to a traditional recipe, from our own locally created sourdough starter. The bread is baked in our wood fired oven after over 9 hours of proving. Bread like it used to be made **£2.95**

Bread, oil and vinegar - Our own home-made sourdough bread baked in our wood fired oven, served with a choice of exquisite extra virgin olive oils and vinegars from Spain. We have a huge range, please tell your server if you have a favourite. **£3.95**

Vegan Menu

Please advise your server that you are a vegan so we can ensure that all of your dishes are prepared away from other dishes and that we do not confuse these options with other similar non-vegan dishes.

Olives & Encurtidos

All **£3.95**

Mixed marinated olives - Chef's selection of the finest olives from across Spain including arbequina, pelotín, gordal, and empeltre olives.

Pelotín olives - Juicy pelotín olives from Andalucía in a marinade of garlic, oregano and paprika, with a delicate and exquisite flavour.

Caspe olives - Cracked short cured green olives from Catalunya in a marinade of extra virgin olive oil, fennel, fresh garlic and parsley.

Manzanilla olives - Juicy green olives from Andalucía.

Empeltre olives - Catalan black empeltre olives marinated in aromatic herbs.

Arbequina - Small, purple-green olives with a slightly crunchy flesh with a very pure olive flavour - traditional to Catalunya.

Pickled garlic - Delightful and refreshing snack - crispy, flavoursome with none of the garlic breath afterwards.

Stuffed giant gordal olives - Giant queen gordal olives from Andalucía, stuffed with fresh orange segments and marinated in mild chilli juices.

Giant caperberries - Crunchy giant caperberries with a mild nutty flavour, from Andalucía.

Cornichons - Small, deliciously sweet and crunchy pickled gherkins.

Guindilla chillies - Sweet and sour pickled mild green chillies.

Vegetable tapas

Vegan platter - A selection of our wonderful marinated vegetables, salads, olives, home-made dips and snacks from our deli counter **W** **£13.45**

Padrón peppers - Padrón peppers are very small green peppers (1 in 20 is very hot, with the rest having a beautiful mild flavour), sautéed with extra virgin olive oil and Maldon sea salt. Russian roulette on your plate! **£5.85**

Patatas bravas - Local potatoes, cooked twice until ultra crisp on the outside and fluffy and moist on the inside, served with our own home-made spicy bravas sauce **£5.25**

Escalivada - Char grilled peppers, aubergines, onions and courgettes on toasted sourdough with Bim's Tigernut Romesco sauce **W N** **£5.95**

Lunya house salad - The classic Barcelona salad of leaves, tomatoes, onions and olives, in a special vinaigrette dressing **£6.95**

Herb marinated **Navarran artichokes** in extra virgin olive oil **£7.45**

Sweet balsamic pickled Borettane onions - Beautifully sweet and yet still retaining a subtly sharp edge, these onions are lovely on their own **£4.85**

Patatas pil pil - Potatoes mixed into a spicy sauce, lovely with some of our sourdough or just on its own **£4.95**

Flame roasted Piquillo pepper hummus in mini pastry cases - Lovely smooth hummus with flame roasted sweet Piquillo peppers **W** **£4.95**

Sundried sweet cherry tomatoes - Sweet as they come cherry tomatoes, marinated in herbs **£4.95**

Chickpeas - Cooked with butternut squash, apricots and almonds in Moroccan spices **N** **£6.55**

Woodland mushrooms - Pan fried in our fabulous Arbequina olive oil with asparagus **£7.65**

Sticky roast parsnips with a PX coating and crumbled Galician chestnuts **N** **£6.25**

Paella

Vegetable paella - Made with market fresh vegetables. We cook all our paellas fresh so please allow 35-40 minutes for us to prepare, minimum of 2 people.

£14.95 per person

