



FLAMENKANA

RESTAURANTE AFRICANO CON ALMA FLAMENCA

MENU

Starters

1. ZAALOUK (Morocco)



Salad of aubergines cooked in tomato sauce, garlic and roasted peppers, seasoned with sweet paprika and lemon (You can eat it hot or cold).

2. HUMMUS (Morocco)



Hummus served with pitta bread

3. MIXED SALAD OR TABBOULEH SALAD

mixed Salad leaves with avocado and olives (with choice of canned tuna) OR Tabbouleh - Middle Eastern salad with parsley, mint, tomato, onion and bulgur wheat

4. Spanish Potato salad



3,00/6,00

5. AKARA (Nigeria)

Crispy bean fritters seasoned with onion and sweet peppers

5,00

6. FATAYA (Senegal)

Homemade mini pastries filled with minced beef or tuna with onion, tomato and pepper, served with hot spicy sauce

5,50

7. YAM BALLS (Nigeria)

Yam balls stuffed with prawns or avocado 

7,50

served with mango salsa, made with garlic, tomato, avocado, onion and fresh cilantro 

6,50

8. CHICKEN WINGS -Marinated chicken wings

5,00

9. FRIED GREEN PLANTAINS

Freshly prepared green plantain slices, lightly salted and fried, served with guacamole dip

5,00

10. ROYUCA

Rolls made with freshly grated cassava and filled with spinach cream and sweetcorn in an almond milk and chickpea flour béchamel sauce. (x2)

5,00

11. SUYA (Nigeria) choice of chicken, beef or prawns

Skewers seasoned with paprika, garlic, onion, seasonings and spices with ground spiced peanuts

7,50

12. CRUNCHY FRIED OKRA WITH SAUCE (Nigeria)

served with mixed peppers, onion and garlic sauce

5,00

SIN GLUTEN

GLUTEN

FRUTOS SECOS

PESCADO

VEGANO

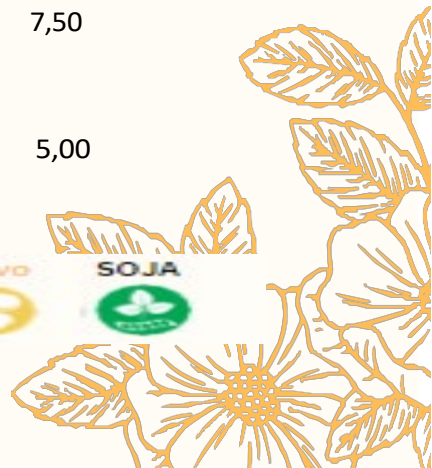
LÁCTEOS

HUEVO

SOJA












FLAMENKANA RESTAURANTE AFRICANO CON ALMA FLAMENCA



MAIN DISHES

13. **JOLLOF RICE WITH CHICKEN OR BEEF BROCHETTE (Nigeria)**  16,00
Spiced rice served with fried plantains, coleslaw, and chicken quarter leg
14. **YASSA(Senegal)**   15,00
Lemon and mustard marinated hake with Basmati rice, lemon and onion and mustard sauce
15. **CUSCUS WITH VEGETABLES AND beef (Morocco)**  15,00
couscous served in a traditional earthenware casserole dish 11,00
16. **MAFE (Senegal)**   16,00/17,50
Tender beef braised in peanut and vegetable sauce served with basmati rice
17. **BEEF OR LAMB TAGINE (Morocco)**   12,50 /13,50
Beef tagine served in a traditional earthenware tagine pot
18. **CHICKEN FILO PIE(Morocco)**  16,00
Filo pastry pie with a filling of sweet and savoury chicken mixed with onions, herbs and almonds, and wrapped in layers of plain or g l u t e n – free filo pastry  
19. **OXTAIL**  16,00
Tender meat served with basmati rice mixed with blackeye beans and served with fried plantain.
20. **GRILLED LAMB OR BEEF BROCHETTE (Morocco)**
With choice of plain or cassava couscous, Tabbouleh or mixed salad
21. **SWALLOW(FUFU) OPTIONS:**  13,50
Yam flour, with soup options (stews) of Egusi (variety of melon seed) OR okra WITH fish or meat (Nigeria/West Africa)

VEGAN OPTIONS

22. **Plain Egusi with fufu (yam flour) or white basmati rice**   9,00
23. **CHICKPEA CURRY WITH BUTTERNUT SQUASH**   12,00
Chickpeas in curry sauce with mixed peppers, carrots, spinach, cauliflower and spices, served with basmati rice and fried plantain.
24. **NORMAL COUSCOUS () or VEGETABLES**   **CASSAVA COUSCOUS) with ONLY 10,00**
25. **JOLLOF RICE WITH FRIED RIPE PLANTAINS (Nigeria)**   8,00

SIN GLUTEN

GLUTEN

FRUTOS SECOS

PESCADO

VEGANO






LÁCTEOS

HUEVO

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HAMBURGERS

26. **VEGAN BURGER (FLAMENKANA SPECIAL)**    13,00
with onion, garlic, walnuts, lentils, brown rice, seeds
served with potato chips or cassava and sriracha mayonnaise sauce.
27. **SUYA BEEF BURGER (FLAMENKANA SPECIAL)**  13,00
100% spiced minced beef, served with Potato chips or Fried Cassava and Sriracha mayonnaise sauce.
28. **LAMB HAMBURGER (150G 100% lamb)**  14,50
Served with Potato chips or Fried Cassava and sriracha mayonnaise sauce

