

Banibanoo, an Iranian Market-style Restaurant in the Center of Madrid!

I have to admit that when I was first invited to try a new Persian food restaurant in Madrid, I had my doubts. Until then my knowledge of Persian food was very limited. But if there is something that I love it is trying new things. So of course, I accepted.

[Banibanoo](#) describes itself as a restaurant offering Persian market cuisine. It is owned by a young woman named Banafsheh who, after working six years in marketing, decided to pursue her dream of becoming a chef and restaurant owner. One day she left her job and went to London to study in Le Cordon Bleu School. Upon returning to Madrid, she discovered that Iranian food was little known in the Spanish capital. So she decided to open her very own restaurant where people could enjoy these wonderful dishes.

The name of the restaurant is also very personal: *Bani* is short for her full name Banafsheh and *Banoo* means Miss. So Banibanoo means *Miss Bani*.



Banibanoo's owner Banafsheh



The restaurant is small and cozy, perfect for a fantastic meal with friends or with your partner. Apart from the food, what I love the most about Banibanoo is how bright it is and that the food is on display at the bar. That way, you can see all the food they serve before you order. It also has an intimate and familiar feeling, as if you were entering a market and wanted to eat something from a particular stand.



Banibanoo.



Fresh ingredients and beautiful homemade dishes are all the decorations you need



Banibanoo

According to Banafsheh, Iranian shares a lot in common with Mediterranean cuisine; the ingredients are all very similar. But

for me, each dish at [Banibanoo](#) tastes unique and exotic, for the mixture of flavors and variety of ingredients on each plate.



Food on display



Food on display

The food

[Banibanoo](#) offers a simple menu, consisting of traditional and original dishes, all made with fresh ingredients and a lot of love. If you're the kind of person who struggles when it comes to ordering, no problem. At Banibanoo you have the option of choosing a menu with three different dishes on one plate. Banafsheh likes to change up the menu every two weeks, offering different recipes along with the old ones. [Banibanoo](#) also offers wonderful breakfasts. On Saturday and Sunday, for example, she offers a very special breakfast that will be the highlight of your weekend: a "burnt" brioche bun with cream cheese and jam.

When I went for lunch with two friends, Banafsheh suggested we

try out different dishes so we could all share. I have to say that was a fantastic idea. The first three dishes we tried were: *broccoli with roasted cherry tomato in a yogurt sauce and tahini*; *beetroot hummus with feta cheese and hazelnuts*; and *gourmet purple potatoes with yogurt sauce, cherry tomatoes and cardamum*.



Menu 1

For the second place, we ordered: *sweet potato with red onions, yogurt sauce, almonds and pomegranate seeds*; *couscous with cheese, mint sauce, cilantro and parsley*; and *Kuku Kadoo: zucchini 'frittata' with mint and cheese*.



Menu 2

Our last plate included: *roasted beets with cherry tomatoes, feta cheese and a pomegranate and Sumac sauce; Shirin Polo, Persian rice, saffron, orange zest, carrot and pistachio (this was one my favorite, amazing!); and Kuku Sabzi: similar to a 'frittata' with herbs, walnuts and cockles.*



Menu 3

For dessert we had an incredible carrot cake (really, please try it!) and a brownie-like chocolate cake. Also delicious.



Carrot cake



Guinness Chocolate cake

All this feast of food could only be accompanied by a typical **Iranian drink, infused with cucumber, flowers and other refreshing ingredients.** How can you describe something that tastes so good? They now have two different drinks based on this one: One is call **Tejebin:** The same drink but with tea and **Cafejebin:** The same but with coffee.



Banibanoo drink

What can I say? If you want to enjoy healthy and traditional food with an exotic taste, this is your place! Fantastic Recommendation – thank you Jose and María for taking me to this wonderful place.

INFO

Address: Calle Martires Concepcionistas 19, Madrid

Price: €12.95, 3-dish menu plus coffee and drink during the week; €13.95 During the weekend, without drinks; Breakfast goes from €2.50 with coffee or tea to €5.50.

[Facebook](#)

[Instagram](#) (@banibanoomadrid)

Mercado de las Ranas (the Frogs' Market) in Barrio de las Letras

All the shops in this charming Madrileño neighborhood – [El Barrio de las Letras](#) – come together to celebrate [The Frogs' Market](#) on the first Saturday of every month. Amongst the neighborhood's sweet streets, local stores offer all types of events and activities, from tapas and vermouth tastings, to art exhibitions and story-telling sessions for the little ones.

