

Take a Peek Inside 5 Historical Madrid Bars

Madrid is full of amazing bars that have played a role in Spanish history. Whether it's art, literature, or the Spanish Civil War, these bars hold some sort of significance to Spain's past and are definitely worth the visit.

Here's a sneak peek into the stories behind our favorite historical Madrid bars.

[Fatigas del Querer](#)



Located in Sol is a restaurant with an exterior as beautiful as its interior dating back to the 1920s. This restaurant will grab your attention with its beautiful Andalusian tiles

dedicated to Spanish painter Julio Romero de Torres. Even one of his paintings is depicted on these beautifully detailed tiles.



Typical free Spanish tapa

Not only is this bar related to historical Spanish art, but it also has an impressively large menu of Spanish dishes such as ***setas empanadas con alioli***. These fried mushrooms with alioli sauce would go great with one of the many ***vermuts*** that [Fatigas del Querer](#) has to offer.

- **Address:** Calle de la Cruz, 17
- **Metro:** Sol
- **Phone:** +34 915 23 21 31

La Casa del Abuelo



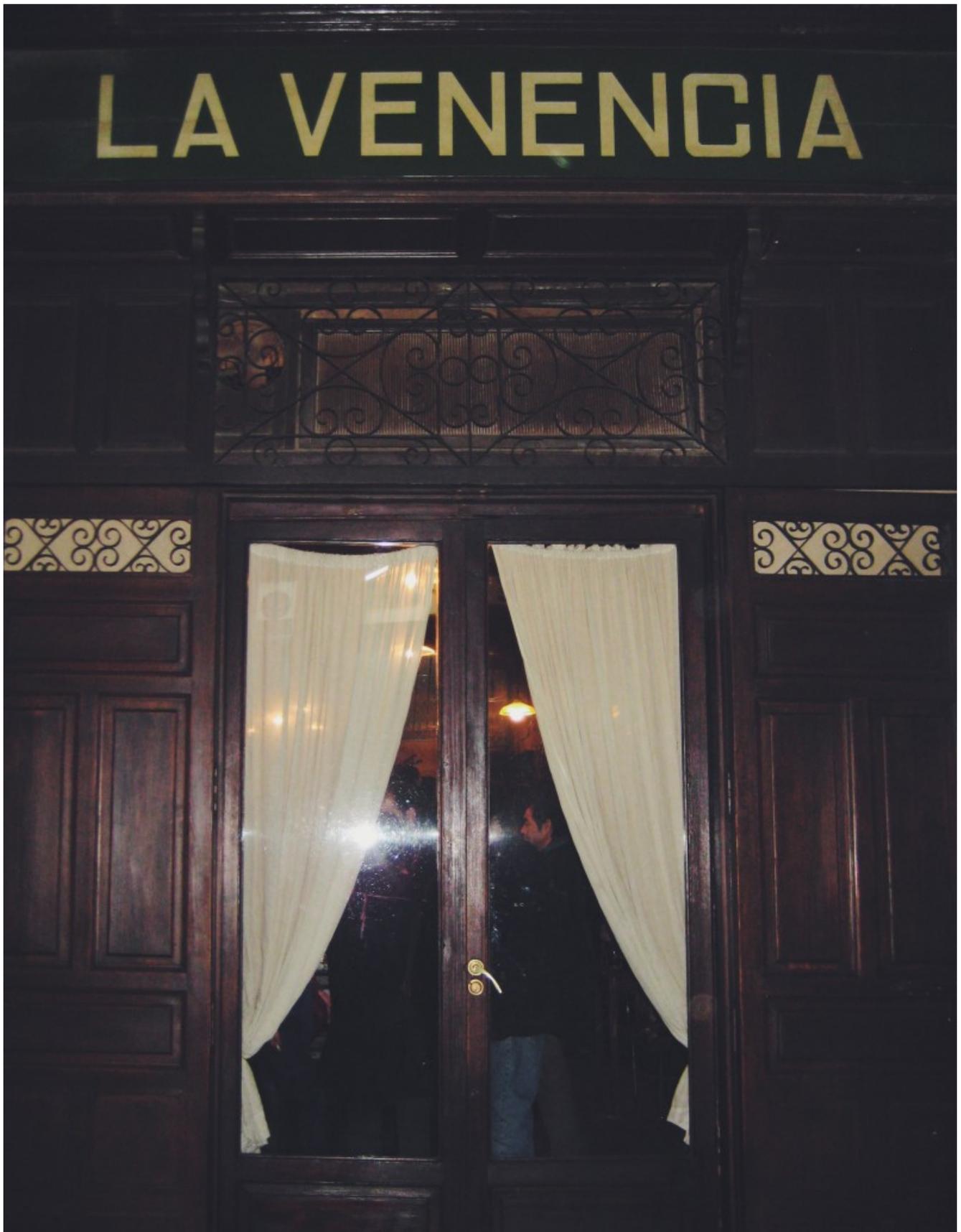
Just by the name alone, it's clear that this bar has stood the test of time and still remains a [Madrid classic](#).



