

## *The king is the product!*

**Verum** comes from the Latin 'Truth', which gives the restaurant its name, in search of regaining the true flavours that have been lost overtime little by little.

The truth is in our oven, in our **meats**, in the cuts of our wild **bluefin tuna** caught in the almadraba trap, in our **orchard** and in our **wines**.

Our restaurant menu is a **culinary trip** around the world, selecting the best quality food from the originating locations.

We continue to maintain, therefore, the essence of our cuisine, which has earned an award from the Ministry of Agriculture, in the '*Utilisation and good use of quality food and products of Spain.*'

The alma mater of **VERUM** is our **great** traditional Castilian **oven**, built by hand, burning holm oak wood exclusively. With this type of fire, we achieve the authentic aromas and flavours in our roasts and this is what makes them so tasty.

In our cuisine you will find one traditional side of rotisserie and another creative side built through the union and combination of delicious and intense flavours. In addition, you can taste the best wild **Bluefin Tuna** trapped by the almadraba technique, selecting the cuts that we like most from the quartering (ronqueo), as well as the best cuts of Cod, Hake or Wild Seabass.

Enjoy also daily **gastronomic days** from different locations of Spain, tasting the best stews, game products, seafood from our coasts and products from the orchard of Malaga.

Passionate and arising from the wine world, with wineries located in Ribera del Duero and Rueda, we recommend you to try our cuisine with some of our more than **250 wine references**, emanating from different national and international Denominations of Origin, and their different grape varieties.

## Curiosities

### **Black rice pudding from Aranda ( Morcilla )**

This is a type of black rice pudding from Burgos, traditional from the city of Aranda de Duero, located to the southern of Burgos province. In Burgos, the black pudding is a traditional product, as since the 18th century it has formed part of the eating habits of the area, without having abandoned its production within the local families.

The black pudding from Aranda has two main differences from the other varieties of black pudding from Burgos:

- The spices traditionally used in the black pudding from Aranda are cumin, black pepper and a hint of cinnamon.
- In addition, in contrast to the other varieties when producing the black pudding from Aranda, it is baked twice both before and after stuffing, which is why is one of the most appreciated variety as it is easier to digest.

### **Chistorra from Navarra**

This is a type of sausage with Basque-Navarre and Aragonese origin made with fresh minced pork meat adding garlic, salt and paprika that usually gives it its characteristic red colour, as well as aromatic herbs (usually parsley). Our chistorra has been awarded with several national and international awards, being considered one of the best chistorras worldwide.

### **Verum Scramble**

A spectacular, strong and tasty contrast, for which we were given an award by the 'Diarios Sur VI Tapas Contest'.

### **Anchovies from Santoña gold series**

Our anchovies are fished in the Cantabrian Sea, cleaned manually and handcrafted one by one with tweezers, and preserved afterwards in olive oil.

### **Beef Jerky from El Bierzo (Cecina)**

Originally created as a way of preserving meat, nowadays it is a delicacy. The beef jerky we offer herein is cured within the Bierzo Mountains at the foot of the Ancares, biosphere reserve. Over 1,000 m high and with oak wood.

### **Sierra de Aracena and Picos de Aroche**

Sierra de Aracena is located in the most western part of Andalusia, where rains as much as in Galicia. It is in this humidity that is that the black-legged pig is raised and fed in the pastures filled with holm oaks and oak trees.

Among the white villages belonging to this region, Alájar, Linares de la Sierra, Cumbre Mayor, Aroche, Cañaveral de León, Cortegana, Fuenteheridos, Aracena stand as its largest headquarters, and Jabugo as the world's cradle of the Iberian pig par for excellence.