Sides(5,00):

JOLLOF RICE

Basmati rice white basmati

rice fried plantain

Fried cassava

YAM (BOILED OR FRIED)

BREAD 0.50

EXTRA SAUCES:

HOT SAUCE 0,25

MANGO SAUCE , 0,50

OKRA SAUCE , 0,35

COLESLAW 0,70

DESSERTS/Desserts

BROWNIE

Homemade American Brownie (American)  

5,00

Sponge - Guinness Cake (Irish)

4,50

Sponge - Pineapple Cake (English)



4,50

Caramelised pineapple



Caramelised pineapple served with vanilla ice-cream (vegan option available)

5,00

Mango Sorbet



4,50

Mango Sorbet - normal

3,00

Almond Briouats (Morocco) (x4)



5,00

Honey coated

Baklava - Arabic pistachio sweet (x 3)



4,00

Baklava and Briouats combined (2 and 2)



5,00

APPLE CAKE

With vanilla ice cream (vegan option available) or custard



5,00

REFRESHMENTS

COCA COLA 2,00€ COCA COLA Light 2,00€
 COCA COLA 0 2,00€ COCA COLA 0
 2,00€
 FANTA LIMON.
 2,00€ NESTEA
 LIMON 2,00€ 7UP
 2,00€
 AQUARIUS ORANGE 2,00€ 2,00
 KAS ORANGE 2,00€

FIZZY WATER - 0.50 plastic (or 33cl glass) 1lt 2,50€.
 STILL WATER - 0.50lt 1,00€ 1,5Lt -2,50€ 1,5Lt -2,50€ 1,00€ 1,5Lt -2,50€ 2,50

ALCOHOL FREE DRINKS

Zobo/Bissap (Nigeria/Senegal) (homemade
 hibiscus flower infusion) 2,50
 Pineapple (homemade pineapple juice or Guinness 2,00
 Malta bottle (330ML) 3,00
 VitaMalt (330ML) Maltex 3,00
 (330ML) 3,00
 Foco Mango (330ML) 2,50

DRINKS WITH ALCOHOL

5,00
 GUINNESS NIGERIAN 8%alc (330ML) BOTTLE NIGERIAN BEER - STAR 7,00
 LAGER (5.1%- 600ML) BOTTLE ETHIOPIAN BEER - HABESHA(330ML) 3,50
 BOTTLE 4,50
 BEER FROM MOROCCO- CASABLANCA(330ML) BOTTLE

RED AND WHITE WINES

TIERRA BLANCA DRY OR SEMI-SWEET - GLASS - 2.50 € 2.50 BOTTLE 15.00
 MARQUES DE IRUN - GLASS - 2.75 € -2.75 BOTTLE 16.00
 ENTRECHUELOS Oak Red - CUP -2.75€ -2.75 BOTTLE 17.00
 ENTRECHUELOS Chardone White Wine - GLASS - 2,75 BOTTLE 17.00
 € Protos Red Wine (Ribera del Duero) - 3,00€ BOTTLE 20.00
 MARQUES DE CACERES - GLASS 2,75 € BOTTLE 17.00

SELECTION OF LOCAL SHERRIES AND WINES

FINO AND MANZANILLA
 Bottle / Glass Fino Tio Pepe or La Ina - 17,00€/1,90€ SWEET OLOROSO GLASS
 2,00€ DRY OLOROSO
 1847 - Glass 2,00€
 AMONTILLADO
 Glass - Rio Viejo - 2,40€. Alfonso 2,40€ PALO
 CORTADO.
 Amontillo los Arcos 2,45€. Palo Don Nuño 4.00€
 RED Rioja 2,50€.
 TINTO DE VERANO with Lemonade 3.00



SPARKLING WINES FROM FRANCE. Moët&Chandon(BrutImperial) 60,00€

PEDRO XIMENEZ-MOSCATE.

San Emilio Lustau 4,00€

LUSTAU Vermouth Blanco

3,75€. LUSTAU Vermut Rojo

3.75€ GIN - Bombay. Sapphire

7,00€ WHISKY - 7,00€

RON - 5,50€.

VODKA - Absolut 4,50€

BRANDY

• **Solera 5,00€ 5,00**

• **Lepanto 7,00€ 7,00**

COCKTAILS

MOJITO - 8,00 PIÑA

COLADA - 7,00

MARGARITA - 7,00

ZAEZAE - Avocado, banana, milk, fruit and cream smoothie decorated with nuts (Morocco)7,50

CHAPMAN (NIGERIA) (without alcohol 7,00,) (with alcohol, 8,50)

MIMOSA (basic 6,00) (with additional alcohol, 7,50)

tap and bottle beers

CAÑA -1.50€

MEDIUM- 2.00€

WHOLE- 3.00€

3.00€

BOTTLES -2.50€.

**COFFEE AND
TEA INFUSIONS**

Coffee with milk –

1,50

Black coffee 1,30

Cappuccino 1,60

Cafe Bombon 2,20

Tea (infusions)- 1,30

Hot Chocolate- 1,30

English Tea – 1,50

Morrocan Tea – 3,00