Established in 1906, [La Casa del Abuelo](#) has seen Spain at the best of times and the worst of times, including the Spanish Civil War. During this time, La Casa del Abuelo only served garlic or grilled shrimp paired with a Spanish sweet wine due to the food shortage. Since then, this bar's ***gambas al ajillo*** and ***gambas a la plancha*** have become a delicious specialty.

- [Web](#) & [Facebook](#)
- **Address:** Calle de la Victoria, 12
- **Metro:** Sol
- **Phone:** +34 910 00 01 33

[La Venencia](#)



[Source](#)

During the height of the Spanish Civil War, this bar was one of the few spots where Republican soldiers and other anti-

fascists, such as Ernest Hemingway would go. Taking photos has been prohibited since the 1930's just in case there were any fascist spies around.

Nevertheless, this bar is incredibly beautiful with its antique bottles and large barrels of wine that haven't changed since this historical time period. And if you're a sherry lover, known as *Jerez* in Spanish, this bar has an amazing variety to choose from.

- ***Cash only**
- **Address:** Calle Echegaray, 7
- **Metro:** Sol, Sevilla
- **Phone:** +34 914 29 73 13

[1912 Museo Bar](#)



Westin Palace Hotel

Located inside the [Westin Palace Hotel](#) is the perfect bar if you're in the mood for an elegant night out. Rumor has it that this high-end bar has had a fair number of influential guests such as Pablo Picasso, Salvador Dalí, and Ernest Hemingway.



Established in 1912, this bar still maintains a museum-like appearance with old photographs of the history of the hotel and life in Spain. The bar itself has some of the most high-end alcohols that you can find here in Madrid. Although this place is a little bit on the pricey side, you won't be disappointed by the service or the selection.

- **Address:** Plaza de las Cortes, 7
- **Metro:** Banco de España, Sevilla, Antón Martín
- **Phone:** +34 913 60 80 00

[San Ginés](#)



And if you're looking for a break from all the alcohol and tapas, this chocolatería is the perfect place to switch it up. San Ginés has been a Madrid classic since 1894 and is easy to miss while walking through the crowded center of the city. It had even been named "La escondida", or "the hidden one" by some during the Second Republic of Spain. Regardless, this café has gained a lot of fame over the years and has even been mentioned in great works of literature, such as Ramón del Valle-Inclán's Bohemian Lights.



Original image by: @carlas.abreu via Instagram

San Ginés has by far the best ***chocolate con churros*** in Madrid. The menu also consists of ***porras***, known as giant churros, a variety of coffees, and even chocolate liqueur. So if you haven't already, head on over to San Ginés and get your sugar fix.

- [Web](#) & [Facebook](#)
- **Address:** Pasadizo de San Gines, 5
- **Metro:** Sol

▪ Phone: +34 913 65 65 46

You might also like: [5 authentic Madrid bars loved by locals](#)

Brunch at Roll Madrid – Gotta Roll With It

We've all had those Sunday (or indeed Saturday mornings) when you wake up, well, how should I phrase this – praying for death? Your mouth's dryer than the Sahara, there's nothing in the fridge to quell your sickness and it feels as though someone's taken a teeny, tiny jackhammer to your head. In situations such as the aforementioned (which happen far more frequently than I'd care to admit), **the only solution for me is a boozy brunch.**



When you just can't face waves of nausea coupled with beer fear, there's nothing for it in my view except for hair of the dog. If this sounds familiar, **let me introduce to to the perfect spot to cure your hangover; or perhaps indeed to just top up – [Roll](#)**. My friend and I pitched up a few Sundays ago, starved and in need of **Bloody Mary's**.