## STARTERS

<b>Typical Spanish potato salad (Ensaladilla Rusa)</b>	7,50
Awarded as the best Ensaladilla Rusa of the Sun Coast in the "V Ensaladilla Rusa Championship" in 2019.	
<b>Little Toasts of quail egg with truffle</b>	6,00
Quail egg snacks on toast with truffle cream and truffle flakes. (4 pieces)	
<b>Chef 's creamy croquettes</b>	9,00
Homemade croquettes following the recipe of the Castilian grandmother. (6 pieces)	
<b>Black rice pudding - Morcilla from Burgos</b>	9,00
Our 'sushi' from Aranda de Duero, with roasted peppers from our wood oven.	
<b>Black rice pudding rolls – Morcilla with cane honey</b>	8,00
Crispy rolls of black pudding. (2 pieces)	
<b>Smoked sardine train</b>	12,00
Foie, wrapped in apple, baked at low temperature, truffle airs and lemon salt.	
<b>Verum Scramble</b>	14,00
Scramble eggs with prawns, candied boletus, truffle and foie, grilled with Hollandaise sauce reduced with sparkling wine from Málaga.	
<b>The cube</b>	14,00
Foie with caramelised apple and grilled goat cheese, mango and raspberry coulis	
<b>Handmade chistorra</b>	9,00
Handcrafted pork chistorra (sausage) from the Navarra villages, tender on the inside and sautéed.	
<b>Anchovies from Santoña Gold Series</b>	19,00
Anchovies from Santoña (Cantabria) gold series handmade, preserved in Arbequina olive oil (8 pieces), served with trout eggs.	
<b>Grilled octopus</b>	18,00
Quality approved octopus, cooked on our grill in the oak embers, served with mashed potato and smoked paprika from la Vera. (Approx. 200 grammes)	
<b>Selected board of cheeses</b>	½ 8,00 14,00
Three varieties of selected cheese served with cream cheese.	
<b>Beef jerky from León (Cecina)</b>	½ 10,00 18,00
Cured within the Bierzo Mountains (León) at the foot of Ancares, biosphere reserve, over 1,000 m high and with oak wood. (100 g)	
<b>Jabugo Iberian Loin (DO Huelva) (Lomo)</b>	½ 12,00 20,00
Exquisite Jabugo Iberian Loin, from one of the best parts of the Iberian pork. This has a firm and excellent texture, as well as an intense flavour. (100 g)	

## *Gastronomic Culture*

### **Bull Egg Tomato**

The Bull Egg tomato is one of the main quality products from the province of Malaga. It is particularly abundant in the orchards of the Guadalhorce Valley, specifically in the village of Coín, especially known for its fertile land.

### **Padrón peppers (A Coruña)**

Capsaicin is the chemical compound that gives this pepper its piquant flavour and is produced by the pepper itself as a subsistence method working as a defense technique against insects and/or herbivorous animals. Not all the peppers contain it.

### **Burrata**

It is a fresh cheese of cow's milk, of spun pasta (pasta filata) and of round shape, with an external appearance similar to that of the mozzarella in the form of bag with the characteristic apical closure. Inside, the texture is much softer and filamentous, similar to butter cheese. It is typical of the Italian cuisine.

### **Tudela lettuce hearts**

The lettuce is one of the most common ingredients used in salads. Today the market offers a wide variety of lettuces and derived, but the **Tudela lettuce hearts** are the most popular. Its natural season lasts from Autumn to Spring, but they are grown all year round. This delicious variety of lettuce gained its name from the place where is produced, in the city of Tudela and the nearby municipalities, bathed by the waters of the Ebro.

### **Asparagus**

The asparagus is originally from the Mediterranean countries. Egyptians and Greeks used to eat them. However, it was not until the Roman period that its consumption became popular. The Romans successfully introduced the asparagus in Spain. Its consumption decreased over the years, and it was not until the year 1300 that the asparagus became popular again, thanks to its supposed medicinal qualities. But it was during the 18th century when a resurgence in its popularity occurred with force and it became one of the favourite foods of the bourgeoisie. Up until the end of the 19th century, the asparagus consumed was green, but after this time it began to be cultivated underground, which led to the appearance of the white variety.

### **The treasure of sweetbread (Mollejas)**

Sweetbreads are food rich in phosphorus. Phosphorus helps keeps our bones and teeth healthy, as well as our skin in perfect conditions as it helps to maintain the Ph. The consumption of sweetbreads improves our physical resistance. Phosphorus also helps in the biological functions of the brain.

