

# 4 Vegetarian and vegan-friendly eateries in Madrid

In the land where *jamón* and *queso manchego* prosper, it may at first seem difficult to survive as a vegan or vegetarian in Madrid. But fear not! Although it is true that Spanish food is typically meat and dairy-based, the city's restaurant scene has changed a lot over recent years. Today, Madrid's world-class vegetarian and vegan-friendly eateries will have individuals with all diets falling in love with Spanish food.

**Here are a few Madrid restaurants that all offer delicious vegetarian and vegan-friendly dishes with a Spanish twist!**

[Vega](#)







Located on Calle de la Luna, this restaurant prides itself in creating all organic, vegan, homemade dishes for guests to enjoy. Restaurant-goers will love the smoked aubergine tapas or the beetroot and strawberries Gazpacho for appetizers, both



vegan-friendly Spanish favorites. Visitors can enjoy [Vega](#)'s delicious salads, black rice with "squid", "chili con carne", or "Burrata" tapas. What is so special about Vega is their vegan twist on foods and dishes that are commonly enjoyed in Spain by the locals.

- **Image from** [Facebook](#)
- **Address:** Calle Luna 9
- **Metro:** Santo Domingo, Noviciado, Callao

## [B13](#)



Enjoy typical Spanish tapas at [B13](#), on Calle de la Ballesta, with their mouthwatering *patatas bravas* (a local favorite), their "calamari", as well as their variety of vegetarian hamburgers. Whether you're in the mood for a Spanish tapas-style meal or want to feast on a delicious hamburger or

sandwich, B13 has what you're craving for your next vegetarian meal.

- Image from [Facebook](#)
- Address: Calle de la Ballesta 13
- Metro: Callao, Gran Vía

## [Freedom Cakes](#)



[Freedom Cakes](#), also on Calle de la Luna, is known as the first vegan pastry shop in Madrid. It is truly a wonderful spot to enjoy a quality cup of coffee with any vegan milk that you prefer. Whether it be an iced soy latte during hot summer months or an almond milk cappuccino to warm you up on chilly autumn mornings, you'll love their delicious coffee options. Better yet, pair your coffee with one of their renowned vegan pastries, ranging from freshly baked cakes, cupcakes, muffins,



and cookies, all 100% vegetable-based!

- [Facebook](#)
- **Address:** Calle Luna 14
- **Metro:** Noviciado, Callao

## [Sanissimo](#)



Last, but certainly not least, Sanissimo is a wonderful restaurant with a few locations in Madrid, that is pleased to offer an array of vegan and vegetarian dishes. Start your day off on the right foot with one of their juices and smoothies, or perhaps one of their popular bagels. Between their

refreshing fruit bowls, sweet bagel options, and rich pastries, you'll always enjoy starting your day at Sanissimo.

- **Image from** [Facebook](#)
- **Address:** Calle San Vicente Ferrer 28 / Calle Campomanes, 5
- **Metro:** Tribunal, Noviciado / Opera, Santo Domingo

Whether your diet be vegan, vegetarian, meat-based, or fish-based, you'll never have to fear missing out on the spectacular Spanish cuisine that the city of Madrid boasts. Enjoy mouthwatering vegan and vegetarian dishes, but with the same Spanish influence as what the locals are enjoying.

**By Haley Grant**

You may also like: [Veggie Nirvana at VivaBurger in La Latina](#)

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## **Best Madrid lunch spots south of Atocha – VeraContent staff picks**

When it comes to great restaurants and bars in Madrid, it's common to go no further than Lavapiés. But that's quite sad because there are a number of wonderful eateries just south of Atocha. How we do know this? Because the team at [VeraContent](#) (Naked Madrid's mom), has been to pretty much all of them since [opening our office space](#) last year near metro stops Delicias, Palos de la Frontera and Embajadores, also known as the neighborhood of Arganzuela.

So we've decided to make a roundup of our favorite Madrid lunch spots in the area, each one nominated and written by a different [staff](#) member at VeraContent. Hope you enjoy them!

## 1. Atocha Tandoori







The management team at Atocha Tandoori!

- **Recommended by Melissa Haun**
- [Website](#)
- Address: Paseo de Santa María de la Cabeza 27

This place might just be Madrid's best Indian restaurant south of Lavapiés, with a wide variety of traditional dishes to suit every taste. It's the perfect place to go out for a special—but not too expensive—lunch, thanks to the different *menus del día* offered. Each one includes some combination of starter, main dish, drink, and optional dessert or coffee. All the favorites are there: chicken tikka masala, tandoori lamb, chana masala, vegetable korma, samosas, and much more. There are plenty of veggie and seafood options, as well as various kinds of naan and rice. For dessert don't miss the mango lassi. The last time we went there as a team, they also



brought each of us a complimentary digestif! When it comes to overall quality and variety, Atocha Tandoori never disappoints.

## 2. En Porciones



- **Recommended by Meagan Gardner**
- [Website](#)
- **Address:** inside Mercado de Santa María de la Cabeza, on Paseo de Santa María de la Cabeza, 41

I eat here twice a week—and not just because it's directly in front of our office (though that doesn't hurt). En Porciones is a small stand in the market that sells fresh and unique meals cooked by the owner and chef, Arturo. Here you can find anything from eggplant lasagna to blue cheese and beet salad, peanut and honey-glazed turkey, honey mustard 'secreto,' artichoke risotto... Arturo's common thread seems to be classic Mediterranean recipes with a twist. The best part? You choose your food from huge bowls and pay by its weight. An amazing lunch for under five bucks.