Luckily due to the ongoing Indian Summer, we were able to take advantage of the cute little terrace outside and enjoy some fresh air along with with our food. **Roll takes the business of brunch seriously.** The menu is akin to many that I've seen Stateside with plenty of choices that made deciding what to opt for quite the quandary.



In the end we plumped for **fried green tomatoes** (they were un-be-lievable and I'm a girl who rarely gets her 5 a day), **southern fried chicken** (with mac 'n cheese) and a **cheeseburger teamed with sweet potato fries** – I think you could've spotted our hangovers from 50 paces but the combo of carbs and cava sorted us right out.



I'm not saying that [Roll](#) is just a remedy for when you're feeling rough. Far from it. They do a roaring trade on the **craft beer** front and plenty of **tasty tacos** to boot.





Meaning that there really is something for everything menu wise. The staff were happy to make suggestions given our slightly fragile state but recommendations or not, I have no doubt that everything would've been lip-smackingly good.

If you're an American in the city I anticipate Roll alleviating some of your homesickness. However, yank or not, if you like good food and find yourself enjoying one too many canãs at the weekend, when you've enjoyed the rock side of things, head to Roll.

For more Madrid tidbits check out [@littlemissmadrid](#) on Instagram.

Info

- [Facebook](#) & [Website](#)
- Address: Calle Amainel, 23
- Metro: San Bernardo / Noviciado

- Phone: 918 057 930

You might also like:

- [Lady Madonna, because Sundays are made for brunching](#)
 - [Plenti, a great new coffee & brunch spot in Barrio de las Letras](#)
 - [Best brunch on a budget in Madrid](#)
 - [Federal Café Madrid – hipster in a very good way](#)
-

5 Authentic Madrid Bars Loved by Locals

If you came to Madrid for some homemade *croquetas* or high quality *jamón ibérico*, you want to make sure that you're going to the best places. In Madrid, like any other major European city, it can be difficult to distinguish the local favorites from the tourist traps. But this doesn't necessarily mean that you have to venture off the beaten path to find traditional Spanish delicacies.

To save you the trouble, here's a list of some of the most authentic bars that can easily be found in the center of the city. So get ready to discover Madrid, one *tapa* at a time.

1) EL Madroño



This restaurant screams authenticity with its interior and exterior tile decorations that depict Madrid's history and culture. When walking in, the first thing that will catch your eye is the homemade pastries and cakes that you'll be anticipating throughout your meal. Once seated, it's no surprise if a free *tapa* is brought to your table before even ordering.

El Madroño is the perfect place to order a glass of *vermut* paired with the *delicias de bacalao con mermelada de madroño*. These cod bites are fried to golden perfection and served with a side of madroño jam, the fruit from Madrid.



Delicias de bacalao con mermelada de madroño

- **Address:** Calle Latoneros, 3
- **Metro:** La Latina
- **Phone:** +34 913 64 56 29

2) Bar La Campana



If you're looking for the perfect *bocadillo de calamares*, look no further because La Campana is hands down the best place. Right next to Plaza Mayor, this bar is always crowded with locals, no matter what time of day it is. My personal favorite is a calamari sandwich paired with *una cerveza con limón*, otherwise known as beer with a splash of lemon. And if you're feeling extra hungry, you can't go wrong with an order of *patatas bravas* or *patatas alioli*.



Bocadillos de calamares con patatas bravas y patatas alioli

- **Address:** Calle Botoneras, 6
- **Metro:** Sol
- **Phone:** +34 913 64 29 84

3) Casa Toni



Found on Calle de la Cruz, this small restaurant definitely stands out against the others, with its worn out awning and window where you can see the chef hard at work. The first thing that you'll notice while walking into Casa Toni is the chef grilling up portions of *pimientos* and *oreja* to a charred perfection. In my opinion, this place has the best *sepia* ever. This grilled cuttlefish topped with fresh herbs and served with a side of mayo should be enjoyed with a Madrid white wine.



Sepia con vino Madrileño

- **Address:** Calle de la Cruz, 14
- **Metro:** Sol
- **Phone:** +34 915 32 25 80

4) Casa González



This half-bar half-artisan store located off of [Calle Huertas](#) is the perfect place to enjoy a light round of tapas, and maybe take a few of the goods home with you. Casa González is a cheese lover's dream with its delicious *raclette tosta* and variety of other European cheeses to choose from. My personal favorite take-home item is the *queso de arzúa*, which is a fresh cheese from the north of Spain. After enjoying a nice glass of wine and a tapa or two, don't be afraid to bring home a bag full of artisan goodies with you.



