

Gluten free pastelerías in Madrid: Part 1- Confitería Marqués

Sugar dusted pastries, chocolate dipped palmeras and fruit filled tarts: gluten free friends, the search is over. If you're a foodie who just happens to be of the gluten free inclination, finding delicious confectionary in the city can be a little, shall we say, challenging.

We all know that there are the international coffee shops that serve the same chocolate brownie and the supermarket aisles that sell the same two or three packaged cookies, but where do you go when your **traveller, foodie heart** wants to spring out into the city and explore its **homemade artisan treats**?

This series is dedicated to **Madrid's best hidden corners for delicious homemade cakes and cookies, gluten free style**. You can even take your non-gluten free friends, and I promise you that they will not be able to tell the difference; they may even find their new favourite spot!

[Confitería Marqués](#)

Tucked away on Fernando el Católico, Confitería Marqués is the little Madrid bakery where it feels like everything has been made especially for you. With its tea party bunting and dainty glass cake stands, it has an element of the Alice and Wonderland to it, with everything in miniature.

There are **fruit tarts, mini croissants, individual loaf cakes, savoury empanadas, palmeritas, apple slices, jam tarts, and more**.

The sheer selection that they offer is fantastic for any [gluten free Madrid](#) foodie, as well as any foreigner in Madrid

that wants to try some local pasteles with a reminder of home. Everything is made in the pasteleria and tastes as homemade as it sounds.





As well as all of the above, another reason why Confitería Marqués is so unique is that it also makes savoury food such as **empanadas**, filled with cheese, vegetables, fish and meat. These crispy, buttery little pastry puffs make for a delectable little lunch.



Then there are the pastries, tarts, palmeritas, fruit slices and loaf cakes. Each are exactly as they should be, and some are even better.

The **apple loaf cakes** have a base of sweet apple pieces and raisins, are soft on the inside and scented with vanilla. The **palmeritas** are crispy and flaky and come traditionally plain, or coated in dark chocolate. Plus, the **chocolate orange tart** is rich and decadent, filled with dark chocolate cream, and hints of citrusy orange.



The owner of the shop is extremely friendly and can help you pick out something from the counter, or choose something from the incredible handmade confectionary that they have to the left of the counter and throughout the rest of the shop, including **small boxes of cookies** and **beautifully presented chocolates**. These would be perfect as a thoughtful little gift or -why not- a special treat for yourself.

You can even buy a **homemade birthday cake**, **chilled desserts** or a **traditional Christmas Roscón de Reyes** from the tall stand to the right of the counter; any would make a great surprise for a gluten free friend on a special occasion or a delicious traditional dessert to share after a meal at home with friends.

Another little tip is that they can make **gluten free bread** in house to order; just ask the lady at the counter when you would like it for.

Info

Web: www.confiteriamarques.com

Address: Calle Fernando Católico, 76

Metro: Argüelles

Extra notes

Don't forget to ask about the delicious foods available for **lactose and nut allergies**. You can go with all of your friends!

You'll also like:

[Cosy Wine Bars in La Latina – with gluten-free options!](#)

[Rayen Vegano – a vegan “gem” of a restaurant in Huertas](#)

Cosy Wine Bars in La Latina (with gluten free options!)

If you're looking for some dark and cosy wine bars to enjoy a glass of fantastic Spanish wine and some delicious tapas, then head to La Latina. Known as Madrid's tapas district, this neighbourhood is famous for its lazy Sunday afternoon tradition of tapas-bar-hopping, up and down the winding

streets of Cava Baja and Cava Alta.

But first, the history of Cava Baja has more to do with foreigners in Madrid than you might think.

Originally a deep trench that ran along the outside of the medieval city walls, Cava Baja protected the city from bandits and scoundrels, and allowed the people of Madrid to come and go freely without using the city gates. Soon the city boundaries spread, and local taverns sprung up along this stretch to lodge (and feed) travellers and farmers, who came to Madrid to sell their wares at market; You can still see the street sloping downhill and curving to follow the path of the old city wall.

This means that, for expats and visitors to the city, enjoying a glass of local wine and food amongst the higgledy piggledy bars and old taverns of Cava Baja is to not only enjoy La Latina, but also repeat the history of many a travelling peddler visiting Madrid.

[El Tempranillo](#)

For people that like Spanish wine: El Tempranillo. From the moment that you see the entire wall of wine bottle racks behind the bar, you know that you are in the right place.

Chic and modern from the outside but small and traditional on the inside, El Tempranillo has the perfect mix of low lighting, muted conversation and good Spanish wine- and a table to sit at if you order some tapas.



Compared with other wine and tapas bars in Cava Baja, El Tempranillo has something unique that is difficult to put your finger on.