### 3. Restaurante Buen Gusto

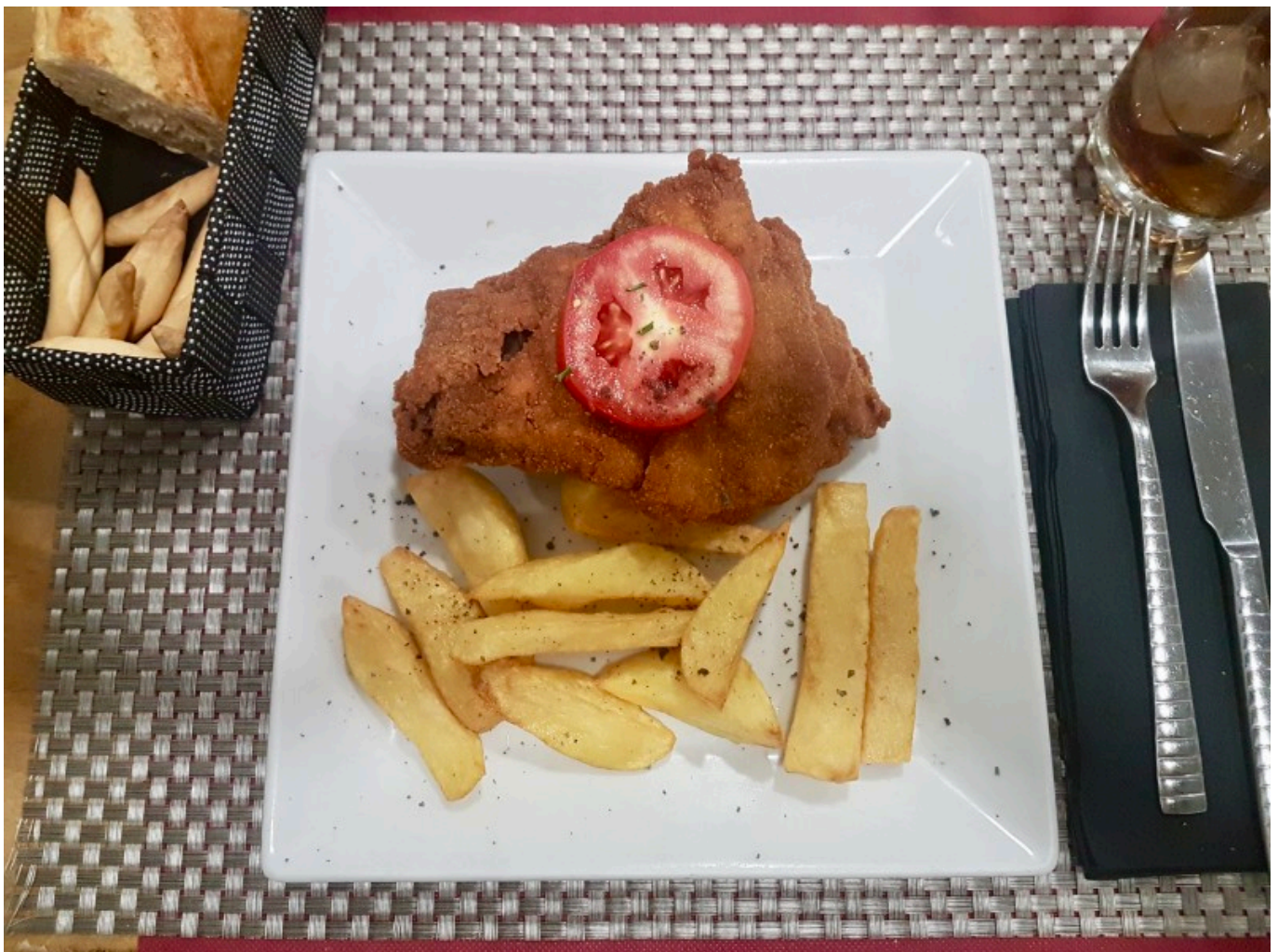


- Recommended by Kyler Canastra
- [Website](#)
- Address: Paseo de Santa María de la Cabeza, 60



From time to time, we all crave a little bit of Chinese food. And when you can't resist the temptation, you need to head to Restaurante Buen Gusto. You might be wondering why this Chinese restaurant is different from the hundreds of others in Madrid. Firstly, the service is quick and the staff warm and friendly. Trilingual in Mandarin, Spanish, and English and attentive, the servers make sure your experience is high-quality and efficient, which is great when you are in a rush to head back to work. Secondly, the numerous food options are all tasty and delicious. From lemon chicken and spring rolls to sweet and sour soup to an orange-style duck, your mouth will simply water. And the best part, they have two daily menu options. For just €7.95 or €8.95, you will have a three-course meal with a drink and dessert included. Talk about a bargain!