- [Web](#)
- **Address:** Calle del León, 12
- **Metro:** Antón Martín, Sol
- **Phone:** +34 914 29 56 18

5) Bodegas Ricla



About a 5-minute walk from Plaza Mayor is where you can find an old-fashioned bar decorated with bottles of wine that definitely gives a classic tavern feel. You can even take one of those bottles home with you! Just ask anyone behind the counter and they will be happy to help. Besides the amazing Spanish wines, Bodegas Ricla has a pretty good *vermut de grifo* (vermouth on tap) that goes perfectly with a side of *albóndigas*, otherwise known as meatballs.



- Address: Calle Cuchilleros, 6
- Metro: La Latina, Tirso de Molina
- Phone: +34 913 65 20 69

Also check out: [What to see in Barrio de las Letras](#)

Peyote San, Mexican fusion at

its most fabulous

I love Mexican food. I mean, I properly **LOVE** it. A holiday spent in Tulum with tequila on tap was possibly as close to utopia as I'll ever get on the food front. Tacos, guac, and burritos – I love them all equally and don't get me started on margaritas – second to gin (and possibly water due to pure necessity) it definitely edges its way into my three most supped liquids. So imagine my intrigue when I'd heard about the menu at [Peyote San](#) – **a place that's managed to fuse Mexican munchies with sushi**. Definitely worth a gander I mused and suffice to say it was.

Located near Colon (or as I affectionately refer to the area with the 'giant flag') [Peyote San](#) restaurant is en route to where the good shops are. From the outside looking in it could easily be missed, but the interior is anything but shy and retiring. **It's instantly instagramable** (yes, that's now a word along with with TMI and FML) largely due to the bold graffiti-type images that adorn most of the walls.



If you've travelled to the Big Apple it certainly feels reminiscent of somewhere swish that you'd find on the Upper West Side – choc-a-bloc with beautiful people sipping elaborately prepared cocktails. However, fear not, it wasn't a case of style over substance as **every last morsel was utterly delicious and well worth the late school night in my case.**

I've yet to visit Japan (although it's on my bucket list) and the cuisine at Peyote San was the next best thing. I worked my way through A LOT of food to make this review as authentic as poss so drumroll please – I can vouch that the **tatiki tuna,**

chicken gyoza, black cod and the Japanese curry with bonito were all delectable as were the pretty potent Asian Malgalita's – a Peyote San take on a classic Marg and unquestionably are to be enjoyed with an air of YOLO – and not the worry of reaching for ibuprofen the following day.



Given the uniqueness of the food, it was also a really nice touch that the chef came over to talk us through the menu and his knowledge and evident passion for the food made the evening all the more gratifying. Peyote San definitely isn't the type of locale to visit if you've got too much month left

and not enough money. **It's definitely more of a date night treat or a birthday splurge.**



Having said that, come Saturday nights, tables are shuffled to the sidelines so that patrons can get their groove on. Having lived in Madrid long enough now to know that Madrileños would favour spending their last fiver on a night out (than something sensible), Peyote San shouldn't remain on your wish list, **pop it in on your hit list now.**

Info

- [Facebook](#) & [Instagram](#)
- **Address:** Calle Marques de la Ensenada 16
- **Metro:** Colon
- **Phone:** 91 088 22 12

You'll also like:

- [Sahuaro, Mexican magic in Plaza Cascorro](#)
- [El Sombrero Azul, pupusas, yuca, enchiladas and more](#)

Elemental Bistro, a local labour of love

Without doubt, we are a generation who want it all and we want it now. So if we're pretty much always used to getting our own way, particularly when it comes not only to dining out but also to dining in (Hello Deliveroo you absolute game changer), then **what is it these days that truly elevates a dining experience from mediocre to marvellous? Well in my humble opinion, it's the service.** The extra *Je Ne Sais Quoi* that turns a 'meh it wasn't bad', to a 'sign me up I want a loyalty card' kind of vibe.