## HOMEGROWN

<b>Bull Egg Tomato Carpaccio</b> ●	7,50
'Huevo de Toro' tomato carpaccio, with garlic flakes and extra virgin olive oil strokes.	
<b>Padrón peppers</b> 🌶️	8,00
As the saying goes 'Some are hot, others are not...' fried with salt flakes.	
<b>Tudela lettuce hearts</b>	12,00
Tudela lettuce hearts with premium belly tuna from the Cantabrian sea, tomato vinaigrette, and a dash of violet carrot vinegar from the Cuevas Bajas of Málaga.	
<b>Flying saucer of Verum goat cheese</b>	13,50
Base of crispy puff pastry, variety of lettuce, nuts and raisins with flaming goat cheese, and organic honied mustard sauce.	
<b>Burrata salad</b>	14,50
Variety of lettuce leaves with burrata cheese (Italian), pine nuts, semi-dry, oregano vinaigrette and balsamic cream.	
<b>Green asparagus</b>	12,00
Grilled green asparagus, with shavings of Iberian Ham and tomato vinaigrette.	

## OFFAL (for the more daring)

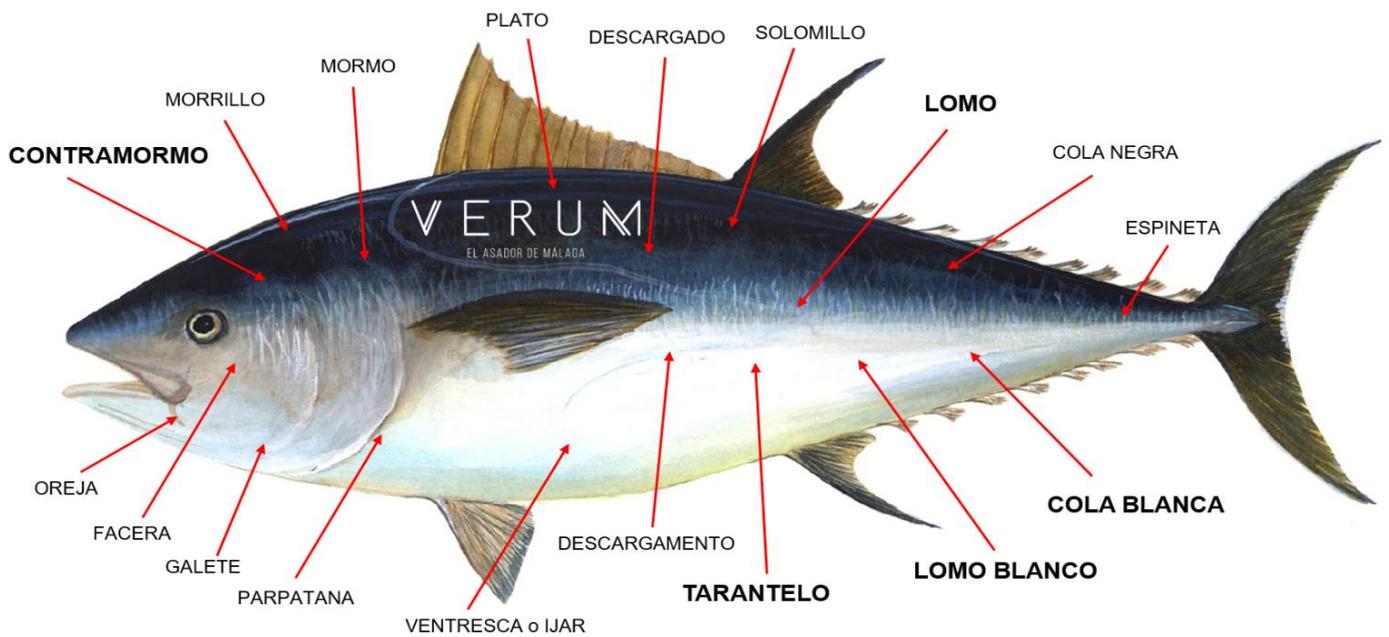
<b>Sautéed gizzards at Spanish style</b>	10,00
Suckling lamb sweetbread sautéed with onion, garlic and parsley. (200 g)	
<b>Kidneys</b>	7,00
Suckling lamb kidneys, open and grilled in its sauce (2 units)	
<b>Three-textured suckling pig head</b>	10,00
Suckling pig head made in three steps: candied, grilled and fried, to combine tenderness, taste and crispy texture, served with truffled parmentier.	