If you find yourself in the center of Madrid on Saturday, don't miss out on this lovely neighborhood market and find, amongst its nooks and crannies, the array of treats that the Frogs' Market has to offer.

Also check out the hashtag [#mercadodelasranas](#) for more info

Maria's: Sensational Sweets

on Calle Zurbano

I heard from a few friends that a [recent New York Times article](#) had rated **Calle Zurbano** one of the writers' "favorite streets in Europe." I remembered Zurbano; I had stayed in a hotel on the north side as my introduction to both Madrid and my teaching program. While the people I met and the things I learned on Zurbano were of the highest quality, the street itself did not surprise or amaze me eight months ago. Nevertheless, my friend and I committed to revisiting Zurbano and seeing if anything inspired us. We stumbled upon inspiration. Hidden in the article's recommendations sits a tiny bakery hiding between ritzy hotels, bustling banks, and mainstream restaurants: **María's Bakery**.



The New York Times
MENDI MARIA'S BAKERY



Favorite Streets
in 12 European
Cities

The New York Times
MENDI MARIA'S BAKERY



Favorite Streets
in 12 European
Cities

Maria's
Desayunos
2:30 Café +
con ac
3:30 Café +
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3:30 Café
3:30 Café

María's looks like it crashed onto **Calle Zurbano** straight out of your Pinterest news feed. The place oozes chic hipness—grey wood panels lead to off-white walls, chalkboard paint menus, reclaimed benches with homemade cushions, and wooden card tables covered in doilies and faux-70s tablecloths. Like your Staten Island grandmother got a hold of a Paula Dean magazine.



The bakery's eponymous María is apparently famous around these parts. **Locals pop into her ten square meters of space just to say hi**, read her newspapers, drink her coffee, and grab a baguette or a pastry to-go. Even the other staff know visitors by name, asking about babies or job lay-offs or who won the Real-Juventus match.

And, of course, there's the food. María and company arise before the sun to proof, knead, and bake the day's glutinous goods. *Pistolas, artisanas*, croissants, cookies – all things line María's stuffed shelves. **The cake selection includes dozens of decadent decisions:** "Muerte por chocolate," "mousse

de Bailey's," "tarta de queso con salsa de mora," even the oft-elusive "red velvet."



Maria's Bakery in Zurbano

As you get a high from the smell of bubbling yeast and caramelizing sugars, take a look at **María's eclectic selection of international sweets**, like *bonbones*, *alfajores*, tarts, *pasteles de Belén*, *dulces de leche*, macarons, and much more.

However, a proper critic has to judge any bakery by the Spanish classic: *pan con aceite*, with a coffee. Luckily, María's does not disappoint, masterfully toasting its 8-cereal brown bread, complimenting its nutty savoriness with peppery Andalusia olive oil and ground rock salt. Washed down with frothy milk and brewed beans, it makes for a **great breakfast deal around €2**.



Stick around long enough and you'll get to try some of María's newest experiments. While we crunched and munched our *pan*, we also were brought small plates of other samples, new treats that the bakery's working on right now. This season, María's is toying with **nut and oat hard crackers**, thin biscotti to market as "light" for snacking clients. To go with the recent holiday, we also tried María's ***rosquillas de San Isidro***, the *listas* covered in orange and lemon glaze, the *tontas* smacking of anis and cloves.

CHOCOLATE
 con Queso Tiramisú
 negro con Naranja
 blanco con Fresa
 con Baileys
MADEIRAS
 de Manzana
 de Frambuesa
 de Queso
 de Queso con Dulce de leche
IRLANDES (Caramelo, cafe, chocolate), Intenso, Pasten Verde, Tiramisu...
MANGO, KIWI, PLÁTANO, FRESA, MELCOTÓN, etc...
SANDWICHES
 Jamon y Queso, Jamon y Huevo, Salmon,
 Salmon y Huevo, Salmon y Queso crema,
 Atun y Huevo, Atun aceituna negra y lechuga,
 Pavo Queso y Curry, Pollo y tomate
CATERING
 Mini Bocaditos salados con
 Croquetas, Tartaletas, mini Quiches
 Rollitos chinos, Hojaldres rellenos, etc...
PASTELES
 Bolos, Caramel, Lemon, Queso
 Chocolate, Frutas del bosque
BIZCOCHOS
 Naranja y Yogurt, Jacon
 Chocolate, integral con Cacao
BOLLERIA ARGENTINA
 Medias lunas, salsitas y dulces
BOLLERIA FRANCESA Entremets
 Croissant, Napoleones, Corchetes
 Mayas de frutas, Sanfofones milaneses
CAFES HELADOS
 Intenso, Pasten Verde, Tiramisu...
ZUMOS NATURALES
COMIDAS
 Empanada Argentina, Morsale,
 Empanada (Atun, Lomo, Pollo), Pasta,
 Pollo al Curry, Pollo a la Almodora,
 Pisto, Escaladas variadas, etc...
MONTAJE & BODEGONES
 Para Cumpleaños, Bodas o
 Primeras Comunionen

