

# 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
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# Gluten free pastelerías in Madrid: Part 2 – La Oriental

[La Oriental](#) is a teeny tiny traditional *pastelería* that offers a whole array of gluten free goodies. Founded in 1950 and currently run by the fourth generation of bakers, here you'll find locally inspired *pasteles*, elaborated using traditional Madrileño methods and the best local ingredients. This is the place to go to step into the world of **traditional artisan pastries** and try some local specialities. Luckily for gluten free foodies, it is central to the city and just a short stroll from the Argüelles metro stop!

When you step into the bakery you are immediately surrounded at all heights by stacks of galletas, trays of mini pasteles, counters brimming with all sorts of chocolates, beautifully decorated tartas, light pink *meregues* and boxes of assorted **chocolate-dipped shortbreads**.







It is not hard to find the gluten free goodies as the shop is

covered in 'sin gluten' symbols to help you find your way around.

You'll find delicacies in every counter, including the tall fridge in front of the window, which is jam-packed with tartas, cheesecakes and birthday cakes (see the raspberry cheesecake above, yum!). There is also a counter with an entire selection of **rocas**, which are chocolates filled with caramelised nuts, in dark chocolate, milk chocolate, white chocolate... well, in every kind of chocolate that you could imagine.







Also sitting nonchalantly on top of the counters, as if they have no idea of the effect they'll have on you, are **boxes of assorted biscuits**, which are, indeed, gluten free too.

There are Viennese-style biscuits covered in jam and chopped nuts, star-shaped shortbreads, vanilla cookies topped in dark chocolate and sprinkles, and many more options. In addition to the boxes on the counters, there are also boxes behind the shop front, which the shop assistants will no sooner whisk out for you than you can say 'sin gluten'.





As well as the shop's excellent 'gluten free' signing, the best part of visiting the shop is being greeted by the shop's incredibly smiley fourth generation owner, or one of her friendly assistants. As soon as you mention that you are 'celiaca' or 'celiaco', a whole range of extra delights will be whisked out from the back and you'll wonder why you never came here before.

The pastel of choice on this visit was one of the 'bandejas' of mini pasteles, which I can say are without a doubt the most delicious little morsels I have tried in my natural gluten-free, and non-gluten free, life.





Each tray is slightly different, with six rows of beautifully

presented mini pasteles, each little pastel like a mini work of art. You can tell that at La Oriental they take their baking seriously. In this particular '*bandeja*', there were **six types of mini pasteles**: a custard-cream topped sponge; a light pastry sandwiched with chocolate cream; dark chocolate cups with vanilla custard filling and chocolate sprinkles; a profiterole-style pastry filled with dark chocolate cream; an orange cream square and, last but not least, dark chocolate cups filled with whipped cream and topped with a raspberry.







The mini selections of pastries like this *bandeja* are wrapped up in a sweet little La Oriental box with reflective gold lining and tied up with string, making them the perfect treat to buy for a friend, gluten free or not gluten-free, or maybe, let's be honest, just for yourself.



In addition to this, the tartas in the tall fridge counter in front of the window can also be ordered for special occasions like birthdays, or just selected from the shop on the day (they all look delicious!).

## Extra notes

There are also sugar-free and lactose free options. Just ask the owner.

Extra tip: some of the boxes of biscuits already have prices on, but the rest are priced according to weight, so make sure you check with the owner before you select your box.

## Info

*Calle Ferraz, 47*

[Website](#)

*Tel: 91 559 70 45*

## Word of the post

I hope that you liked this post on La Oriental. Today's special word, in homage to the delicious nature of the post's content, is:

**natillas**– a creamy custard, yum.

## You'll also like:

- [Gluten free pastelerías in Madrid: Part 1, Confeterías Marqués](#)
  - [El Riojano, Madrid's best pastry shop in the centre with a hidden tea room!](#)
  - [María's – sensational sweets on Calle Zurbano](#)
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## 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](http://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](#)

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## 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](http://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.laonchataberna.com](http://www.laonchataberna.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

**Here are a few more articles you might like:**



[Madrid's 3 Best Wine Shops](#)

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

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