#### **4. Restaurante Gastrobar La Sal**



- **Recommended by Joss Burns**
- [Facebook](#)
- Address: Calle Embajadores 143

€10.50 for a weekday menu—this fact alone would make this place worth a visit. At least, that was my logic when I went there for Friday-afternoon lunch with my colleague. The beautiful brickwork facade stands out as particularly ornate when you walk down the street but, when you go inside, the place is surprisingly unassuming. The decor is delicate and understated, with a few carefully chosen pictures on the wall. At first glance, it seems unimaginably tiny—that is, until you notice the larger dining room partially hidden to the right. We started with salmorejo and *fideuá de marisco*. I had never had the small Catalan pasta before and wolfed it down hungrily before the *segundos* came in: chicken in a light vegetable sauce and Asturian *cachopo*, breaded beef with cheese and ham. It wasn't long before we were leaning back and rubbing our bellies, refusing the dessert in favour of coffee. La Sal is a fantastic find. It's one of those places where you come for the price, but you return for the quality.

## **5. Pui's Thai Tapas**







- **Recommended by Nikole Hyndman**
- [Facebook](#)
- Address: Calle José Antonio de Armona, 7

Pui's Thai Tapas is for lovers of Thai cuisine, and anyone looking to get a little taste of Thailand. Here, you'll enjoy a laid-back dining experience and authentic Thai food prepared by Pui himself. While you can expect to spend around €15 a dish, rest assured that the impressive portion sizes and magnificent flavours make it worth every penny. Prepare to drool over their extensive menu (with pictures for those among us less experienced with the delights of Thai food), complete with a variety of appetisers, deserts and traditional Thai soft drinks. If you're feeling overwhelmed by all the possibilities, try one of the favourites like Pad Thai, Tom Kha Gai and Pork Panang. In most cases, you can decide the spice level, or even to substitute meat for tofu. Their



friendly staff is very accommodating, and more than willing to help you navigate their menu selection.

## 6. Bar Ávila



- **Recommended by Eva Alfonso Movilla**
- **Address: Calle Ferrocarril, 15**

If you just want a quick drink and a tapa for less than 2 euros, any bar on Calle Ferrocarril is a good bet. The street is lined with bars with outdoor seating. My favorite is Bar Ávila, where the tapas portions are generous and you get a couple of small snacks with each drink, ranging from *empanadillas* to mini hamburgers. It's nice to spend your lunch break enjoying some fresh air on the *terraza*, but it's an even better place to meet up after work and have some *cañas* with

your colleagues.

## 7. El Salon de Otoño



- Recommended by Shaheen Samavati
- [Facebook](#)

▪ Address: Calle de Murcia, 5

This restaurant serves up traditional Ecuadorian dishes, but you wouldn't know it by its booth seating, stained glass faux windows and soft tungsten lighting, which are reminiscent of the classy American chain restaurants of my childhood. This is a place to go for its *menu del día*. It's just €10.80 and most of the dishes come in extremely generous portions. If you're not feeling so hungry, you can get a half menu for just €8. That represents a huge bargain compared to their dinner and weekend prices, which start at around €15 a dish. For the first course I almost always go for some variation of *ceviche*, which comes loaded with fish and a side of roasted corn and dried plantains. For the second course, they offer excellent combinations of fish, roasted and grilled meats usually with rice, potatoes and/or plantains. (This place is not ideal for vegetarians.) The desserts are also fantastic—try the *mousse de maracuyá*. This gem isn't at all hidden—it's packed just about every day of the week. Make sure to get there before or after peak lunch time if you want to be seated quickly.

## 8. Taco y Burro Maya





- **Recommended by James Leahu**
- [Facebook](#)
- Address: Paseo de Santa Maria de la Cabeza, 60

This place feels like a typical Tex-Mex bar but without being a chain. For €9 you'll get yourself a massive burrito with pork, beef or chicken, plus rice, cheese and avocado. Unlike Chipotle-style chains, you don't have to make lots of decisions: that's how it comes, and it's really good. If you're not too hungry, I recommend sharing one with a friend. The extremely simple menu features variations of essentially the same dish: quesadillas or tacos made with the same meat options. Everything is made with quality ingredients and at

reasonable prices. They offer about six different types of Mexican salsas to add to your burrito with varying levels of spice, and there are a range of Mexican drinks to try. I've been here twice so far. Each time I ordered my burrito to go and ate it at the office—convenient, delicious and filling. It's a pretty small place with just a handful of high tables, but the staff is friendly and the service is good.

## 9. Bodegas Rosell



- **Recommended by Daphne Binioris**
- **[Website](#) & [Facebook](#)**
- Address: Calle del General Lacy 14

This is one of those beloved long-standing restaurants that has preserved the spirit of Madrid's old-school *tabernas* in every corner. Opened in 1920 by the Rosell family, the decor, food, and service will take you back in time. Bodegas Rosell



is perfect for when you're craving traditional Spanish dishes and generous portions. You'll find *croquetas*, *tortilla*, *callos* (tripe), *cocido madrileño* (Madrid-style stew), and *solomillo* (pork tenderloin), as well as a variety of *tostas* and *tapas*. This charming tavern is great for a quick meal on a stool by any of the barrel tables, or for a quieter lunch or dinner. [Read our full article about Bodegas Rosell.](#)

## 10. Taberna las Sobrinas







- Recommended by the [VeraContent](#) team
- Address: Calle Palos de la Frontera 38

Taberna las Sobrinas is a great old-fashioned Spanish bar. It's one of the spots that the VeraContent team hangs out most at after work, mainly because the amount of free tapas they give you with each round is insane, plus it's right around the corner from the office. You won't need to order any food here, even if you're hungry. Along with your order of *cañas* and *vinos*, you're likely to get an entire tortilla, a plate of croquetas, slices of manchego cheese, you name it. There's also a spacious outdoor seating area. As for lunch, you can find a typical menu of *bocadillos* and Spanish dishes.