## SPOON AND GAME DISHES (seasonal from Monday to Thursday)

**Typical Asturian beans, Madrid stew, breadcrumbs, beef tripes, typical beans from La Granja, artichokes, cod tripes, creams of vegetables...**

## *Wild Bluefin Tuna*

*“Of the tuna nothing goes to waste”*



### **SPANISH ALMADRABAS**

Conil, Tarifa, Barbate and Zahara de los Atunes

ALMADRABA WILD BLUEFIN TUNA (when available)



<b>Grilled Tuna Chops- Contramormo</b>	16,00
The contramormo is the upper part of the tuna head below the reverse cranial muscle, with infiltrations that produce an intense and juicy flavour when prepared in our coals. Served on a small grill. (220 g)	
<b>Mojama in olive oil</b>	15,00
The mojama (meaning in classical Arabic 'mušamma', "made with wax") is a dried salting tuna, made with wild bluefin tuna descargamento and descargado after a curing process (100 g)	
<b>White-tail tatare</b>	19,50
The tuna has two parts in the tail, the black tail in the superior part, and the white tail in the inferior part of the fish (Approx. 120 g)	
<b>Sogizukuri in loin with butter</b>	19,00
Sogizukuri is a Japanese cut, with a knife curved to 45° and a thickness of 0,5 cm used to cut the tuna with butter. (Approx. 140 g)	
<b>White-loin tataki macerated in soya</b>	19,50
Tataki served with a brewing soya and with a soya of 4 different dressings. (Approx. 120 g)	
<b>Grilled lo-fat belly with three types of onion</b>	23,00
The tarantelo is one of the most valued parts of the tuna, tender and tasty. Once is prepared in our grill, we serve with a reduction of three onions (natural, red and crispy onion) (Approx. 180 g)	
<b>HASHTAG of #AtúnVerum</b>	26,00
Egg yolk, tuna tarantelo, soya, egg-white, truffle, extra virgin olive oil and a very artistic preparation, (Share in your almadraba social networks #AtunVerum) (Approx. 180 g)	

SANTOKU CUT

<b>Verum Steak Tartare</b>	18,50
Tartare diced with knife, old beef hip with dressing. (Approx. 120 g)	
<b>Salmon Tartare</b>	18,00
Prepared as in Norway, natural, with avocado, mango coulis and a layer of trout eggs. (approx. 100 g)	
<b>Wild sea bass Tartare</b>	19,50
Served with a citric dressing, in the style of Paladar La Guarida (La Habana). (Approx. 120 g)	
<b>Hake Ceviche</b>	19,00
Exaltation of the Trujillo cuisine (Perú), with pieces of fish macerated with chilcano, with red onion and a hint of coriander. (Approx. 120 g)	

## Beef breeds

### Hereford

This is one of the most valued breeds and originally from England. Coming from the county of Hereford, located in the southwest of England, it is characterised by its consistency, juiciness, flavour and good taste, which satisfies the most demanding of taste. This breed is identified for its red colour from yellowish white to cherry-red with white spots on the head, back of the ears, chest, bellies, and the lowest part of the limbs and the tail.

### Limousin

This breed of cattle comes from the south of France, mainly from the Limousin area. Its beef is characterised for its performance, a low degree of fat cover and its good quality. The Limousin breed has a red coat or red sorrel coat, which is lightened towards the extremities and in the inner area of the belly. The horns have an elliptical shape and they are inserted behind the nape of the neck and the nose has a pink tone. They have short heads, broad foreheads and snouts, short necks, well-defined hindquarters, and they do not have spots.