Debido a la frescura de los productos, se requiere Reserva Previo!!!



As we got *napolitanas* and *medias lunas* filled with *dulce de leche* to go, Erika told us from behind the cash register that we weren't the first Americans to visit; the **New York Time's** "favorite streets in Europe" gave the bakery a steady drop of international attention. Since then, Anglos amble around Zurbano, waltzing into María's and placing their orders with a combination of gestures, grunts, and broken English. While we laughed, I taught the staff how to say "home made," hoping it would help guide our more linguistically ignorant compatriots. If you're walking down Zurbano and trying to see what all the fuss is about, give María's a try. It's small, it's strange, it's out of place – and it's adorable.

Info

Web

Facebook

Address: Calle Zurbano, 15

Metro: Alonso Martínez

Phone: 91 702 63 02

Also check out:

Mama Campo – a restaurant/market of organic delights in Plaza Olavide

Harina – for something sweet or savoury

Pan Comido – a French bakery where our bread will most certainly be eaten all up

4 Coziest Cafes in Chamberí

Stunning Local Olive Grove Tour, in English! – Proyecto Los Aires

In 2013, biologists **Guillermo and Laura** – Spain's newest generation of **olive farmers** – took over the family business and embarked on an innovative mission: to connect the local countryside with the city of Madrid and make farming a **sustainable way of life** once again.

How it all started:

Over a century ago, in a small town in the region of **Toledo**, Guillermo's great grandfather planted his first grove of around 200 olive trees, and between the evenly spaced olive saplings grew rows of sun-drenched grapevines.

A hundred odd years later, only the footprints of the old vines are visible, but the olive trees have grown beautifully gnarled and twisted, with silver miniature leaves and shiny hard fruit, ready for the annual harvest of some of the tastiest **organic extra virgin olive oil** in Spain.



The centenarian olive trees

Guillermo and Laura's story:

Olive farming has been in both of their families for generations, inspiring them to study biology at university, which is where they met. From early on, they drew sketches on scraps of paper illustrating grand ambitions to re-bond our booming capital with its rural backyard, enthusiastically telling anyone who will listen about the genius that is the organic farming ecosystem (it's genius).

By mid 2014, their dream had gathered enough steam for them to **quit their jobs** and make [Proyecto Los Aires](#) their life, and for being in the midst of an **economic depression**, it's incredible how much they've already achieved.

The tour:

On Saturday, we headed out to their stunning olive grove in **Arcicóllar**, about an hour south of Madrid. When we arrived, we

met up with our fellow tour buddies and set off on our educational meander through the olive trees.

Guillermo and Laura led us around their oldest plot and explained the **process of creating olive oil**: from planting and harvesting to filtering and bottling. Their scientific angle on the entire practice is fascinating, but I won't say any more – the oohs and aahs are all part of the fun!



The walking tour begins



Taking a closer look at the trees

After the walking tour (and tanning opportunity), we sat down at a shaded table nestled idyllically among the centenarian trees. It was time for the **tasting**. This involved professionally sampling several olive oils in little blue glass cups, and learning how to tell the difference between generic **supermarket oil** and **top-quality organic oil** such as theirs.

And then came the food and wine. Through local connections and friends and family, Guillermo and Laura brought together a plethora of **Iberian foodie gems** for us to eat. A *mercado* on a table came to mind, and our tour companions' similarly delighted reactions included lots of "mmm"s and "oh my God"s and jokey squabbles over who liked the **pumpkin *morcilla*** most. We chatted, talking about Guillermo and Laura's endeavours as well as our own, then gratefully accepted Guillermo's offer of

a top-up of wine to accompany our final wander through the trees (and take a few grove-selfies). Finally, we had the opportunity to buy some of the delicious products we tasted that day.