Good food will always be good food, but **the story and the service at [Elemental Bistro](#) is the stuff that money can rarely buy.** Not many 20-somethings these days know what they want to do when they 'grow up.' Us millennials have risen up through the ranks being told that we don't have to stay loyal to a company and await retirement. We can chase our dreams and fulfil no end of goals. The issue being, where do you start?



Someone who faced that quandary head on and has lived to tell the tale is **Sergio**, the 25-year-old owner of the newly opened [Elemental Bistro](#) who spent years living in Paris and has brought some undeniable Gallic charm to the streets of **Malasaña**. 25 years old, I hear you gasp. Yes. I couldn't quite believe it (but pardon the French related pun) I expect him to become quite the *tour de force* when it comes to gastronomy on this side of Gran Via.

Located on **Calle Corredera Baja de San Pablo**, Elemental is in prime position to capitalise on the hoards of hipsters that

descend on this street daily. However, Elemental is far from being the only option for a foodie in that neck of the woods. So Sergio's menu (which is of a **French-Spanish fusion** disposition) is instantaneously eye catching in an area where menus are becoming more than a little generic in style.



It's not just the menu that is set to carve out a niche either. The décor is stripped back yet charming in equal measure. The walls are simplistic and white, with little nods to Parisian style through the flowers adorning the tables, to the antique typewriter that was perched atop a nearby table.

The owner Sergio who, might I add, won me over within minutes (largely due to his outfit and the soft sounds of the *La La Land* soundtrack playing in the background – a surefire winner for me) couldn't be more hands on in his approach as a restaurateur. His knowledge about wine was second to none.



It's worth noting at this point that the wine menu (along with all other drinks) were housed in old camera roll 'holders' for want of a better word. And as I've dined out about as many times as the late Hugh Hefner bagged himself a blonde, I can attest that I've never seen such a quirky and imaginative way to liven up a wine list.

The food was as downright tasty as anything I've sampled in Spain or fancied in France. The **goat cheese and pumpkin croquetas** were dangerously moreish. The duck salad had even a self-confessed carnivore eating her greens and the **Galician**

short rib, well that really requires no explanation.



Let it be told that I am very much in the camp of 'I'm a starter person' rather than being partial to a pud, but **Elemental may have just won the award for the best desert ever** – I may drop round a certificate and everything. It consisted of a chocolate fondant, violet ice cream and decorated with crystallized parma violet type sweets. It was almost too pretty to eat and the plate that it was served on was very nearly swiped by this vintage loving lady.

There's no shortage of fabulous places to eat in Madrid. Having said that, there's far fewer that I don't as much *suggest* that you should visit, but I positively implore you to frequent. Kudos to Sergio for marrying not just two nations (but two cuisines) and as a result, he brings the panache of Paris to the people of Madrid.

Info

- [Facebook](#) & [Instagram](#)
 - **Address:** Calle Corredera Baja de San Pablo, 4
 - **Metro:** Santo Domingo
 - **Phone:** 911 475 237
-

El Columpio and Fellina restaurants, two gems on Calle de Caracas (Chamberí)

For those of you who've read previous [posts of mine on Naked Madrid](#) (hopefully there's a few of you out there aside from my parents), you'll know that I borderline patrol Madrid on the lookout for all things new, with the dedication of a big cat searching for prey. The thrill of finding somewhere new to eat, or to simply raise a glass is basically akin to me finding the perfect winter coat – aka, it's seriously satisfying.

Now a couple of months back I wrote about the lovely [Le Coco](#); one of the long-time offerings from Grupo Le Coco. Now should you venture from Chueca to Chamberí, this restaurant group is slowing staking its claim on the Madrid restaurant scene with not one, but **two splendid spots on Calle de Caracas: [El](#)**

[Columpio](#) and [Fellina](#). And both restaurants are bound to whet your appetite, figuratively and literally.

First up is the perfectly pastel hued [El Columpio](#)





It's a riot of colour upon entering and the menu reflects that. There's something for everyone. The Spanish classic that is *salmarejo* sits nestled next to **tuna tartare**. Fret not, if you view all things fishy as belonging well under the sea, there's a *rabo de toro lasagne* that was hands down one of the best pasta dishes that I've gotten my chops around in this city.



Effectively, El Columpio is the equivalent of that friend you'll always be able to have as your plus one; a crowd pleaser. The décor is as delish as the food, but what particularly floated my boat was the unstuffy vibe, illustrated by the hordes of Madrileños animatedly drinking by the bar.