Have any more tips on where to eat south of Atocha? Let us know!

And if you aren't familiar with [VeraContent](#), find out more about us on our [website](#), and check us out on [Facebook](#) and [Instagram](#)!

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## Massa Pizza, perfect pizza made with pride in Chueca

The barrio of Chueca is known for many things, perhaps most famously though as the epicenter for the world-renowned Madrid gay pride festival – which is ultimately when the barrio becomes a riot of all things rainbow coloured and the always lively neighborhood really ramps things up a notch.

But over recent years I've noticed a shift from Chueca being all about bars. More foodie spots have sprung up encouraging you to part with your hard-earned cash. Just last week I accidentally sampled yet another insta-worthy poke bowl place which continues to be all the rage across the city. But what I'm getting to with this review (and I will get there eventually) was **the most perfect pizza place that I stumbled across a few weeks back.**





[Massa Pizza](#) is a stone's throw from the perennially popular [Mercado de San Anton](#) and could certainly be described as warm and inviting upon entering. A couple of gin fizzes in, myself and my dinner date selected some starters and neither one disappointed. Beef carpaccio (which is always up there as one of my death row dinners) and roast chicken croquetas which were bites of utter joy – now I realize it might sound strange for croquetas to have made their way into an Italian menu but I'm all for fusion food that's filling and fun.

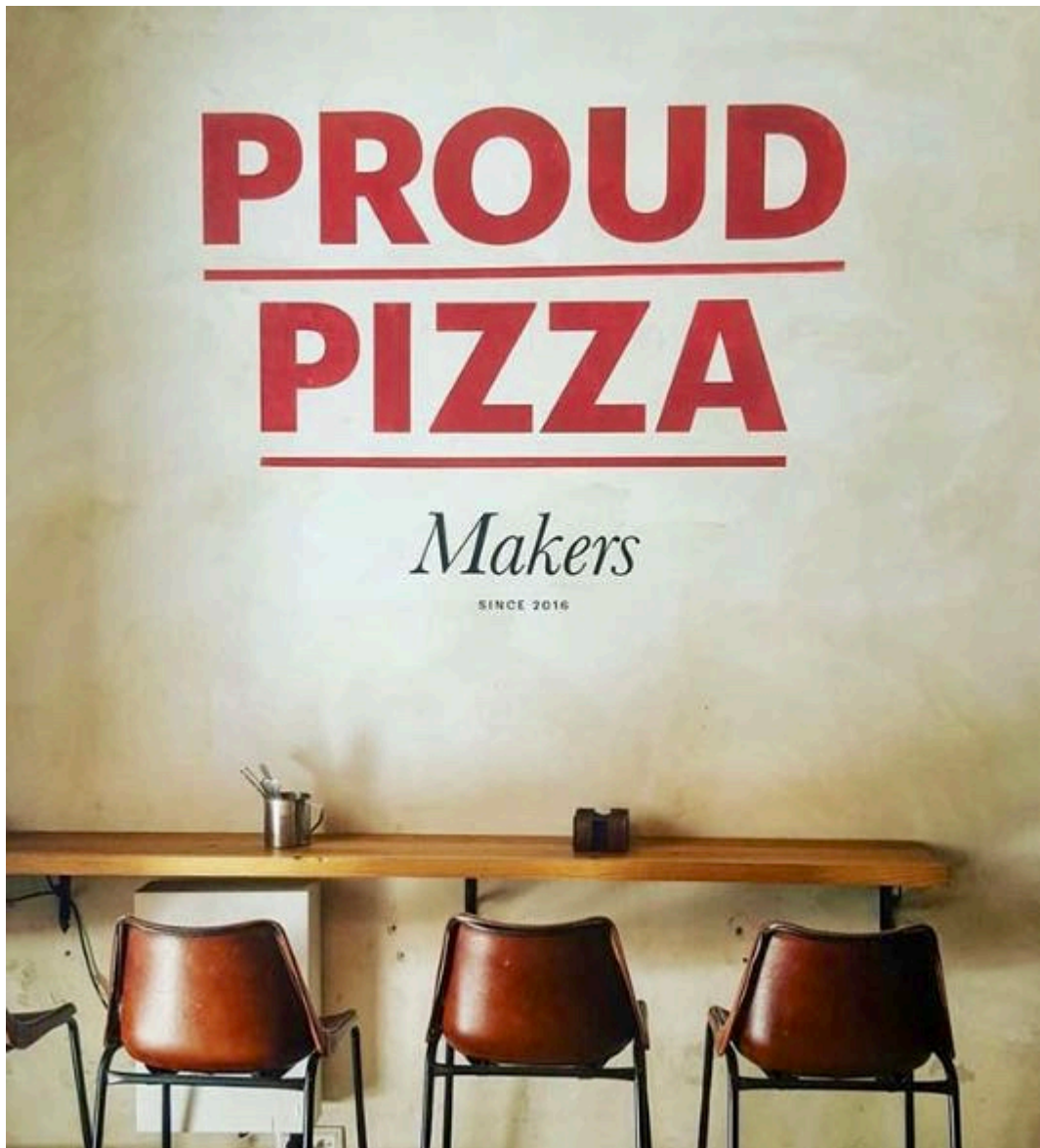


We both then opted for individual pizzas (I'm grateful that the concept of a doggy bag is becoming increasingly popular in Madrid) – eyes bigger than Nelly much? Both pizzas were lush, doughy but not soggy, crisp on the edges but not burnt and the perfect cheese/tomato ratio in my humble opinion.