The tasting (and eating and drinking)



The quaintest little market stall in the world

After an **eye-opening and mouth-watering experience**, we said our goodbyes to the lovely Guillermo and Laura and hopped on the bus back to Madrid, desperate to get the word out to you!

The project explained:

[Proyecto Los Aires](#) aims to **promote local agriculture** by running **educational tours & tastings** on their farm and forging a direct link between urban consumers and the rural economy. Their oil (Los Aires Extra Virgin Olive Oil) can be found in **gourmet shops** such as Oleoteca Murúa at [Mercado San Antón](#). Guillermo and Laura also regularly sell their oil in **markets across Madrid** such as [Mercado de Motores](#), [Mercado Central de Diseño](#), [Nómada Market](#) and [Gastro Market](#). Next time you're there, **go and say hello!**



Los Aires olive groves

How to get there:

The **meeting point** for the tour is the bus stop in the town of **Arcicóllar** (see location [here](#)). Regular buses (see timetable [here](#)) will get you there from Madrid's **Méndez Alvaro** bus station in **just over an hour**. If you're driving, it takes around **50 minutes** from central Madrid.

Details & Contact Info:

Tours run **year-round** on **any day of the week** or weekend and must be booked at least **48 hours** in advance.

[Facebook](#) & [Web](#)

The website is in English and Spanish! For more information about the tour, pricing, and to book, click [here](#).

Ostras! Spanish food phrases for aspiring natives

Want to sound like a true *madrileño/a*? Then you'd better learn about food. When foreigners first arrive in Madrid, eavesdropping can confuse. Why is everyone talking about milk? What do politicians have to do with cured sausages? Why do my students shout "oysters!"?

The answers lie somewhere in Madrid's food culture.

All things Madrid revolve around food. Work, school, family, and free time all have their feet firmly planted in gastronomy. Veteran Auxiliares not-so-fondly remember that first day home from school. Bewildered that Spaniards go 8 hours between *desayuno* and *comida*, you greedily shove muesli, bread, and ham into your starving jaws—a cruel introduction into how Spaniards think of food.



Other mealtime nuances scream “welcome to Madrid!” No, you can’t find a good lunch before 1PM, or any food except cold *tapas* and coffee between the hours of 4PM and 7PM. Half of the reason for eating *cocido* is for the next day’s *ropa vieja*—always made best by someone’s *abuelita*, who fusses over you and asks why you don’t want another glass of wine at 3PM during your *sobremesa*. Sharing *churros con chocolate* with your friends at dawn after a night of *discotecas* is a rite of passage into *la vida castiza*.

Madrileños have always loved food, and their language is no

exception. Madrid's people garnish, pepper, and marinate their speech with **food phrases**. From idioms to exclamations, residents of Madrid use food and food words to discuss politics, time, emotion, death, and much more.

So, here's my guide for the aspiring hispanophone to some of Madrid's best food phrases.

You'll see the usual (I'm convinced that oblong vegetables in any language are *always* sexual) and the not-so-usual (playground bullies "give you milk" while they take your milk money). And all will help you spout the foodie Spanish of a proper Madrid resident.

We'll stick to a typical Madrid diet: a mountain of bread, a hunk of meat and seafood, good eggs, milk & dairy, a glug of booze, and a small side of greenery and citrus.

Bread

Al pan, pan, y al vino, vino



Quick-marts have plenty of idioms for the curious linguist.

Let's start with two of Madrid's favorites: bread and wine.

For these two cornerstones of Spanish food, *madrileños* would appreciate you to be direct—the meaning of this particular phrase. “Al pan, pan, y al vino, vino” (“To bread, bread, and to wine, wine”) is a request to be direct. Using this phrase means you want someone else to call it like it is. Don’t beat around the bush and talk in circles—call your bread “bread!”

Hostia

Speaking of bread and wine, Madrid’s food phrase dictionary deserves an entire page to Communion bread (*la hostia*). The supposed body of Christ can mean anything from a grave insult to a killer descriptor. Simply shouting “hostia!” (if you’re surprised, or you just smashed your toe on a sofa, or Sunday’s *El Clásico* is not going your way) is kosher between friends or younger people, but many *madrileños* may take offense. To describe something as great or large, try *de la hostia*. After a night of a few too many, you may hear “***Hostia! Tengo un melocotón de la hostia!***” (see “Fruit & Vegetables” to know why).