This place isn't just for food, it's for fun. And if you lay off the gin tonics, it's the kind of place that you can frequent on a Friday night and still have cash to scour Zara with the following day.

Next up is [Fellina](#) restaurant, just across the street



In complete contrast to El Columpio is the newly opened [Fellina](#), which literally waves to El Columpio from

across the calle. So if you'll indulge me with a little analogy, if El Columpio is your friendly Spanish locale, Fellina is the chic Italian cousin that just rocked up in town clad in some eye catching D&G.



Fellina's menu is an ode to all things from the land of style and spaghetti. Wander in and you'll be first hit by the piles

of fresh produce that adorn every nook and cranny. It's part Mercado, part 'waiting to be discovered bistro tucked away on a side street in likes of Naples'.



I was there on a Thursday evening and the service was spot on, as was the **carpaccio** that I devoured in all of about 47 seconds. It's nigh on impossible to pick out just one thing to try (as I happily chomped my way through the menu with gusto *all in the name of research of course).





But you'd be hard pressed to find a more impressive '**tabla**' of **antipasti** than if you were holidaying on the sun-kissed and perennially popular peninsula that is Italy.

Like two Latin lovers jostling for your attention, don't feel obliged to choose between the two. Akin to earrings, **El Columpio** and **Fellina** are to be found as a pair. Maybe lunch at one and do dinner at the other. But make no mistake, these two little gems are bringing the magic of that good old Mediterranean diet to Madders.

El Columpio

- [Facebook](#)
- **Address: Calle de Caracas, 10**
- **Phone: 913 78 75 12**

Fellina

- [Facebook](#)
 - **Address: Calle de Caracas, 21**
 - **Phone: 91 410 92 50**
-

El Sombrero Azul – pupusas, yuca, enchiladas and more

It's not uncommon for even the most veteran *madrileños* to stumble upon tucked-away eateries they've never noticed. That's exactly what happened to me when I was strolling along the surprisingly calm **Calle de las Hileras** near Plaza Mayor. The spicy smells stopped me in my tracks, but what brought me inside was the *menú del día* written on the window in puff paint.

Monday through Friday, [El Sombrero Azul](#) offers a *menú salvadoreño-mexicano* that includes a *bebida* (Coke products, beer, sangria, or wine) with a starter big enough to fill you up (like the *pupusas* shown below), a **cocktail** (margaritas, mojitos, you name it) along with a delicious main entree. And for dessert, you can choose from coffee/tea, cheesecake, *bizcocho de tres leches*, and more. **All for 12€.**



What's a *pupusa*, you may ask?

Most countries have their own version of a warm, breaded 'sandwich' filled with meat, cheese, and/or veggies. Food pockets, if you will. **Pupusas are the food pockets of El Salvador**, and El Sombrero Azul has them down to a science. Shown above are two veggie versions, one with zucchini and the other with *frijoles* and cheese (my favorite).



Admittedly, I was a little disappointed in the main entree options, but only because I'm vegetarian. Meat lovers will feel right at home here among the *pastelitos de carne*, *cazuela de cochinita pibil*, *tacos flauta*, and the *plato de carne*. However, the accommodating staff offered me some pretty good alternatives, like fresh yuca (above) or *huevos rancheros*.





If you have room after the first two courses, kick back with a fresh cocktail. Pictured is a delicious **blackberry margarita**, but they also have mojitos and micheladas, as well as fresh Mexican fruit juices and horchata (although those aren't part of the menú).

TIP: The best time to go is during the week, because on weekends and holidays the menú price is 15€.

Oh, and the same space hosts a totally different concept by night: it's called La Cueva de Lola, and it's all about Spanish food and flamenco shows. Post to come soon on that!

Info

- [Facebook](#)
- Address: C/ Hileras 6
- Metro: Ópera or Sol

- Phone: 910 18 54 53

Also check out:

- [Tacos, tamales and tequila: Madrid's best Mexican joints!](#)
 - [Sahuaro, Mexican magic in the heart of Madrid](#)
-

Lady Madonna, because Sundays are made for brunching

As an ex-pat in Madrid there are a couple of things that I really miss from home. The M&S food hall (say no more). Boots – I mean who doesn't love a decent 3 for 2 offer; and last but by no means least, a Sunday roast. So in lieu of Roast Beef and Yorkshire puddings, [Sundays in Madrid are all about brunch](#), as opposed to lunch.



