La Espumosa – a little bit of what you fancy (does you good)

Does anyone else find the run-up to Christmas just one big guilt-laden box of chocs? Surely it can't just be me? As soon as December 1st swings around, I struggle not to be reaching for the party favours and my booze intake sky rockets – well it 'tis the season. So in an attempt to not become 50% mulled wine, 50% *turrón*, I headed to La Espumosa, the new Chamberí hotspot which combines healthy grub and bubbles, of the champagne variety.



Myself and my vegetarian date (who is dragging a self-confused carnivore kicking and screaming into healthier habits) headed

out last Tuesday and found ourselves salivating over La Espumosa's menu. Juliette, the owner who coincidently quit her day job to follow her dream of opening La Espumosa, has curated a menu that sits perfectly within the era of clean eating. These days millennials (much like myself) enjoy a tipple but then again, we also love an avo – everything in moderation is my mantra.

So to this end, the menu sounded delicious, but not dangerously calorific. We split the following offerings; sautéed veggies which provided an instant shot of virtuousness, a burrata with pesto, halloumi fingers (I could've eaten a bucketload of these) and La Espumosa's take on 'patas bravas' that was baked sweet potatoes with a vegan mayonnaise, which were less of the naughty, and a lot more of the nice.



In addition to the nutritious nosh, the cocktails were to die for (I wasn't polishing my halo the entire time, we definitely embraced the notion of 'a little bit of what you fancy does you good'). The waiter whipped us up a gin-based cocktail using my all-time favourite gin, G'vine and a yuzu-based bitter hailing from Japan which was dangerously more-ish. However, as it was a Tuesday evening and not a thirsty Thursday, we exercised a bit of self restraint. Come the

weekend though, La Espumosa is the perfect place to enjoy a hard-earned glass of champers to toast farewell to the working week.


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One of the other somewhat unique aspects of La Espumosa in a city with more restaurants than you can shake a stick at, is

that the owner Juliette really wants the restaurant to become a social hub. There are already live music nights, fashion brunches and a whole host of events in the pipeline, even one of my own @littlemissmadrid mixers is pencilled in – so watch this space. And when Madrid edges its way out of its recent cold snap and people can feel their toes once again, I predict that the terraza will become quite the hotspot for Sunday morning brunches and post work cañas too.



La Espumosa looks set to to become my local, and not just for fizzy Fridays. It’s hard to walk on by when a venue boasts a

menu that’s going to leave you feeling great, rather than guilty. The decor, the food and indeed the concept got my corks popping *couldn’t resist a champagne pun. And to this end, we all know there’s only one thing better than a glass of champagne, a bottle.


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2020 update: monthly brunches!

Given the healthy nature of La Espumosa, the Chamberí locale is now offering what is currently planned to be a HIIT workout followed by a healthy brunch. As La Espumosa does a great line in champagne, the combination of burpees and bubbles is sure to be an appealing one! One Sunday per month, you can workout for 30 minutes at the venue with a fully qualified UK personal trainer and then enjoy a delicious (and nutritious brunch) – ensuring that there's zero guilt about the calories. The brunch includes a healthy detox juice including green apple, cucumber, ginger and pineapple. A coffee of your choice meaning you get an endorphin and a caffeine hit. Followed by either scrambled eggs or avocado on toast. So don your leggings, grab a friend and put your Sunday to good use. Stay tuned to Naked Madrid for the date of the next one and kickstart your 2020 fitness goals.





La Espumosa

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