Con las manos en la masa

Even the beginnings of bread are not sacred from Spanish turns of phrase. To see someone “con las manos en la masa” (“with their hands in the dough”) is to catch them red-handed. Did you just see Jesús cheating on his exam for the hundredth time? His hands were in the dough!

Estar empanado/a



This one is a great image. To describe the time when someone's brain isn't operating at full capacity, a *madrileño* will say "estoy empanado" ("I am breaded"). Whether that person needs a coffee, is distracted, or simply doesn't want to focus, their brain is battered.

Un churro



While these [fried chunks of bread and sugar are usually excellent](#), using “churro” to describe something else means that it lacks quality. For example, you may hear one of your students complaining “he hecho un churro en ese examen” (“I made a churro on that exam”), meaning he or she utterly failed.

Esto es pan comido

Is something incredibly easy? Then you may hear a Madrid resident exclaim “esto es pan comido” (“this is eaten bread”). English speakers aren’t too far off from their [“piece of cake”](#) or “easy as pie” with this one. Practice these phrases enough, and they’ll be like eaten bread.

Meat



Beautiful people and corrupt politicians.

Estirar la pata

Are there things you want to do before you go into the great beyond? Is someone going to croak? Kicking the bucket? Well, in Madrid, death is like a slaughtered animal—they lie you down, do the job, and then you “estirar la pata” (“stretch out the hoof”).

Jamón

Madrid and pork go together, and so do Madrid Spanish and pork products. After seeing someone attractive across the room, you may hear them described as “el/ella está jamon” (“he/she is ham”). If you refuse to do something, shout “Y un jamón con chorreras” (“Ham with frills!”) to show your disgust.

Chorizo

Pork sausage gets a special mention. While usually a spicy, smoky treat, the word *chorizo* also means “thief.” A *carterista* (“pickpocket”) may be described with “qué chorizo!” (“what a sausage!”). Sausage also extends to politics—protestors love the phrase “no hay pan para tanto chorizo” (“there isn’t bread for all this sausage”) to describe corrupt politicians.

Poner toda la carne en el asador

If you’re taking a huge risk, then you’re putting all your meat on the grill (“poner toda la carne en el asador”). Best used at gambling halls, or literally when at a barbeque.

Seafood



Sure it's on sale, but who's cutting it?

Ostras!

The quintessential exclamation of Madrid, outside of *joder!* My guess is that “oysters!” (“ostras!”) is a tamed-down version of “hostia.” Akin to the English “darn” and “damn,” just more nautical.

¿Quién corta el bacalao?

A phrase asked of mafia bosses is “who cuts the cod?” (“¿quién corta el bacalao?”). While seemingly random, the phrase has its origins in industrial traditions; in the *comidas* of old Madrid, guild masters and supervisors were the ones who served fish to their underlings. Whoever was at the head of the table carving the filet was the big boss.

Me siento como un pulpo en un garaje

Feeling out of place? Like a fish out of water? Then say that you “feel like an octopus in a garage” (“te sientes como un

pulpo en un garaje”) for the authentic Madrid vibe.

Eggs



You're worth a lot!

Tener huevos

Aside from the obvious connection between eggs and rounded male genitalia, *madrileños* will also shout “la cosa tiene huevos” (“the thing has eggs”) if something doesn’t work properly. Did your blender just start to spark and smoke? It has eggs.

Pisando huevos

Like any big city, Madrid’s day-to-day life can be pretty fast-paced. And, like any big city, you’ll come across people on the sidewalk who are simply walking too slow. While you dodge tourists to get around them, you can mutter that they’re “pisando huevos” (walking [on] eggs).

Te quiero un huevo

Are you crazy about your significant other? Then you “love them an egg” (“querer un huevo”). It’s because “un huevo” can mean “a lot.” Don’t ask. Just say it.

Hasta luego, cara huevo

If you want to sound cutesy, try the Spanish version of “see you later, alligator”: “until later, egg face” (“hasta luego, cara huevo”). It makes about as much sense.

Milk and Cheese



Bags have this stuff printed on them.

