

moroccan & spanish restaurant
elcantara
soho

Olivas

Aceitunas aliñadas £1.95

Mixed Spanish olives, marinated in extra-virgin olive oil, herbs and lemon

Soup £4.95

Soup of the Day

Ask your server for the fresh soup of the day

Pan

Bread Selection £2.50

A trio of fresh bread served with olive oil and balsamic vinegar:
Pan con Harissa, Pan de Ajio, Pan de Aceitunas

Pan con Tomate £2.50

Fresh bread brushed with garlic and topped with fresh tomato

Tapas to share

Zaalouk £5.15

Roasted aubergine purée with cumin & coriander

Hoummus £4.95

Chickpea purée and tahina with lemon juice

Higado de Pato con Cebolla Caramelizada £6.25

Duck liver pate with caramelised onions and fresh warm bread

Table de Queso £6.25

Selection of Spanish cheeses (Manchego, D.O. Mahon, Idiazabal, Tetilla) with crusty bread and our homemade jam

Moroccan Salad £4.95

Finely diced cucumber, tomato, red onion with a mint and Argan oil dressing

Fennel & Apple Salad £5.45

With black olives, fresh figs and an argan oil and lime dressing

Gambas al Ajillo £7.45


King prawns with garlic, chilli, olive oil and parsley

Calamares A la Romana £5.45

Deep fried squid in a light crispy batter, served with garlic mayonnaise

Croquetas £5.45

Rolled in bread crumbs and deep fried:

- * Cod, chives, garlic and béchamel sauce
- * Wild mushrooms and béchamel sauce 
- * Chicken with a béchamel sauce

Mejillones A la Marinera £5.45

Blue mussels and clams cooked in a mussel & béchamel sauce

Courgette Fritos £5.15

Shredded courgette and goats cheese, fritos served with rosemary yoghurt

Goats Cheese and Lentils £5.15

Grilled goats cheese on a bed of Morocco style lentils

Tortilla Española £4.95

Traditional Spanish omlette

Briwat Selection £5.75

Filo pastry parcels filled with: Spinach & feta cheese; Chicken & parsley; Spicy lamb sausage & feta cheese

Charmoula Sardinas £5.75

Herb stuffed sardines on an aubergine & tomato stack

Albóndigas £5.75

Beef meatballs in a rich tomato and cumin sauce with garden peas

Berenjenas Rellenas de Pisto £5.45

Baked baby aubergine stuffed with finely diced courgette, tomato, aubergine and sweet peppers

Patatas Bravas £4.95

Fried potatoes with a spicy tomato salsa

Pollo al Ajillo £5.75

Chicken thighs, simply sautéed with olive oil, garlic, chilli and parsley

Pastila of Chicken £5.95

Savoury Chicken baked in a thin pastry with almonds and cinnamon served with an orange and saffron marmalade

Pan Fried Scallops £8.95

Served on a carrot and coriander mousseline

Twice Cooked Quails £7.95

With wilted spinach and preserved lemon

 - vegetarian dishes,  - gluten free. Some dishes may contain nuts – please inform your waiter if you have a nut allergy.

All prices include VAT. 12.5% discretionary service charge will be added to your bill.