Now some people at this point might have needed to be rolled home. Not us. We saved space for the extremely cute (and Instagram worthy) dessert tray/box which was heaving with bite-sized little puds for you to select from. The cheesecake and tiramisu were to to die for but alas, all good things must come to an end.



[Massa Pizza](#) makes for the perfect low-key date night (as it did for us) and it's ideally located smack back in the centre of the city. What do you get when you combine pizza and pride? A combo that's as appealing as gin coupled with tonic.

## Massa Pizza

- [Facebook](#), [Website](#)
  - **Address:** Augusto Figueroa 21
  - **Metro:** Chueca
-



# Exquisite and inspired fusion at Fismuler

In the middle of Madrid's Chamberí neighborhood, surrounded by offices and trendy cafés, lies a not-so-well-kept secret. It's called **Fismuler**, and from the outside it doesn't look like much. Austere gray walls and windows barred by steel disguise what lies within. A minimalist sign quietly announces its name. If you didn't know what you were looking for, you might not notice it at all.

Of course, plenty of people are already in the know; those with good taste and a penchant for fine dining have been flocking to Fismuler for months now. But it's much more than just a trendy hotspot enjoying a fleeting moment in the spotlight. Beyond the deceptive facade and the impeccable interior, **this place has something special that sets it apart from the rest.**

## Where culinary ingenuity meets quality ingredients

It may seem trite to say that a restaurant's menu should be its main attraction. But in a world where culinary success increasingly depends on Instagram followers and online reputation, sometimes the actual food gets lost in the shuffle. Not here.

Chefs Nino Reduello and Patxi Zumárraga have created a **fantastic fusion of flavors, with classic Spanish ingredients at its heart.** Seafood figures prominently, as do fresh veggies and strong spices. The flavors are intense and the combinations daring, while maintaining a delicacy that matches the careful presentation. It's rich, but not heavy. Creative, but not inaccessible. Familiar, but unlike anything you've

ever tasted before.



I'm a big believer in the theory that a restaurant's quality can be revealed by what they bring you to snack on. Be it bread, olives, or potato chips, the first thing brought to the table is often a telling sign of what's to come. At Fismuler, you're greeted by warm fresh bread and a hunk of unpasteurized, salted butter—**some of the best butter I've ever had**, in fact. Before I even examined the menu, the bar was already set high.

## **Light, fresh, and flavorful**

To begin, the burrata salad is an absolute must: juicy fresh figs and incredibly light burrata with greens, sunflower seeds, and crispy seaweed. If you're feeling adventurous, go for the *erizo del Cantábrico* (sea urchin). Served on a bed of river stones (or wild plants, pictured below), **it's just as surprising on the palette as it is on the eyes**. The urchin is



drowned in a soft and creamy sauce with an entirely unique taste.



For something a bit lighter, try the semi-cured *dorada* (sea bream). It's served in impossibly thin, translucent slices, topped by red grapes, Marcona almonds, onions, herbs, olive oil, and surprisingly potent spices. All of these assertive flavors combine to create a dish that's **both delicate and intense**.



## A whole new kind of comfort food

The heartier dishes are equally interesting. Highlights include the *tortilla de ortiguillas*, an omelet filled with sea anemone and sweet and sour sauce. **Sound weird? It is.** The anemone has a crunchy texture and a distinctive taste that you might not think would pair well with the other ingredients—but somehow it works perfectly.





Chef Nino Reduello himself told us the rice with clams comes **straight from his mother's kitchen**, so how could we resist? It arrived in a greenish broth, with crispy fried artichokes and abundant garlic. Although rice, clams, and artichokes are staples of Spanish cuisine, I'd never seen them combined quite like this. It did indeed taste like something your mom might cook up—if your mom were a world-class chef, that is.



From the list of main dishes, we tried the grilled *corvina* (sea bass) with cole crops, which came with a **delightfully spicy orange sauce**. The fish itself was perfectly cooked, tender and flavorful without being overpowering. The soft and smoky vegetables were the ideal companion.





## Fismuler's grand finale

You simply cannot leave Fismuler without trying their cheesecake. I don't care if you think you're too full for another bite; make room. It's nothing like New York cheesecake, nor the gelatinous concoction you'll often find in Spain. Light and custardy, it has an **unmistakeably cheesy flavor**. The cookie crust is crumbly and buttery, just like it should be. Yet another perfectly balanced creation.



Finally, it has to be said that the drink selection here is also top-notch. A carefully selected wine list is complemented by house-infused spirits and pitchers of fruity cocktails. And if you're not in the mood for alcohol, order a glass of **homemade lemonade**: refreshing and herbal, slightly fizzy and not too sweet.

## **An unbeatable ambience**

The restaurant's incredible menu is complemented by a **Nordic aesthetic of exposed brick and wood**. It's industrial and minimalist, yet simultaneously rustic and warm. Despite the fact that it's below street level, the whole place is well-lit and open. And as if that weren't enough, they've got a great playlist.





Fismuler is committed to sustainability and organic ingredients, so the cuisine is good for your conscience, too. Other guiding principles include **creativity, simplicity, and respect for the food itself**. All of this is reflected not only

on the menu, but in the sensation the whole experience imparts. It's a place to relax, take your time, and savor each bite.