Right in the heart of the hustle and bustle of Cava Baja, it is comparatively understated- but quietly confident. It has a real buzz of people under the dimmed lighting, but is surprisingly quiet. This muted conversation gives a sense of privacy in which you can enjoy your glass of wine, share a few tapas and have a meaningful conversation with good friends- without having to raise your voice.

The tapas at El Tempranillo are addictive. Try the 'revuelto de champiñones salvajes' (mushroom omelette), or the tostas. You might have to wait a little to order at peak times during the weekend or evenings, but the dishes come out quickly once ordered and are worth the wait.

Then, the wine. Order from the chalk board, which has an impressive selection of wine that comes from almost all the

wine regions of Spain. Most exciting, though, is their larger than average selection of good Spanish wines available by the glass, with prices starting as low as 2,50€ and 2,70€. Arrive a little early, set up your company at a table, and enjoy some good wine.



Calle Cava Baja, 38

[Juana La Loca](#)

Juana La Loca makes a nod towards Juana, the 'mad queen of Castile', who although was probably just another misunderstood female royal, still makes for a good story and name for a wine bar.



Small, dark, cosy and kinetic, Juana La Loca is perfect for a glass of Spanish wine and some delicious tapas.

Tightly packed inside, with small tables edging around the long bar, Juana La Loca mixes the worlds of both restaurant and wine bar into one dynamic space. With both bar and table enjoying tapas and wine, just with each enjoying more of one than the other, the two functions blend harmoniously into one shared space.

To start with a glass of wine, choose from the wine board behind the bar. Although the choices are slightly restricted and slightly pricier by the glass, the quality of the wine makes up for the lack of selection. If you like deep, complex red wines, try a Ribera del Duero *Crianza* or *Reserva*.

Without a doubt, the most famous dish served at Juana La Loca is the *tortilla de patatas*: a buttery, melt-in-the-mouth tortilla, finished with a crispy outer layer and served on top of a slice of bread. If you are being visited by friends or

family in Madrid who have not yet tried *tortilla de patatas*, this is the one to debut.

The '*huevos rotos*' are also to-die-for, either to share or as a *ración* for yourself: crispy, chewy, buttery fries topped with melting fried egg, small salty strips of *jamón*, salted *pimientos de padrón* and a shake of paprika, all served on a long plate.

Very well accompanied by a glass of fresh wine to clean your palate and a bowl of Juana La Loca's moreish olives, these delicious options can also be served gluten free if you ask the waiter. The prices may be a little higher, but the quality of the wine and food are a step above the rest.

A little tip is to bring cash with you, as they do not accept cards. The small wine bar-restaurant also fills up quickly in the evenings; after 20:30 tables are only for a meal of tapas (plus wine) and bar spots are only for wine (plus a tapa). Arrive early enough to enjoy some good wine and conversation amongst the relaxed atmosphere, and feel the bar fill up with the buzz of evening service.



Plaza Puerta de Los Moros, 4

www.juanalalocamadrid.com

[La Concha](#)

If you like sherry, cava or vermouth, then you are in luck. This tiny mismatched bar with painted wood panels and creative details offers a great selection of Spanish fortified wines and sparkling cava from Cataluña. A refreshing take on the usual full-bodied red wine offered in La Latina, come to La Concha for something a little different.



La Concha has a nomadic feel, keeping in tune with the street's history of travelling visitors, and offers both the upstairs bar for drinks and downstairs seating area for tapas.

If you have yet to try vermouth, a fortified wine infused with various roots, barks, flowers, seeds, herbs and spices, La Concha has 'Vermut Miró', a Spanish vermouth from the northern Spanish city of Reús.

La concha also has a selection of Spanish Sherries, or 'Jerez' in Spanish. Hailing from the D.O. wine region with the same name, Jerez de la Frontera, Jerez is unique in its elaboration; you cannot find a fortified wine like Sherry anywhere else in the world.



If you like bubbles: Cava. Spain's answer to champagne, this bubbly sparkling wine can come in 4 different kinds: Cava, Cava Reserva (minimum 15 months ageing), Cava Gran Reserva (over 30 months ageing) and Rosé. La Concha has more than one of each kind, from different wineries, to try. Order a glass with one of their tapas. Although Cava traditionally matches well with fish or sweet fruity flavours, this is not necessarily the case; a Brut Nature Gran Reserva would go well with meat dishes, roasts or spicier foods.

On a week night you will easily find a spot here. Just head down the kooky stairs and order from their small tapas menu, which is also available completely gluten free.



Calle Cava Baja, 7
www.laconchataberna.com

Extra notes

If you would like to know what to look for in these wine and tapas bars, or are not sure what kinds of wines you like yet, you can also do some [wine tasting in Madrid](#).

Wine word

Maridaje – food and wine pairing

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[Taberna Lamiak, another wonderful bar in La Latina](#)

[Madrid's Best Cafe-Bookshops](#)