

# Nudista restaurant, not naughty but very, very nice

So I have a confession to make. I hardly ever read. Whilst this might sound like a somewhat dramatic claim, what I actually mean is, I hardly ever read books (unless you count what I devour annually whilst on a sun lounger and manage to bulldoze through in a day). I read the news, I read blogs and I read glossies, but it's rare that I sit down and take the time to turn actual pages – this is made all the more shameful by my day job being the lead of English in a primary school. Somehow life gets in the way (or perhaps more accurately, Netflix does) and books wallow neglected on my shelves.

However, this summer I read a book called *You are a Badass*. Now I loath to admit that I read the occasional 'self help' book, but this one resonated with me in a way that's not a particularly regular occurrence. It's based on the notion that everyone is capable of 'living our best life'. The premise is that we shouldn't just tread water because we're too scared to dive into the unknown; it's about unapologetically jumping in headfirst and being brave.



At this point I'm sure you're wondering how on earth these ramblings link to a restaurant recommendation but bear with me. Someone who most definitely took the stabilizers off and took a leap of faith is Micky. The owner and creative clout behind Nudista; the restaurant that he affectionately calls his 'fifth child' – he's a father of four. Having spent twenty years grafting away as a TV producer, he literally quit his day job to follow his dream – and from where I was sitting last Friday night, his dream has literally become a reality.

[Nudista](#) is the brainchild of Micky and the result of his

lifelong love affair with gastronomy. The concept behind the restaurant is disarmingly simple but achingly cool. Nothing is cooked. There's no kitchen. Everything is fresh. The food is either served from a jar or a tin without even a hint of a preservative or additive in sight. As the clean eating movement shows no signs of abating, Micky is striking while the iron is hot. The food is in a word – delicious, largely because you know exactly where your food is coming from (Navarra in most cases) and it's simply seasoned with olive oil and salt.



I ate leeks that literally melted in the mouth like butter (and as a Welsh girl, the bar for decent leeks is set pretty high but these were epic). Next I sampled some marvellous mackerel (I'm not one to shy away from some alliteration) and some zingy lentils that were lip smacking good. Served in tandem were two wonderful wines that were personally selected by Micky and partnered the food to perfection. What added further appeal to a place where I couldn't have felt more

relaxed, was that dessert was created by a friend of Micky's – a moreish cheesecake served in a dinky little sardine can. I'm a sucker for attention to detail and this had me reaching for my iPhone to pap.

Nudista almost felt like going round to a friend's house for dinner, albeit a friend's house with excellent taste and an eagle eye for interiors. We stayed until the early hours, such was the relaxed ambience and given its proximity to the always buzzing Malasaña is quite the rare find. In a city where restaurants are often becoming carbon copies of each other (exposed brick, aperol spritz and steak tartare – you know the ones). Nudista is refreshing for its lack of pretension and originality. Twenty somethings sat beside the neighbourhood abuelas, proving that Micky and his team have spotted a niche where there's something for everyone.

And the best bit, everything you've eaten is available to buy. I know what my fam will be getting for Christmas and I know what will be adorning my kitchen shelves. Despite the name, clothes are required but the stripped back charm of Nudista will keep you wanting to go back for more. Friends of mine know that when I like something, I go all in. I'm often zealous in terms of gushing about things/places/people but in the case of Nudista, it's more than warranted. I can't recommend the place highly enough, so to make sure that I'm not just all talk – you should take action.

## **Nudista**

- [Facebook](#)
  - **Telephone:** +34 913.77.64.24
  - **Address:** Calle Luchana, 23, Madrid.
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# Live In Theater's "The Lombardi Case" comes to Madrid from NYC!

