

# Bar Toboggan – best new terrace in Madrid's Arganzuela district

Bar Toboggan is one of the best new additions to the area of Arganzuela, located just around the corner from El Matadero. This lovely little restaurant is nestled between a courtyard and playground, so it's away from the cars and you feel like you've left the city – almost as if you were at the beach!







The outdoor seating area is spacious, and family- and pet-friendly. The restaurant itself is also very open, with high windows, and modern, colorful decor. The servers are young and friendly. As for the [menu](#), you'll find a great selection of options from small dishes to mains.





The last time we went, our drinks arrived with an extremely fresh and gooey *tortilla de patata* – a nice change from the potato chips and industrial olives that we're so used to these days.





We decided to order an array of small dishes to share: *patatas bravas* Toboggan, *croquetas de jamón*, *salmorejo*, and a *pepito palentino* – a filet of meat, a slice of brie cheese and sautéed green bell pepper on a baguette.









We were completely full by the end of the meal. In total, we had ordered four small dishes along with two drinks each, and our bill came out to less than 30€. A bargain in this city nowadays!





The first time we went, we ordered the Toboggan-style burger with brie, caramelized onions, bacon and mustard; and the tuna tartar with shrimp and avocado. But we didn't take pictures that day. Sorry! I definitely recommend them though.

Food aside, what stands out most about Bar Toboggan is the welcoming atmosphere and unbeatable terrace. Seriously, it might just be my favorite *terraza* in Madrid.

## Bar Toboggan

- [Website](#), [Facebook](#) & Instagram: [@bar\\_toboggan](#)
- **Address:** Plaza Rutilio Gacis, 2
- **Metro:** Legazpi



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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.

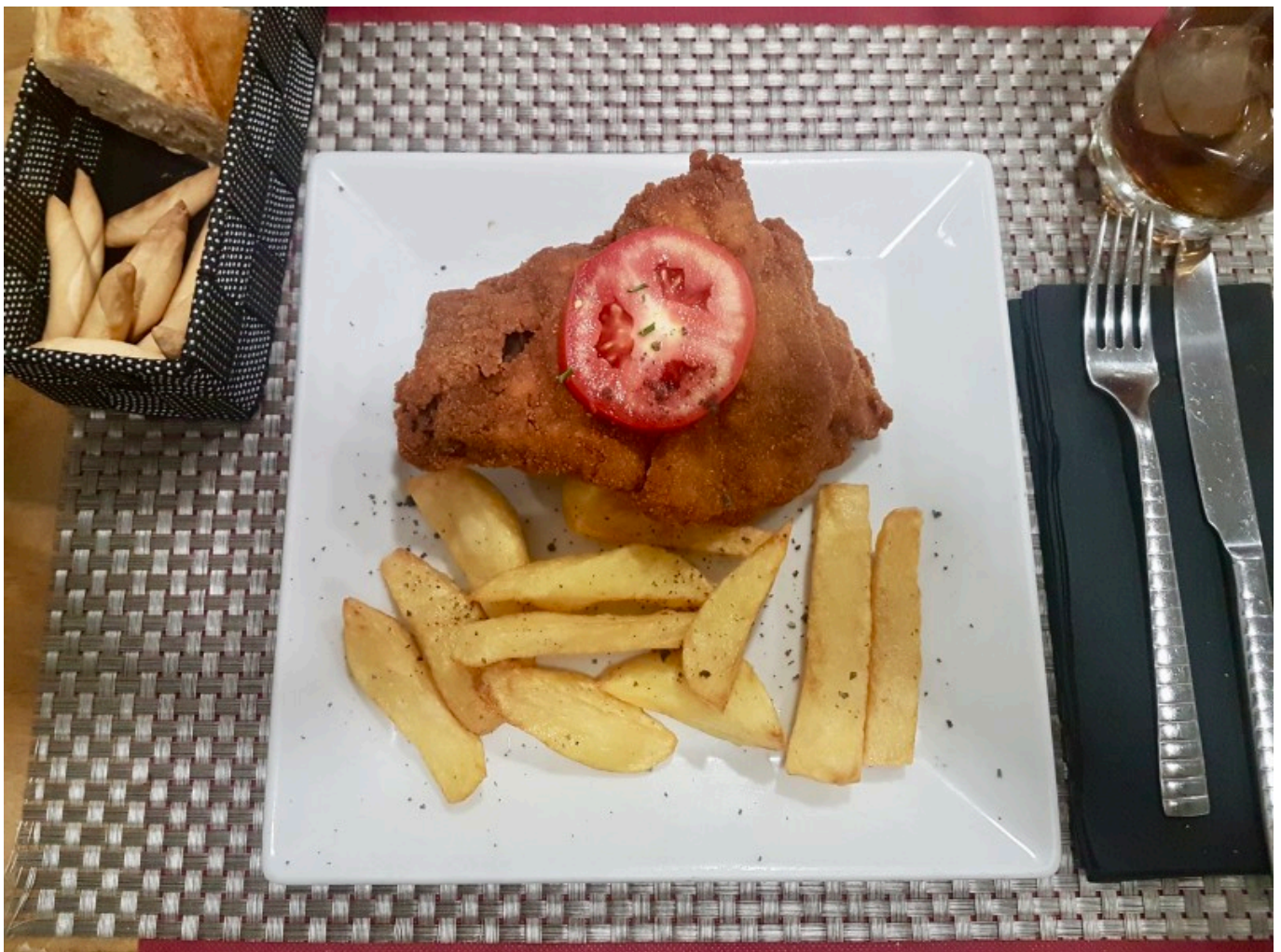
### 3. Restaurante Buen Gusto



- 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](#)!