

STARTERS



FODDER TO START

La Gilda Perfecta	3,95€
	Unit
Ox "Spanish Potatoe" Salad	7,95€
Pink Tomato with Pickles	11,00€
"Titaina" Sailor from El Cabanyal	12,50€
Vegetable tasting*	12,50€
Grilled Eggplants	Diner/Min.2
Grilled Pink Tomato	
Fresh Spring Onion Involtni with Iberian Bacon	
Asparagus in Rosemary	
Artichokes in Blossom	
Old Cow Tartar Salad with Avocado and Sesame	14,00€
Selection of Ecological Mushrooms with Poached Egg in Truffle Oil	19,00€

COW & OX DELIGHT

Our Croquettes (80gr/u)	3,00€
• Old Cow	Unit
• Stew	
Croquettes "El Capricho" Selection (80 gr/u)	4,75€
• Ox Cured Spiced Sausage	Unit
• Ox Cured Sausage	
Steak Tartar Toast on a bed of Chips	4,50€
Old Cow Marrow (10 minutes set up time)	14,50€

OUR "COCAS"

Oil "Coca" with Valencian Beef Blanquet	7,50€
Oil "Coca" with Beef Blood Sausage	7,50€
Valencian "Coca" Black and White with Titaina	8,95€

CHEESES AND SAUSAGES

Cow Cheese Tasting	9,75€
Beef Dried Meat with Its Valencian Oil "Coca" Selected Sausages	17,50€
Old Cow Carpaccio "The whim" of 180 days of maturation	18,00€
Foie Micuit	19,50€

**Depending on the season.*

MEATS AND STEWS

CARNIVOROUS PROPOSALS



Slow-cooked Beef Stew Cooked for hours on low heat to create a unique flavor and texture.	14,00€
Classic Hamburger Lettuce, Tomato, Onion, Fried Egg, Bacon, Cheddar and French Fries (200gr.)	16,50€
Meat Market Burger Cheddar, Smoked Bacon, Caramelized Onion, Meat Market Sauce and French Fries (200gr.)	17,50€
Traditional Steak Tartar with Toasts 12 + 1 Ingredients (150gr.)	17,50€
Traditional Steak Tartar with Caviar and Toasts 12 + 1 Ingredients (150gr.) & Royal White Sturgeon Caviar	49,50€
Lasagne with Goat Cheese "El Capricho" Recipe	18,00€
Old Cow Rib at low temperature and ember finishing	19,00€
Vegan Hamburger Grilled Vegetarian Burger, Eggplant, Caramelized Onion, Mushrooms, Tomato and Avocado (150gr.)	19,00€
El Cachopo de Pepo Popular Asturias plate with Ox, Blue Cheese and Caramelized Onion	25,00€

Wagyū A5 Sirloin with asparagus and straw potatoes 59,50€
100gr Wagyū A5 from Kagoshima Prefecture

OUR STEW (BY REQUEST)

Our Valencian Stew with Four Dishes Soupy Rice accompanied by Jug of Broth, Chickpeas and Sweet Piparras Our Vegetables Bruscheta with Grilled Bacon, Virgin Olive Oil, Salt and Ground Black Pepper Selected Meats and Sausages	29,50€ Pax
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OUR CHOP AND MEATS

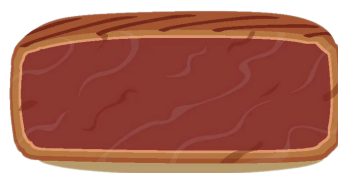
1º CHOOSE THE CHOP

At Meat Market we select each week the best pieces of meat. For that reason the assortment of cuts and prices can vary depending of their origin and characteristics, with the superior quality of the product as the only constant.

The staff will be delighted to introduce you the available pieces and advise you on the choice of national and international native cows, national ox and Japanese wagyu A5.

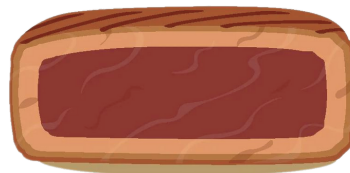
And for the most carnivorous, order our meat sticking-to-the-bone steak and chop fat with free-range eggs.

2º CHOOSE THE POINT



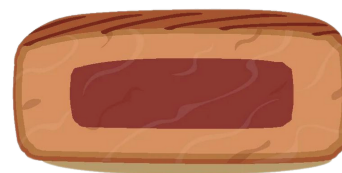
BLUE

Round and round, marked on the outside and completely red on the inside.



RARE

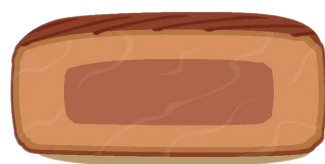
It is only done on the outside and 3/4 of the inside remains red.



MEDIUM RARE

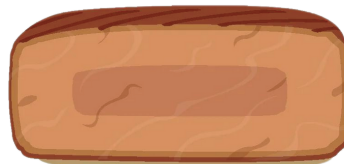
(MEAT MARKET POINT)

Made on the outside, leaving half of the inside red.



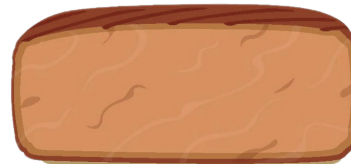
MEDIUM

It remains almost entirely brown, and the interior is pinkish.



MEDIUM WELL

Predominantly brown in colour, with the interior being somewhat lighter.



WELL DONE

Completely done inside and out.

3º CHOOSE THE ADDITIONAL ACCOMPANIMENT

All chops come accompanied with grilled potatoes and a refreshing salad with soy vinaigrette.

Roasted tri-color peppers	4,50€
Fried potatoes in truffle oil, boletus and parmesan	6,50€
Fried piparra*	7,90€
Roasted mashed potatoes with grilled marrow	9,95€

*Depending on the season.



DESSERTS



HOME DESSERTS

Grandma's Pie on Cookie Powder	4,95€
Our Carrot Cake with Honey	5,00€
Cava and Tangerine Sorbet	5,00€
Chocolate Brownie with Maria Cookie Ice Cream dipped in Hot Chocolate	6,00€
Traditional Cheesecake with Red Berries Reduction	6,00€
Tiramisu with Cow Mascarpone	6,00€
Ice Cream from our land (Buttered Vanilla, Merengued Milk, Tangerine, Maria Cookie and Jijona Nougat)	6,50€
Apple Tarte Tatin with Vanilla Ice Cream and Icing Sugar	7,50€
Cow Cheese Tasting National Awards	9,75€