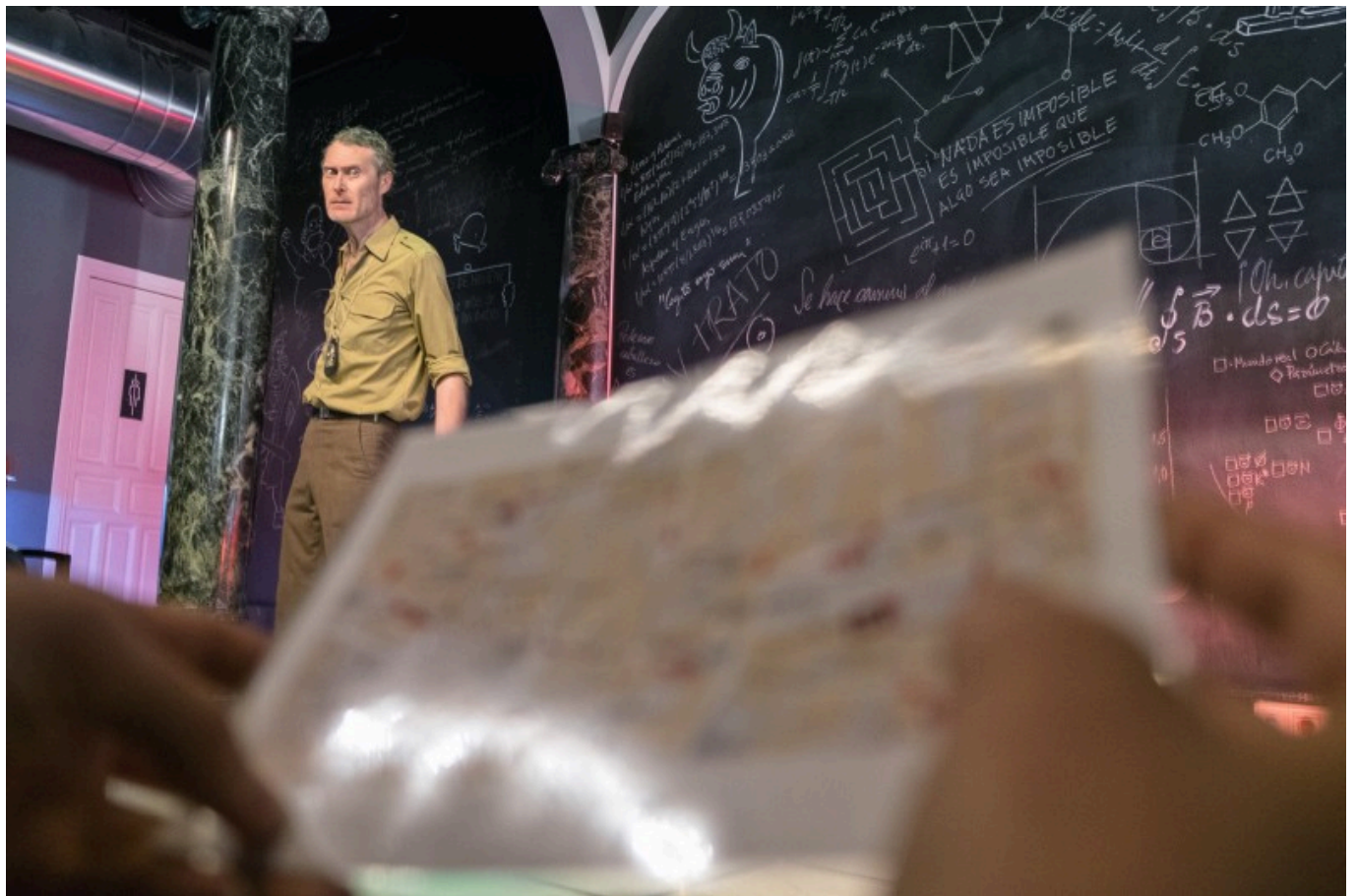
It's not everyday that you get to help solve a murder case, interview a drag queen, or be transported to another era. But that's what you're in for with the interactive show *The Lombardi Case*, brought to us by the NY-based **Live in Theater** group. I had the chance to go the premiere in May and here's what it was like.



When I stepped into the theater, I was first greeted by a cop with a Brooklyn accent, played by a Scotsman; and then grabbed a seat among the 60-person international audience. We got split into small teams and an officer presented us with the case details in effortless Spanglish.



It's suddenly the early 1980's and we're in the midst of Madrid's sex- and drug-ridden *La Movida* movement. The daughter of the US ambassador has just been murdered. And it's on us to find out who did it.



Readily equipped with clues, a map and a list of suspects – from a doorman to a junky – we headed out onto the streets to conduct our interviews at nearby locations like a jazz bar, public plaza and street corner; and then came back and tried to solve the case with our findings.



The 7-member bilingual cast relied heavily on improv to communicate with us as we interrogated them, and they impressively stayed in character the whole time.