Ser la leche

If “hostia” deserves its own page in Madrid’s food dictionary, milk merits its own chapter. As an opaque white liquid, milk has its sexual euphemisms. But, if something “is the milk,” it’s quite awesome. If everything’s going your way, try “hoy ha sido la leche” (“today has been the milk”).

Estar de mala leche

Milk is good, but all milk will go bad. In this case, Madrid speakers say someone “está de mala leche” (“is of bad milk”) when they’re grumpy. Chronic/permanent sufferers of bad milk “tienen mala leche” (“have bad milk”) in their systems.

Me cago en la leche

By itself, “I crap in the milk” (“me cago en la leche”) can be a general exclamation of disappointment or anger. But, in conversation, it can hold all the hatred and disgust that a bowl of milky waste can possess. Save this one for when you mean it: “me cago en la leche de la puta que te date la luz/la puta madre que te parió” (“I crap in the milk of the whore mother that birthed you”).

Ir a toda leche

When someone is “going full milk” (“ir a toda leche”), they’re running full out. Full milk’s opposite would be “pisando huevos” (see “Eggs”).

Dar una leche

When someone smacks or hits you, they “give you milk” (“te da una leche”).

Que no me lo des con queso

A bit of gastronomy trivia: very high-quality wine is enjoyed by itself. For the snobby, consuming cheese with wine ruins the experience of both. The fats from the cheese coat the

inside of your mouth, limiting how much you can taste the wine.

As such, *madrileños* shrewdly ask “que no me lo des con queso” (“don’t give it to me with cheese”) to tell someone to stop ripping them off. It’s to help avoid life’s various glasses of *tintorro* (see “Alcohol”).

Blanco y en botella? Leche

Do you want to say that something’s obvious? As obvious as something that’s white and in a bottle (“blanco y en botella”)? Then try this phrase. Duh.

Alcohol



Botellón

Stay in Madrid for more than an afternoon with the younger crowd, and you’ll have learned *botellón*. Part hang-out, part

pre-game, part illegal, Madrid's party crowd gather in public spaces to drink "a big bottle" ("botellón"), usually of *tinto de verano* (red wine and fruit soda), *calimocho* (red wine and Coca-Cola), beer, or something harder. Controversial yet characteristic.

Garrafón

Some people swear that some bars will "give it to you with cheese" by filling their empty bottles of fancy liquor with trashy, bottom-shelf spirits. These liquors, the ones that melt your brain and lead to the worst *resacas* you've ever had, are called "gas cans" ("garrafones").

Tintorro

There is [the good stuff](#), and then the not-so-good stuff. The wine equivalent of a *garrafón*. Usually used to make *calimocho* during a *botellón*.

Fruits & Vegetables



Ajo y Agua

The Hispanic world likes optimistic phrases. Some choose “no pasa nada” (“nothing happens”). Others choose “resolver” (“determine”). Some *madrileños* go for the vulgar: “garlic and water” (“ajo y agua”), a shortening of *ajoderse* (“to f*ck yourself”) and *aguantarse* (to suck it up). A nice message wrapped in a bitter casing.

Campo de nabos

What did I say about oblong vegetables? A “turnip field” (“campo de nabos”) is a “sausage fest”—a party with only men. You understand the image.

Melocotón

If you “have a peach” (“tienes un melocotón”), you have a hangover. An alternative is *cebollón* (“big onion”), meaning

the same thing. Who knew having produce meant you had one too many last night?

De uvas a peras

There's someone you get along with really well, but you only see him/her once a year or so. What we'd call "once in a blue moon" in English changes to "from grapes to pears" ("de uvas a peras") in Madrid Spanish. The expression comes from the agriculture—vintners harvest grapes in September, and farmers pick their pear orchards in August. If counting from grapes to pears, there's nearly a full year before you'll see that person again.

Also check out Madrid Food Tour's post – [5 Spanish Food Idioms and How to Use Them!](#)

The 4 Coziest Cafés in Chamberí

The district of Chamberí is the heart of Madrid's university life. During the week, the neighborhoods of Moncloa, Islas Filipinas, and Guzman El Bueno are bustling with students. It only makes sense that some of Madrid's best cafes are located in this area. After all, university students need their caffeine! The following is a short list of my personal favorites. These four cafes are all perfect for that much needed study break!