Although the prices are a bit higher than average, you get what you pay for—and here you get amazing quality, a lovely atmosphere, and **an overall experience that's simply unmatched**. In fact, after just one lunch, this place has already won a spot among my favorite restaurants in Madrid. If you're looking for the perfect place to bring visitors, celebrate something special, or just treat yourself to a good meal, Fismuler delivers. And then some.

## Info

- **[Website](#), [Facebook](#) & [Instagram](#)**
  - **Address:** Calle de Sagasta, 29
  - **Metro:** Alonso Martínez and Bilbao
  - **Phone:** 91 827 75 81
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## Creative & colorful cuisine at Cachivache

[Cachivache](#) (say that five times fast!) is one of several restaurants run by Javier Aparicio, and the most casual of them all.

While its location could be deceiving—the nearest metros are Colombia and Concha Espina—the area holds an up-and-coming **cluster of culinary surprises**. The neighborhood boasts some hidden jewels, both Spanish and international.

Once inside, the colorful and modern decor made us feel right



at home. Black and white checkered floors and industrial hanging lanterns dominate the space, marrying vintage details with a more contemporary vibe.





One of the first things I noticed (and appreciated) about the restaurant was **how diverse the staff is**. I also learned that nearly the whole team is the same it's been since day one; low turnover is always a good sign, no matter the industry.

We took our seats and were immediately greeted by a smiley server who wasted no time getting right down to business—the wine list (they have their priorities straight at this place). We went with a dry white wine that paired well with pretty much everything we ordered.

After studying the short yet complete food menu—and letting the knowledgeable servers give us recommendations—we started with some tasty appetizers: hummus with cilantro, pistachio, and Syrian couscous; the coca with zucchini, bacon, and *tetilla* cheese; and the classic *patatas bravas*.





The cuisine at Cachivache is a perfect balance: it's fresh, it's high-quality, and the dishes are recognizable (no *trompe l'oeil* here) **but with creative twists**. Case in point, our main entrees were the fried egg with truffle and parmesan (to die for) and the cannelloni with wild asparagus, fresh mozzarella, and Idiazábal, a mouthwatering cheese from the Basque country. My lunch date also tried the curried beef and can vouch for its deliciousness.







We rounded off our meal with the house *torrija* (sort of like French toast) with ice cream made with *leche merengada*. Let's just say I'd come back to Cachivache just for this dessert.



All in all, my experience at Cachivache was something I won't soon forget. The prices admittedly exceed my normal budget, but for a special night out it's worth a splurge. **Don't forget to make a reservation**—I went on a weekday and it still filled up.

Here's some more Cachivache #foodporn in case you weren't sold already.







## Info:

- [Website](#) & [Facebook](#)
  - Address: Calle Serrano, 221
  - Metro: Concha Espina or Colombia
  - Phone: 917 52 41 76
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## Oh happy day at Ohanasana

I'm a relatively late bloomer when it comes to all things health and fitness wise. I'd love to wax lyrical that the only time a dirty Maccies passes my lips is at the end of a night when only greasy carbs will do, but frankly, I'd be lying. However, there's something about hitting your thirties (and I really hope that this isn't just the case for me) that wakes you up to the fact that your body isn't quite what it once was, and that a helping hand from the old spin class and



eating some greens aside from the mint in your mojito is no bad thing.

So [Ohanasana](#) was blessing in disguise for something who's dare I say it, challenged in the clean eating stakes. Ticking all my necessary boxes on the decor front – floral chairs, some fluro neon and an exposed brick, all that was left to approve of was the grub. And boy it did not disappoint.



Now before I extol the virtues of fat free, vegan type fun, let me be clear, I love all things calorific so for me to rave about something without there being a chip in sight it has to be good. I started with a juice called "young, wild and free" – I like to think they named it after me! \*my tongue is firmly in cheek here. It was a mix of pineapple, mint, cucumber and



coconut water. With every sip I felt like I was radiating the kind of glow that Gisele Bündchen seems to naturally exude. Whilst I may not be Gisele, it was delish and did serve its desired purpose which was to counteract the gins consumed the previous evening.

Next up was a little amuse bouche of gazpacho, it had a slight chilli kick to it which I loved – having grown up near Birmingham (the balti capital of Blighty) I love all things spicy and appreciated the twist on a Spanish summer classic. Next came the build-your-own bowl section (which a fussy faffer like me loves as it avoids any awkward “can I switch the cucumber for more deliciousness that is an avocado”).



I plumped for a quinoa-base laden with gorgeous raw tuna, avo and edamame – topped off with some salty soy while my friend had the “happy” chicken bowl which did exactly what it said on the tin, left her feeling cheery and safe in the knowledge that her lunch was devoid of anything that could hamper

“operación bikini.”



But this is me and I'll never be completely angelic. With the merest mention of a dessert menu I was all over it like a rat up a drainpipe. The best part this time was that the chocolate pot that we shared wasn't packed with nasties and the mouse was even made of butternut squash – what's not to love about getting one of your five a day when it's masquerading as a cocoa fix.





Aside from the food, the service was faultless. Our lovely waiter was the right side of helpful, aka he knew what he was talking about but didn't enforce menu choices upon you and instead gently suggested that we should order the chocolate pot and for that, I was grateful.

Ohana Sana isn't just a luxury for peeps in the barrio either,

available on Glovo, Deliveroo and Uber Eats there's no need to exert any energy if you don't quite fancy going out to sample their wares. Convenient and clean eating, that's a combo that works for me.