Although none of us ended up solving the tricky case, it was a really fun and unique experience, with lots of laughter and participation between the actors and audience. I loved being able to play an active role in the show, get out there on the street, interact with new team members and in Spanglish, no less. All in all, it's a guaranteed great time and as a benefit you'll get to learn about the history of Madrid.



Since the debut, **Live in Theater** has put on two more productions of the *The Lombardi Case* in the heart of Malasaña at [La Industrial](#). While the format is identical to the NYC show, the storyline has been adapted to Madrid's history. For example, the original takes place in 1975 which works in a time of drugs, disco and gentrification in NYC, while the Madrid show takes place in the early '80s during the time of *La Movida*, the experimental movement that broke out after the fall of the Franco regime. This is especially pertinent as audience members get to actually interview suspects in the neighborhood that was the epicenter of the movement, Malasaña. Another key difference is that here, the show is put on in Spanish and English.

# LOMBARDI CASE

## ASESINATO EN LA MOVIDA



**LIVE  
IN  
THEATER**

INTERACTIVE EXPERIENCES  
NYC

**24 y 29 de Junio - 19:00h**

La industrial - C/ San Vicente Ferrer 33

Tickets: Oficinas de La Industrial c/ San Andrés 8 Local

Tickets Online: [www.liveintheater.com/madrid](http://www.liveintheater.com/madrid)

# CAN YOU SOLVE THE CASE?

## AN INTERACTIVE MURDER MYSTERY

SPANISH & ENGLISH

The *Lombardi Case* has been brought to Madrid by three partners: [Carlo D'Amore](#), the founder (and guru) of the NYC-based theater group, **Live in Theater**; [Leslie Freschet](#), who's been living in Madrid for 25 years; and [Benjamin Nathan-Serio](#), who's been an active member of Barcelona and Madrid's English-speaking theater circuit for nearly a decade. He's also one of the Madrid organizers and co-founders of [Mad Improv](#).

A few weeks ago I had the chance to sit down with Ben and talk about the *Lombardi Case* and what makes interactive theater so special. He said:

*The show offers a truly unique experience for the audience because interactive is empowering. It's a real niche for actual human, genuine interaction. There's something magical about this show. It's not just conversation in a bar or speed dating, or meet-ups; it's super empowering because you become a cop. You have a mission. You become a detective. There's a murder, and you need to solve it! And there's a time limit... urgency.*

## See a show!

Stay tuned for upcoming productions by following their [Facebook page](#) or put in a request by emailing them at [liveintheaterproduction@gmail.com](mailto:liveintheaterproduction@gmail.com).

You can also book them for private events such as company team-building exercises. The show has a very versatile format – you can hire them to go into your apartment as long as it has 2 rooms, with 3 actors playing 6 characters; and it can also be presented to up to 200 people.

And if you feel like getting more involved in Madrid's interactive theater scene, definitely check out [Mad Improv](#) which holds free improv workshops on Sundays and monthly performances.

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# Verbena Bar Review

Madrid (and more specifically) Malasaña is choc-a-bloc with cute looking bars, so much so that it's often nigh on impossible, to pick from the myriad of options. However, should you find yourself Saturday strolling around the vintage shops that pepper Calle Velarde, Verbena is the perfect choice. Not a case of style over substance, Verbena is the perfect mid-shopping pit stop, as well as the ideal place for tapas time.



Like similar bars in the area, its decor is pleasing to the eye, as is its proximity to the perennially popular Plaza Dos

De Mayo. It offers more than your simple caña/vino combo; I was particularly impressed with its **gin selection**, which could rival a far swankier locale. I plumped for a Nordes (which hails from Galicia in the north of Spain) – it came expertly served in a Copa de Balon and was quite the snip at 8 euros – I've spent obscene amounts on a G&T so this felt relatively bargainous.



My fellow bar hoppers enjoyed a crisp **Albariño** and an **Estrella Damn** – I was assured that they were both suitably pleasing to the palate and purse (an entire round came to less than a

sarnie would in a city such as London or Paris).



The staff were friendly and knowledgeable ( particularly when questioned about their own gin faves). Furthermore, Verbena boasts a simple menu that offers all the classics that you'd come to expect from Madrid – tortilla de patata, croquetas, complete breakfasts and the like.



Verbena is the equivalent of a trusty pair of jeans – a comfy option that requires minimal effort. Smack bang in the city centre, it'd be a crime to walk on by.