### Charolais

It is the most prized by the French, coming from the county of Charolles. It is considered one of the best breeds of beef due to its infiltration and good taste. It has a white or cream layer. Horns are short.

### Aberdeen Angus

This is a breed native to Scotland, known for the excellence in its cuts. The beef stands out for its tenderness and flavour due to the marble-like pattern (intramuscular fat). There are two varieties whose fur is black or red. The colour of the animal is homogeneous, and they do not have horns.

### Simmental, Simmenthal or Fleckvieh (Pronghorn cattle or spotted cattle of two colors)

It is a breed of Swiss cattle called double purpose, where both dairy and beef production play equally important roles. It stands out for its high growth capacity, better muscular formation especially in the commercial most valuable parts, a good quality of beef, without excess of fat and a 58,1% on average of yield.

### Frisona Holstein

The Holstein or Friesian cow is a breed that comes from Lower Saxony and Schleswig-Holstein in Germany, Friesland and North-Holland in the Netherlands. It stands out for its high production of dairy, beef and its good adaptability. This cow has a black and white layer, and a weight of 600kg.

## Roast Grades

1. **Blue:** cooked meat outside and red in the inside 46/52°C
2. **Undercooked:** cooked meat outside and with a red colour in the inside (75% cooked) 52/55°C
3. **Medium less:** cooked meat outside and with a red colour in the inside (50% cooked) 55/65°C
4. **Medium:** cooked meat outside and with a pink colour in the inside 60/65 °C
5. **Medium well:** brown colour in outside, and with a weak pink in the centre 65/71°C
6. **Well done:** greyish brown outside, brown colour in the inside (100%) + 71°C

**GRILLED** with coal of Holm oak

<b>Lamb Chops</b>	19,50
The authentic suckling lamb chops cut by our specialist daily, and prepared as our picnic areas of our country. Presented on small grills. (6 units)	
<b>Pork Belly</b>	19,00
It is one of the finest and the juiciest part of the pork due to its high infiltration. (Approx. 180 g)	
<b>Galician beef tenderloin (5 to 7 years)</b>	22,00
Carefully cleaned in order to get rid of the infiltrations (Approx. 220 g)	
<i>Infiltration: 5/10 - Tenderness: 10/10 - Intensity of flavour: 6/10</i>	
<ul style="list-style-type: none"> <li>• <b>Perigourdine sauce:</b> A homemade sauce of French origin with shallot, leeks, truffle, mushrooms, foie and Porto wine reduction (+ 3€)</li> <li>• <b>In pepper sauce:</b> Homemade sauce of 3 peppers (+ 2 €)</li> </ul>	
<b>Hereford entrecôte beef (5 to 8 years)</b>	26,00
Cut made close to the beef rib, with 35 days maturation. (350g)	
<i>Infiltration: 6,5/10 - Tenderness: 7/10 - Intensity of flavour: 7,5/10</i>	
<b>Simmental beef (4 to 6 years)</b>	58€/kg
Steak of 35 days maturation in cold storage (Approx. 1,2 kg)	
<i>Infiltration: 8/10 - Tenderness: 7/10 - Intensity of flavour: 9/10</i>	
<b>Uruguayan Angus (18 to 24 months)</b>	60€/kg
Uruguayan Angus beef certified with 30 days maturation. (> 700 g) without bone.	
<i>Infiltration: 6,5/10 - Tenderness: 8/10 - Intensity of flavour: 7/10</i>	
<b>Charolais old beef (6 to 9 years)</b>	60€/kg
Steak with 40 days maturation in cold storage. (Approx. 1,1 kg)	
<i>Intensity of flavour: 8,5/10 - Tenderness: 8/10 - Flavour intensity: 8/10</i>	
<b>Galician beef (5 to 7 years)</b>	64€/kg
Steak with 45 days maturation in cold storage. (Approx. 1,3 kg)	
<i>Infiltration: 8/10 - Tenderness: 7/10 - Intensity of flavour: 9,5/10</i>	
<b>Limousin beef (4 to 6 years)</b>	58€/kg
Steak with 35 days maturation in cold storage. (Approx. 1,3 kg)	
<i>Infiltration: 7/10 - Tenderness: 7/10 - Intensity of flavour: 7,5/10</i>	
<b>Holstein-Friesian beef(5 to 6 years)</b>	56€/kg
Steak with 30 days maturation in cold storage. (Approx. 1,2 kg)	
<i>Infiltration: 8/10 - Tenderness: 8/10 - Intensity of flavour: 9/10</i>	
<b>Real Ox Selection Verum (4 to 9 years)</b>	120€/kg
Steak with more than 90 days maturation in cold storage. (Approx. 2 kg)	
<i>Infiltration: 8/10 - Tenderness: 7/10 - Intensity of flavour: 10/10</i>	