## Ohanasana

- [Website](#) & [Facebook](#)
- Address: [Calle del Barquillo 34](#)
- Metro: Chueca
- Phone: 910 66 49 72

## You may also like:

- [The Circle Food, tasty food for staying trim](#)
- [Honest Greens, feel-good food that tastes good too](#)
- [Zoco Comidero, eat well and feel great at Madrid's first \(and only\) flexitarian restaurant](#)

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# Restaurante Lúa, authentic Galician cuisine with a Michelin-starred touch

Galician chef Manuel Domínguez took a big risk when he decided to open a restaurant offering an exclusively fixed menu 14 years ago in Madrid. The concept was almost unheard of at the time. But today, that bet has paid off.

His award-winning [Restaurante Lúa](#) continues to offer Galician-inspired dishes with truly innovative touches. The quality and creativity of his cuisine has even earned him a Michelin star – Lúa is the only Galician restaurant outside Galicia to



hold one.



Lúa, which means “the moon” in Galician, is Manuel’s personal project that he’s been dedicated to for well over a decade with a signature culinary style and unique tasting menu. He bases his cuisine off traditional Galician recipes made with seasonal, fresh and local ingredients.

His success led him to move from the original location to a larger space on Calle Eduardo Dato with a dining room, a bar area with high tables and a terrace that opens up in summer.



There's even a private room that can be booked for special occasions.





Manuel's personal passion for design is reflected in all the decor, from the furniture to the art.



The restaurant's main attraction is the Menú Lúa tasting menu (€68) consisting of three *aperitivos*, two starters, two main dishes (meat and fish), a pre-dessert and a dessert. Oenophiles can order this same menu along with a wine pairing, Menú Lúa Chea (€90). If you're not in the mood for a tasting menu, not to worry – you're also welcome to order off the regular menu, which features half- and full-size portions of Galician-inspired dishes with a twist.

What's more, [Lúa](#) has over 150 wine labels on offer and a short list of champagnes from small producers. We shared two bottles of the restaurant's very own red and white: "A Tiro Fijo." Both are made exclusively for Lúa and with local ingredients from the Coto de Gomariz bodega in Orense. The wine's flavor was truly unique, with a hint of Albariño which is my favorite.





The star of the menu is Galician-style octopus prepared in two ways: the classic *pulpo a feira*, the authentic recipe from the owner's hometown of Carballiño; and the oven-baked octopus accompanied by potato purée and garlic sauce. We tried the first and for anyone who's ever been to Galicia, you'll know it's the real deal.

We sampled several other small portions of their most popular menu items, such as the foie micuit over pear empanada and caramelized San Simón cheese which was a burst of so many different flavors in just one bite.



We also had the *patatas bravas* made of shrimp – a deliciously deceiving *trompe-l'œil*. The list goes on but I'd rather you experience it first-hand for yourselves.





For dessert we grabbed a seat out on the terrace and ordered the cheese cream with violet soup. The cheese itself was outstanding, and the “violet soup” was inspired by traditional Spanish *Violeta* candies. We rounded off our meal with some *licor de café*, straight from Galicia of course.

This was my first Michelin-starred dining experience and now I

do understand what all the fuss is about. I won't give away too many more details about Lúa, but let's just say that if you appreciate the art of gastronomy and have a love for good food, it's well worth a visit.

### Restaurante Lúa

- [Website](#) & [Facebook](#)
  - **Address:** Pº Eduardo Dato, 5
  - **Phone:** 91 395 28 53
- 

## Don't walk right 'pasta' Propaganda 12

I really and truly love Italy. So much so that if my finances ever return to 'normal' after the battering they've taken from buying a flat, it's where I hope to spend a week over the summer getting some much longed for Vitamin sea.

I love everything from the sing-songy nature of their language, to the style and panache of their locals. And of course, there's the food. To me, there is literally nothing better than a plate of pasta. Like a hug when you're feeling blue, it has restorative powers.

[Propaganda 12](#) is so much more than pasta though. It's like bypassing passport control and finding yourself in the land of limoncello, despite not having left the cocoon of barrio Chueca.





As mentioned, I bought a flat – a process in Spain that felt akin to a root canal, but I survived. And after you've

survived something there's only really one rightful thing to do and that's – celebrate. So off I went (with my Dad in tow) to toast my freshly signed mortgage.

No sooner did we arrive, our hostess (who couldn't be faulted the entire evening) offered us two glasses of champers – I liked the place already and the fizz combined with the decor (my current obsession is all things paint and plate related) made an excellent first impression. The tiles in the bathroom along with the wallpaper are sure to be papped and all over the 'gram.





Again, we completely trusted our wonder of a waitress when it came to wine and she gave us a back story with each bottle.

So on to the food. We shared anti pasta to start. Now so far, you may well think so predictable, but the roast pork that we plumped for was literally so a-ma-zing, that we ordered a second portion.





Now I enjoy pork as much as the next person but this was something else. Tasting of rosemary and served with freshly baked bread, I honestly think I could eat it day in, day out. Whilst I'm becoming increasingly open minded with food, my



Dad's a tough crowd and even he couldn't find enough superlatives to pile on the praise.



We both then had a beef red curry which was spiced to perfection – not bland, not blow your head off hot and two delicious puds, tiramisu and a red fruits cheesecake respectively. Everything was heavenly and as good as anything that I've eaten in Puglia. All the while, the setting is chic yet cosy, the staff friendly but not overbearing.