Image from Lady Madonna

[Lady Madonna](#) has always been a firm favorite of mine (*you can even read my review on the restaurant [here](#)*). With its pretty little *terraza*, it's an ideal spot for a post-work drink, or a solid choice when you're looking for a decent dinner that won't break the bank.



Little did I know that brunch was an option and this was no half-baked attempt; they offer a set menu that will set you up for the day – I mean breakfast is supposed to be the most important meal of the day right?



I opted for eggs Benedict followed by carrot cake – both paired with coffee, juice and a mojito that proved to be quite the effective hair of the dog. But there were a good five savoury options as well as desserts, and if mojitos aren't your thing there's also Bloody Mary's and mimosas on offer.



I arrived feeling slightly fragile from my Saturday night antics and left with my appetite having been satiated and feeling virtuous that I'd even enjoyed a little bit of sun all by midday. The best bit, the fixed brunch menu comes in at only 18 euros. Well, it would be rude not to indulge at such a snip.

Lady Madonna

- [Facebook](#) & Instagram: [@ladymadonna_restaurante](#)
- **Address:** Calle Orellana, 6
- **Metro:** Alonso Martínez

▪ Phone: 915 02 41 82

Honest Greens, feel-good food that tastes good too

For me, eating is always an emotional experience. I want to eat food that makes me feel good, both physically and mentally. Depending on my mood, that can mean very different things. Sometimes all I want is a creamy *croqueta* or my mom's mac and cheese... but other times, my body begs for **whole grains, greens, and lean protein.**

To be completely honest (pun intended), I didn't realize how much I missed **healthy, home-cooked meals** until I found Honest Greens. This brand new spot in Nuevos Ministerios may at first glance look like just another hipster cafe, but I swear it's something special.



The space itself is impeccably decorated and practically begging to be Instagrammed. The **open kitchen** means you can watch all the magic happen. But even more exciting is the fact that most of the menu items are on display right in front of you, so you can browse the options before making your (very difficult) choice.



This is one of those places where I would happily devour anything on the menu, so ordering is a considerable challenge. Luckily, they break it down into a nice and simple process: choose between a market plate or a garden bowl, then pick your sides or protein. Easier said than done.

The **market plates** come with either chipotle marinated chicken, rare beef, tuna tataki, homemade falafel, or black pepper tofu. Each is accompanied by a fresh green salad with pesto dressing and organic sourdough bread with herbed butter.



Chipotle chicken and seasonal vegetables

Is your mouth watering yet? I've barely gotten started. After you choose your base, you get to add extra sides from an overwhelming list. Cold options include coleslaw, beet salad, creamed eggplant, lentils, hummus, and roasted watermelon (yeah, you read that right). Hot sides include mashed pumpkin, baked cauliflower, roasted beets, herbed potatoes, seasonal vegetables, and organic sweet potato, each with creative garnishes ranging from spirulina to spiced yogurt.

I highly recommend the chicken, and although the beef was a bit raw for my liking, it's received rave reviews from plenty of my friends. You can't go wrong with the seasonal vegetables or the sweet potatoes, which add some color and carbs to the plate. And speaking of carbs, the bread might actually be the best part of the dish. Freshly grilled and soaked in butter... how can you argue with that?



A market plate with ternera madrileña and roasted sweet potatoes



Salad fixin's

If you want to put vegetables front and center, opt for a **garden bowl** instead. Spicy kale, ginger honey goat cheese, peanut chili lentils, sesame greens, wild coconut quinoa... with names like that, you can hardly imagine the possibilities. Each bowl is filled to the brim with various veggies, fruits, nuts, seeds, and dressings. You can also add any protein for an extra boost.

Oh, and did I mention there's a soup of the day?

Once all that has sunk in, turn your attention to the drinks. They've got cold pressed juices, homemade fruit-infused waters, wine, beer, and *vermut*—plus **organic fair trade coffee**. In fact, one of the highlights of the place is the adorable coffee truck parked outside, advertising their specialty beans.



Self-serve aguas frescas

The portions here are generous and filling, proving once and for all that it's possible to feel fully satisfied after a healthy meal. But if you manage to save room, try one of the **sugarless and gluten-free desserts**. Their takes on classics like carrot cake and apple crumble might not be exactly what you're expecting, but they have their own charm. If you've got a real sweet tooth you might be disappointed, but it's totally worth it to at least give them a chance.