**3.5 stars out of 5**

## Info

**Address:** Calle Velarde, 24

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# Adelita Market

This Saturday [Adelita Market](#) will be holding its flea market outside in Plaza Dos de Mayo. Enjoy browsing through the many racks of second hand clothes set up in the bustling plaza and then head over to a nearby bar for a caña or café!

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## Creamies: Malasaña's new ice cream & cookie sandwich bar

**Sugar addict? Keep reading.** Don't have a sweet tooth? This place is not for you. Opened just three weeks, [Creamies](#) is a tiny ice cream sandwich bar in the heart of Malasaña that lures guests in with its neon '80s-esque decor and customers leaving with their sugary mounds of perfection.



The process is simple and tailored to your tastes.

First, you pick the “bread” of the sandwich: a donut (regular or Oreo), a blueberry muffin top, or a cookie—classic chocolate chip, white chocolate, triple chocolate... Undecided? **You can mix & match** the top and bottom.



Next, **choose the ice cream filling**: “triki” monster (kind of like birthday cake flavor), donut cream, “La Movida Madrileña,” double chocolate brownie, Kinder, yogurt & berry...



Lastly, **you can choose a “topping”**—whichever you choose, they’ll roll the sandwich in it. There are sprinkles, Lacasitos, marshmallows, Froot Loops, cookie crumbs, chocolate sauce, and more.



Would ya just look at that happiness?!

It's cheap, it's delicious, and the service is friendly.  
*Corred!*

## Info

- [Facebook](#)
- Insta: [@creamiesmadrid](#)
- Address: C/ Corredera Alta de San Pablo, 30
- Metro: Tribunal

## You may also like:

- [Madrid's best ice cream shops](#)

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# Jack Percoca: The Little Italian Joint with Big Hearty Food

*“The amount of food on the plate says a lot about the person who put it on the plate,” laughs Luca. “I serve my customers like I serve my family.”*

**Naples-born Luca is a professional restaurateur.** For eight years, he travelled around the world opening and running game-changing restaurants before finally settling in Madrid and opening Jack Percoca Bar & Kitchen, a cosy little Italian restaurant in the heart of the city’s Conde Duque district.



The bar area



The cosy dining area with lots of natural light at lunchtime

The sheer wealth of experience Luca has picked up over the years becomes clear from the moment you walk in. A great deal of thought has gone into the style and layout: **the lighting is soft, there's no 'short-straw' table, the service is attentive, and the food is flawless.**

## **FOOD FOR FOUR (TO EIGHT)**

To start, we ordered Burrata Tricolore, served on a bed of rocket with slices of perfectly ripe tomato and drizzled with Luca's famous basil pesto. We also ordered a bowl of "Smoking Bullets": deep-fried, cheese and ham-filled rigatoni, like an Italian take on croquettes. We loved the tomato-laden Bruschetta and, on the opposite end of all spectrums, the (intensely) Creamy Meatballs.



Smoking Bullets, Creamy Meatballs, Bruschetta and Burrata Tricolore



The Bruschetta

Feeling full yet? For mains, we had the Spaghetti Burger – a succulent home-made burger perched on a crispy basket of spaghetti – and the Steak Tartare with chunky chips. The Donna Sofia pizza is right up there with the best pizzas in Madrid, but the colossal **Truffle Mac and Cheese** was, as usual, the star of the show.



The Spaghetti Burger



## The Truffle Mac 'n' Cheese

Despite being pretty full, we ordered the Margherita Cheesecake and the Amaretto Connection for all of us to share, because when a dessert is good enough (and you know what I'm talking about here), you'll find room for it.



The Amaretto Connection

## WELCOME TO PROHIBITION-ERA NEW YORK

This excerpt from the menu sets the scene for the restaurant perfectly:

*"It's the era of prohibition and the state has declared war on alcohol. Social downfall in America has reached rock bottom and liquor is squarely to blame. But New York City has been hit by a new wave of crime – the black market. The word on the street is that immoral men are brewing their own high-proof alcohol. Hip flasks of this "moonshine" are stuffed into the boots of liberated women to supply hundreds of "speakeasies". It's also the beginning of the underground jazz movement –*

*inspiration is thriving in these illegal alcohol-fueled parties, but only the coolest guys and dolls in town are in the know. It was here, in a speakeasy beneath the streets of New York, that Sandy met Jack..."*

The infamous black market liquors of the Prohibition era echo throughout Luca's cocktails, which are **strong enough to cut through all three hearty courses and still leave you feeling merry.**



A selection of the classic cocktails

**Jack Percoca Bar & Kitchen is humbly priced, but with big hearty food, strong cocktails and a charming atmosphere. This Little Italy eatery is determined to keep Madrid's restaurant**

scene on its toes.