Our dishes are served with homemade chips.  
Served with grilled vegetables (+ 3€).  
The availability of our steaks depends on stocks and cuts.

## *In our great wood oven we roast:*

The suckling pig and the Castilian lamb that have been a part of our Castilian cuisine since the invasion of the Roman Empire in Hispania. During the 17th century taverns and restaurants became popular in the Castilian area and it was offered little by little to the travellers that were going to the Court.

### **The suckling Lamb - Spanish Churra:**

The Churra is an Iberian breed of sheep coming from Castille and Leon. It is one of the most important Spanish local breeds with black ears, eyes and snout. The suckling lamb or Spanish Churra are unweaned piglets, that have not grazed on grass, and they are normally 20 or 30 days old and with an inferior weight of 5,5 kg.

### **The suckling pig:**

Also called 'roasted tostón' or as an abbreviated way 'tostón', which is a variety of a roasted pig (called suckling pig).

### **The suckling goat:**

Since ancient times, the meat of the suckling goat has been considered one of the best to be consumed (Valerio Marcial 1st century A.C.) or even the best meat according to Kitab al-Agdiya in the 12th century or the doctor Juan de Aviñó in the 14th century, becoming an indisputable benchmark for the purest Mediterranean food. We provide with the first Andalusian fresh meat with quality mark known as the 'Malagueño Suckling Goat'.

The meat of 'Malagueño Suckling Goat' comes from a young animal, which is exclusively breast-fed, so it has a pale-pink colour, and a high-level of tenderness and juiciness, together with a smooth and characteristic taste; It is perfect not only for the traditional cuisine, but also for high cuisine.

**By ordering them previously, you can have our roasts to TAKE HOME.**

## FROM FIREWOOD OVEN (order before)

### Segovia Suckling Pig

Selected Suckling Pig from the best breeders of the villages located between Pedraza and Sepúlveda. (1/6)

Portion: 24,00

### Suckling lamb from Aranda de Duero

Suckling lamb coming from churra sheep feed with natural pastures at an altitude of 800 meters, in la Ribera del Duero.

Portion: 25,00

Quarter: 45,00

### Suckling goat from Málaga

Suckling goat of breeders from Canillas de Aceituno. (Sierras de Tejeda Natural Park)

Portion: 25,00

Quarter: 45,00

## HOMEMADE DESSERTS

### Cheesecake

Vasque Grandmother's recipe with raspberry ice cream.

6,50

### Chocolate explosion (15')

Handmade coulant with vanilla ice cream and a hint of raspberry.

6,50

### Apple pie (10')

Fine and hot apple pastry with vanilla ice cream.

6,00

### Gin Tonic on plate

Gelatin of Malaka gin and tonic, with juniper, with lime and basil ice cream.

6,50

### Piña colada in cubes

Purified under vacuum, with coconut milk with vanilla icing sugar.

5,50

### Lemon mousse

Rich and creamy secret recipe, with Iberian pine nuts

5,50

### Seasonal fruit

5,50

Our pastry chefs make our homemade desserts.

## ORDER AT HOME!

You can enjoy the dishes of our Tapas or Restaurant at **home**.

**Keep it simple!**

Surprise your friends and family!



Information available from Allergen products at [sca neat.com](https://sca neat.com):



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