The best thing about Honest Greens is that it combines the trend of vegetarian and vegan cafes with a selection that caters to meat-eaters as well. While I love a good veggie burger and am slightly addicted to kale, I won't deny that every meal can be improved by a grilled chicken breast or a juicy steak. For me, this place is **the best of both worlds**.



The business cards say it all

Whatever dietary camp you belong to, you'll find something here that fits your tastes. And the next time you're craving some good, honest greens... well, you know where to go.

Info

- [Website](#)
 - [Facebook](#) & [Instagram](#)
 - **Address:** Paseo de la Castellana, 89
 - **Metro:** Santiago Bernabéu & Nuevos Ministerios
-

Sahuaro: Mexican magic in the heart of Madrid

Hecho en México. That's the slogan of this brand new eatery located right in the historic heart of the city, in La Latina's Plaza de Cascorro.



If you've spent any time in the homeland of the Aztecs, the Mayas, and the michelada, you've probably already fallen in love. Mexico is a country of rich history, cultural diversity, and undeniably delicious food. A couple of years ago I spent a summer living in the rural part of the Yucatán peninsula, and I still dream about it to this day... especially the tortillas.

No, I'm not talking about the egg and potato variety (although those have a special place in my heart as well). And don't give me any of those floppy flour burrito wrappers. I'm talking about fresh tortillas made from corn, water, and salt.

That's it.



Look at that bundle of pure, corn-based joy.

Sahuaro's got 'em. As soon as I saw the basket of tortillas arrive at the table, lined with a linen cloth and covered to keep in the warmth, I knew this place was the real deal.

But I'm getting ahead of myself. As soon as we sat down we dealt with the primary priorities: drinks and guacamole. Sahuaro's drink menu is one of the most exciting things I've read in a while. They offer frozen margaritas and classic mojitos for just €3.90, with a choice of strawberry, tamarind, guava, and passion fruit flavors. There are also several other options for under €6, including tropical cocktails and several variations on the iconic michelada (beer with lime juice and spices).



Passion fruit mojito and frozen margarita, with a guest appearance by guacamole

Every self-respecting Mexican establishment offers guacamole; but few do it as well as Sahuaro. They serve it right in the avocado skin, atop a mountain of crunchy *totopos* (corn chips). It's the perfect blend of avocado, salt, olive oil, and lime, proving that good guacamole doesn't need to be fancy—just fresh. We were also brought a selection of four sauces with varying levels of spiciness. Each one was unique, and spice-seekers will be satisfied, if not particularly challenged.



When it comes to guacamole, Sahuaro keeps it simple.

For the next course, we ordered the house selection of tacos. It includes one of each variety offered on the menu: Guerreros (pork *carnitas*), Norteños (marinated beef), Del campo (grilled veggies), and Yucatecos (*cochinita* pork). They were all delicious, but the Yucatecos were the clear winner (although maybe that's just my nostalgia speaking). The sauce was rich and tangy, the pork tender and juicy, and the pickled onions the perfect accompaniment.



My personal taco motto: always get one of each.

Finally, we dug into the chipotle chicken entrée. It was swimming in creamy, slightly spicy sauce, served with refried beans and (hallelujah) more guacamole. Naturally, of course, we ordered an extra basket of tortillas to go with it. But the surprise hit here was the rice, which came in a coconut shell etched with intricate designs. Soft and subtly seasoned, it provided the perfect complement to the rich and hearty dish.



Pollo al chipotle

I'll certainly be returning as soon as humanly possible to sample the rest of the menu, from the salads and ceviche to the enchiladas and desserts. Sahuaro also offers a *menú del día* during the week and brunch on the weekends, so you can satisfy your cravings no matter what time it is. It's the perfect place to come for a casual drink with friends or even a date; the interior is elegant and colorful, and the enclosed outdoor patio features tropical plants and comfy couches (plus plenty of fans).





Whether you're nostalgic for your own travels to Mexico, or you've always wanted to visit and see what all the hype is about, this place is for you. Sahuaro has done what few restaurants can, combining authentic regional cuisine with an ideal atmosphere, a prime location, and affordable prices. Come, relax, and let yourself be carried away to paradise.

Info

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