## INFO

- Jack Percoca's [Facebook](#) and [Instagram](#)
  - Address: [Calle Conde Duque 14](#)
  - Call Luca to reserve: **915 13 50 44**
  - Opening hours: Mon-Sun 13.00 – 16.00 / 19.00 – 01.00
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# Amargo, the city's best veggie burger (and much more)

The title says it all.

On a cozy corner in Malasaña, [Amargo Place To Be](#) lures you in with its fairytale facade, enveloped with ivy and illuminated by twinkle lights.

Inside, the vibe is both industrial and homey. Friendly faces will greet you (not always a given in the city) and you'll be overwhelmed by a menu **so international** you'll forget where you are.

Nigiris, Mexican nachos, giant *croquetas*, dim sum, lasagna with wonton pasta and pine nuts, duck magret over hummus and a raspberry coulis....

But as we're all biased—especially when it comes to food—what I wanna sell you on is their veggie burger.

I can't even bring myself to try anything else from the impressively diverse and delicious menu, because when I come to Amargo, I only have one thing on my mind: that thick and

savory soy burger piled high with zucchini in tempura, a fried egg, a thick slab of goat cheese, green shoots, caramelized onion, crispy onion crunch, and the special house sauce.



**Go starving**—just half of this monstrous burger fills me up.

They're open for breakfast, lunch and dinner (from 9am-2am every day!), have a fantastic *menú del día* (€11.90 M-F and €13.50 on weekends and holidays), and boast a lengthy drink list that includes signature cocktails and organic wine (!!!).

**But wait, there's more.**

If you venture downstairs (follow the 19th-century painting in which a stoic aristocrat dons some fly ass Nikes), you'll find the seating area where diners become audience members.



Since last year, **Amargo has hosted concerts** throughout the week. If you're dining in (make sure to make a reservation—it fills up!), it's just €2 to enjoy anything from flamenco to soul to acoustic while you eat. When I went, I was treated to [Chisara Agor](#)'s achingly soulful voice.

Check out this month's programming on Amargo's [website](#).



The mindblowingly talented Chisara Agor and the amazing Christian García-Fonseca Secher on cajón.

If you're somehow not yet experiencing sensory overload, the lower level also functions as a revolving art gallery. The current artwork is by local visual and urban artist [Misterpiro](#).



Just some pals having a very candid laugh.

In a hurry? Amargo also does **speedy-quick orders to go**.

You have no excuse.

## Info

- [Website](#) & [Facebook](#)
  - Instagram: @amargoplacetobe
  - Address: Calle Pez, 2
  - Phone: 910 84 79 90
  - Metro: Callao, Noviciado, Tribunal
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# Bosco de Lobos – a casual-chic restaurant in Chueca

Last month I reviewed the sexy, swish [Ana La Santa](#). If we were to talk in terms of siblings, whilst Ana La Santa may be the mature older brother in the dining out stakes, this means that Bosco de Lobos may be the cuter, younger sister. Smaller in size and with a less obvious position within the city (it's tucked away between Calle Fuencarral and Hortaleza) sort of straddling Malasaña and Chueca if you will, it's the ideal place for a simple lunch on their sun-kissed terraza or for a casual date night that won't break the bank.

The atmosphere was (on a Friday night) buzzing to say the least; packed with punters all gagging to sample their take on eclectic European fare, ranging from wood-fired pizzas, to steak tartare, to heaving pasta dishes. They do a little bit of everything and instead of this being to their detriment (like that friend you have who spreads themselves too thinly) it's all lip-smackingly good.



Like most, I enjoy dining out (ok, perhaps more than most) but I like to do so in places that lack pretention and that do simple things with style. Bosco de Lobos ticks both boxes. Special mention has to go our waitress, Iryna, who was a fountain of knowledge on the wine front, recommending the perfect Rioja to be paired with my steak. We rounded off the evening with a couple of puds and a G&T thrown in for good measure.