I also spotted that come weekends, they do a champagne brunch

for the non too pricey sum of 25 euros. Good food, good booze, good times.

An ideal place to brunch, lunch or dinner, pop propaganda 12 on your to-do list right about – now!

*All photos from Propaganda 12*

## **Propaganda 12**

- [Facebook](#), [Website](#)
- **Instagram:** @propagandadoce
- **Address:** Calle Libertad, 12
- **Metro:** Chueca
- **Phone:** 910 56 70 03

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## **Fratelli Figurato – two Neapolitan brothers bring pizza passion and innovation to Madrid**

Fratelli Figurato is a newly opened pizzeria in Madrid's Chamberí neighborhood, brought to us by two brothers hailing from Naples who share a strong passion for pizza and innovation.

Before founding [Fratelli Figurato](#), Riccardo and Vittorio had both worked in marketing and lived in different parts of the world. It wasn't until December of last year that they decided



to give it all up to pursue their true calling: reinventing the Neapolitan pizza.



The mastermind behind the kitchen is Riccardo, who's been a pizza-making aficionado for years, creating his own methods and putting spins on Italian culinary tradition. You'll always spot him sporting a blue New York Yankees hat.

Vittorio is in charge of marketing and communication, and designed the restaurant's image and personality. He's the crazier one of the two, although he shares the same passion for gastronomy and creativity as his brother.



Together, the Italian duo has made their dream come true with [Fratelli Figurato](#). Lucky for us, we now get to delight in their welcoming, family-run restaurant serving delicious Naples-style pizzas featuring innovative techniques, elaborate processes and special ingredients.





Their pizzas stand out in particular for the light dough – Figurato’s trademark recipe created by Riccardo. It’s fermented for an impressive 36 hours and made with top-quality ingredients. With each pie you order, you get to choose from three dough options: traditional, wheat and five-grain.

After greeting the two brothers and hearing all about the restaurant's story and mission, here's what went down at the table:



We each ordered a glass of Italian wine: a white *Casal di Serra*, and a red *Lacryma Christi*. To whet our appetites we were given slices of Tuscan-style salami. A perfect and simple appetizer.

You can't go wrong with any of the pizzas listed on the menu, but seeing as it was our first time, we asked to try the most standout options – mortadella and pistachio, and squash and pancetta.





The first is made with a cream of ricotta and pesto, and provolone cheese. After leaving the oven, it's topped with thin slices of mortadella from Bologna, bits of toasted pistachios and basil. We had it prepared on traditional dough.



The latter is made with cream of roasted squash, provolone and crispy pancetta. It's topped with walnuts and basil. We ordered it on five-grain dough.

The mix of ingredients and flavors was so unexpected and delicious. Not to mention the dough was outstanding and very light.





To round it all off, we ordered their most in-demand dessert, the Sicilian-style cannoli. Divine.

All the star dishes certainly have a signature Figurato flair. We'll definitely be going back to try everything else on the menu!

## **Fratelli Figurato:**

- [Facebook](#), [Website](#)
- **Instagram:** @fratellifigurato
- **Address:** Calle de Alonso Cano, 37
- **Metro:** Alonso Cano
- **Phone:** 914 85 79 93

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# Neon Nirvana at Kamikaze

They say a change is as good as a rest and that's exactly what I discovered on my visit to the recently opened [Kamikaze](#). Located where Dray Martina used to be found, it's now a tribute to all things awesome and Asian. So if like me, you can't get enough of gyoza, and edamame is your everything, this is the locale for you.

Like all my favourite Friday night dinners we kicked off proceedings with a cocktail. A mix of gin, mango syrup and rose-flavoured tonic, it was downright delicious and packed a punch thanks to the additional cayenne pepper kick.





Our aperitivo came complete with a flaming dragon (I was told that I needed to squeeze his tummy three times for good luck)

which I duly did even though I felt quite lucky at this point with my gluttonously gorgeous bowl of prawn crackers.

So onto the menu. Essentially there was nothing that I didn't fancy, which meant that we ordered a lot – partly due to the excellent host that was Giuseppe who was able to tip us off regarding some of his faves.





We sampled spicy edamame (and these really did leave your tongue tingling), curried mussels, steak tartare on teeny, tiny tacos, gyoza (natch), chicken wings, spring rolls and just to really ensure that a loose-fitting dress has been a wise choice, a prawn Pad Thai. Everything was ooh and aaaah

inducing and incredibly more-ish.





I had high hopes for the food, given that Kamikaze comes from the tour de force that is Grupo Larrumba and as such, the decor is second to none (we sat next to a Japanese cherry blossom tree that frankly I'd have liked to take home for my patio). There's plenty of neon (perfect for Insta) and plate porn if like me, crockery is your 30-something fetish.





As we were wrapping up with our post-dinner coffees, a monkey appeared wielding a ghetto blaster with tunes blaring; leaving us in no doubt that Kamikaze is definitely a place to get your weekend party started.

Choc-a-bloc with pretty looking peeps, as equally easy on the eye as the food was, this was aesthetically pleasing Asian at its best. I recommend booking for a Friday or Saturday if you like your gyoza hot and your cocktails cold.

## **Kamikaze**

- [Website](#), [Facebook](#)
- **Instagram:** @kamikazemadrid
- **Address:** Calle Argensola 7
- **Metro:** Colon or Alonso Martínez
- **Phone:** 910810056