1. La Rollerie





I discovered this adorable cafe about a year ago and fell absolutely in love with it. And I'm not the only one! Any day of the week you can find La Rollerie filled with people, especially during lunchtime. What I love most about this cafe, besides its friendly staff, is its extensive menu. La Rollerie is the perfect place for a coffee break (a delicious cappuccino) or a full meal (try their beef burger or their salad with goat cheese).

Contact Info:

[Facebook](#)

Guzmán el Bueno 105, 28003

Phone: +34 91 399 2193

Metro: Islas Filipinas

2. Chocolate y Nata





What's really nice about this cafe is how small and quiet it is. Never very noisy, Chocolate y Nata provides a cozy and authentic atmosphere. Enjoy their mixed croissant or any of their succulent cakes! As its name would suggest, this cafe offers some of the best chocolate pastries in the area.

Contact Info:

[Faceook](#)

Paseo de San Francisco de Sales, 21, 28003

Phone: +34 915 44 73 64

Metro: Guzman el Bueno, Islas Filipinas

3. Salon des Fleurs



Out of the four cafes on this list, Salon des Fleurs has been open the shortest amount of time. Still, it has created the biggest buzz! Customers are eager to enter into the unique experience that results from the fusion of a cafe and a flower shop. The flowery decor paired with a delicious selection of teas, coffee, and pastries sets Salon des Fleurs apart. You can also check out a previous article on Salon des Fleurs [here](#).

Contact Info:

[Facebook](#)

Calle Guzman el Bueno 106, 28003

Phone: +34 91 535 23 48

Metro: Guzman el Bueno, Islas Filipinas

4. Miga



Miga is a popular choice for students of Saint Louis University Madrid and CEU because of its convenient location, delicious coffee, and young (good-looking) staff. Often you will find Miga packed with customers but in the afternoon the cafe proves a perfect environment for unwinding and conversation. Miga provides a warm and friendly atmosphere definitely worth checking out. Try their delicious chocolate

muffins!

Contact Info:

[Facebook](#)

Calle Julian Romea, 8, 28047

Phone: +34 917 52 46 35

Metro: Guzman el Bueno

*Photos provided by Charlotte Geier, instagram:
@charlotte_geier*

You may also like:

[La Paca, the perfect Malasaña café](#)

[Pepe Botella, a coffee place where you can think](#)

[Toma Café, Fuel up, Feel hip](#)

[El Cafelito, a trendy spot for cafe lovers in Lavapiés](#)

[Madrid's best cafe-bookshops, round 1](#)

[Madrid's best cafe-bookshops, round 2](#)

Greek and Shop in Malasaña

If you frequently find yourself in Malasaña, it will only be a matter of time before the *bocadillos* in the window of Greek and Shop seduce you into a Grecian gastronomical experience.

They're displayed so darn nicely and no matter what time of day – or night – they never fail to look appetizing.

Located in the heart of hipsterville (i.e. the barrio of Malsaña), Greek and Shop offers an array of Greek specialities in a bright, metropolitan locale. Take your pick from the bevy of options scrawled on the chalkboard behind the register. Here you'll find the likes of moussaka, gyros, and *bocadillos* filled with foodstuffs of the Mediterranean.





Plump chunks of chicken spiced with curry make up the meat of the **Andros bocadillo** (no pun intended), pictured above. Warm cheese and spicy arugula make it complete, and juicy sun-dried tomatoes impart a delectable tanginess. The hearty seed bread gives the sandwich the overall impression of wholesomeness. Reasonably priced at **3.50€**, the bocadillo is filling, but nevertheless, you might not be ready for it to end.



Sit at one of the high stools in the store and find yourself surrounded by jars of olives and artichokes. A multitude of treats and sweets such as halvah and baklava are never uncomfortably out of reach. You'll find that the tables are stocked with reading material if you are so inclined. Alternatively, the mustachioed passersby on Corredera Alta de San Pablo provide live people-watching entertainment.



No matter the time of day – breakfast, lunch, or dinner – [Greek and Shop](#) is bound to have something to whet your appetite. They have late-night eats covered too. A convenient take-out window opens up on the side of the shop for the night owl crowd. This may be a particularly apt time to give the super creamy, slightly zippy Greek yogurt ice cream a try. Just a suggestion.

Greek and Shop

- [Facebook](#)
- *Where: Corredera Alta de San Pablo, 9*
- *Metro: Tribunal*

Also check out: [Egeo, our go-to Greek restaurant in Lavapiés](#)