Speaking of round, that's exactly how my midriff felt after eating like a Queen. It doesn't hurt that the setting is as tasty as the food, lots of sultry low lighting and artfully dishevelled bookshelves, making the whole place feel cosily lived in rather than sterile Scandi in tone.

Unlike La Musa, they do take reso's so I implore you to make one – you can thank me later.

All photos from [Bosco de Lobos](#)

## Bosco de Lobos

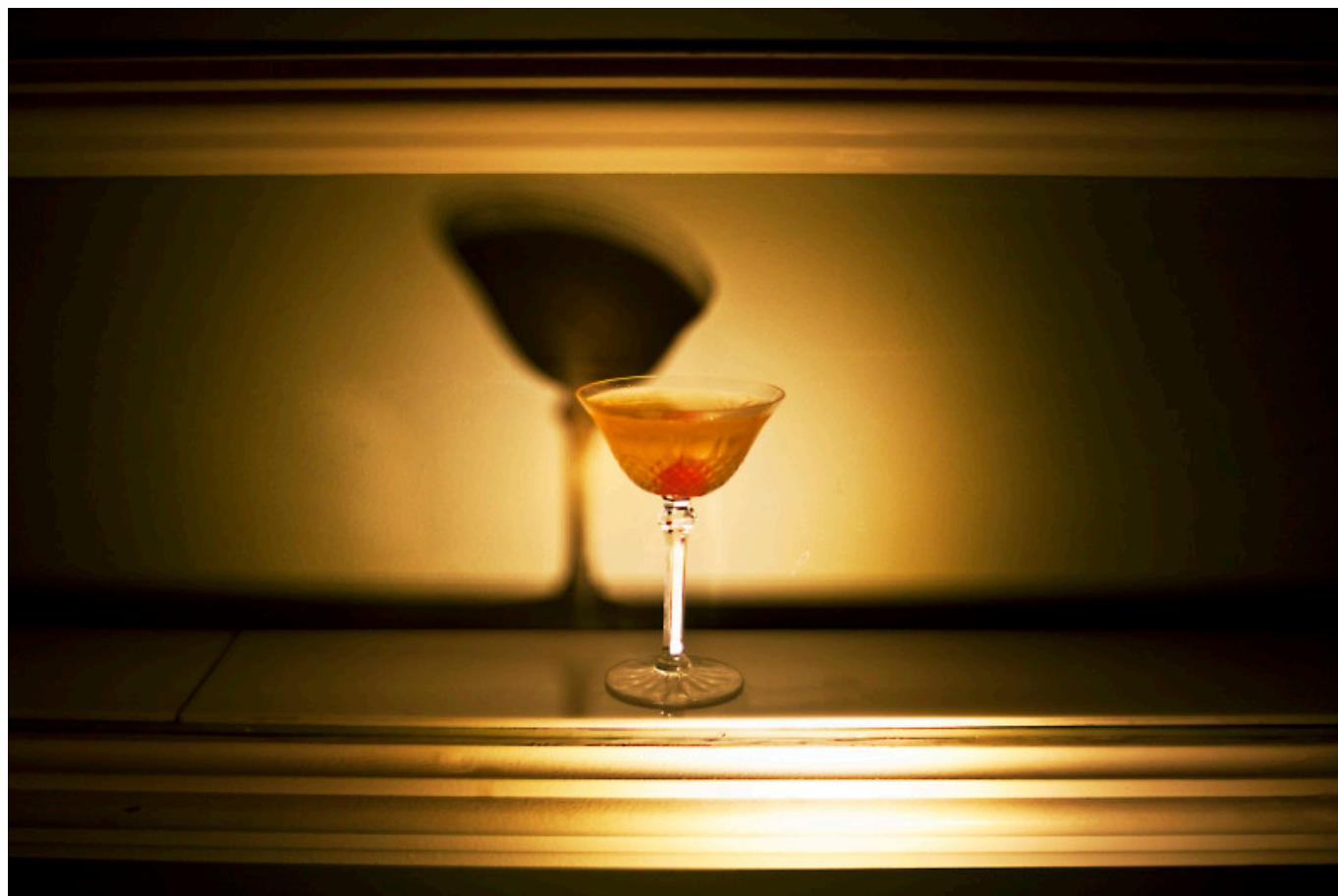
- [Facebook](#) & Instagram: [@boscodelobosmadrid](#)
  - **Address:** COAM, Calle de Hortaleza, 63
  - **Phone:** [915 24 94 64](#)
  - **Metro:** Alonso Martínez, Chueca & Tribunal
- 

## 1862 Dry Bar, staggeringly chic cocktail bar on Calle Pez

They say that Madrid has more bars per square mile than any other Spanish city (some even go as far as to boast, in Europe). Whilst I'm not sure of the exact bar tally, not that I'm all that concerned, what I do know is that you only need to step foot out of your house to see that Madrid is certainly not lacking in places to get a drink. If there's one thing that Spaniards enjoy (aside from the stereotypical siesta) it's a tipple or two.

However, bars in Madrid tend to generally fall into one of two distinct camps; the ones with the unmissable glow of strip lighting and scattered napkins, that generally tend to be frequented by a more aging population. And those that cater to fans of an exposed brick interior, shabby chic furniture and a drink served in a jam jar. This is what makes [1862 Dry Bar](#) so unique. It falls into neither category and I'm all the more

pleased for it. A staggeringly chic cocktail bar perched on the perennially popular Calle Pez, it may look discreet from the roadside, but upon stepping inside, you could quite easily be transported into the prohibition-era bars that are more likely to be found stateside, than in Spain.



The affable owner, Alberto, is a fountain of knowledge on the cocktail front, in other words, what he doesn't know about all things shaken or stirred isn't worth knowing. The building (an old hardware store I believe) manages to effortlessly straddle being airy and cosy simultaneously. The downstairs is particularly sumptuous, with plenty of nooks for a clandestine date or an intimate chat, whilst sipping on your expertly made pisco sour.









What I

particularly loved about 1862 Dry Bar, was the clearly knowledgeable and creative bar staff. The menu has all the classics in place, but also offers up some truly unique cocktails made by guest mixologists ranging from Trailer Happiness (hailing from Hoxton), with another one being from The Ritz Madrid.

The furniture, the staff and ultimately the delectable drinks, make Dry Bar 1862 the perfect watering hole for a date night or a glamorous venue for a gaggle of friends. The cocktails are potent and pack a punch, however, the jewel in the crown is Alberto, whose passion for a decent drink prevails in a city that is often lacking.

## Info

- [Facebook](#)
  - **Address:** Calle del Pez, 27
  - **Metro:** Noviciado
  - **Phone:** [609 53 11 51](#)
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## Manzana Mahou: Gourmet Art Experience

[Manzana Mahou](#) is the concept sponsored by Madrid's most iconic beer, Mahou. It's located in Malasaña (between metro stops Tribunal and Alonso Martinez) at Palacio de Santa Bárbara, a beautiful palace built in 1866. For the third consecutive year, the outdoor space has been turned into a popular terrace designed to provide an oasis during Madrid's warmest months.



The idea behind Manzana Mahou is to bring together art, gourmet food and beer, to create a unique experience. It is open until October 8th, after which it will be temporarily closed until next summer. This year, the stars of the show will be chefs María Marte from [Allard Experience](#), Javier Goya, Javier Mayor and David Alfonso, from [Triciclo](#) and Roberto Ruiz from [Cascabel](#) by Punto MX.



These top chefs will be in charge of creating [exclusive dinners](#) inspired by the four resident artists at Manzana

Mahou. In addition to this, two restaurants, La Cabra and Tandem will offer a more casual dining experience. [La Cabra](#) is a Michelin Star restaurant that will also offer brunch on Sundays from 12pm to 4pm for only 25€, led by renowned chef Javier Aranda, who at just 29 is one of the most acclaimed chefs in Spain. Tandem, on the other hand, is Triciclo's little brother which has also become a leader in Madrid's restaurant scene.



This year, the outdoor space has expanded, enhancing the experience. Four artists will be exhibiting, Julia Llerena, María Platero, Françoise Vanneraud and PLAYdramaturgia. The latter are a group of artists that create a mix between visual and performing arts, while the first three are focused mainly on visual arts.



Entrance on Calle Hortaleza

Open Monday to Sunday, from 11am to 1am, Manzana Mahou is a great opportunity to try some of Madrid's greatest restaurants at a more affordable price while enjoying art and a few beers.

## Info

[Facebook](#) & [Website](#)

**Address:** Calle Hortaleza, 47

**Metro:** Alonso Martínez & Tribunal