



Gluten – Free Menu

Welcome to Olea Social, a place for food lovers and like minded people to come together and share experiences, throughout the day and long into the night.

Our chef has crafted a unique Mediterranean menu with ingredients and flavours from Mediterranean coast. Using timeless cooking techniques and authentic flavours all served with a modern twist. We hope you enjoy.

Starters

Olives with dried apricot and lemon oil (VG)	5
Dips plate (Humus, cacik, ezme) with gluten-free bread (V)	8.5
Humus with black olive powder, sesame seeds with gluten-free bread (V)	9.5
Babaganoush - smoked aubergine, yogurt, tahini and lemon with gluten-free bread	9.5
Smoked salmon, pickled cucumber, garlic yogurt, salmon roe	10.5
Prawns, mixed mushrooms and confit garlic with gluten-free bread	13.5
Cecina beef (cured beef) with grapes and hazelnuts	13.5
Cheese plate manchego, st nectaire, parmesan, cabrales blue cheese with grapes and walnuts with gluten-free bread (V)	15.5

Mains

Fish of the day with mussels in tomato sauce	26
Octopus a feira (slow cooked Galician octopus with confit potatoes and smoked paprika)	23
Seafood rice (paella) for 2 people	44
Grilled red prawns (gambas rojas)	19
Zamburiñas (Scallops), Moscatel vinegar, red onion, fresh chili, herbs, vinaigrette x4	18
Lamb kofte skewer, cabbage pickles, ezme with gluten-free bread	19
Chicken shish, grilled asparagus and courgette with sumac, smoked cacik with gluten-free bread	19
Rib-eye steak served with padron peppers (300gr dry aged)	34
Lamb chops served with fennel salad x3	24
Lamb loins in vine leaves with samphire, pine nuts and drained garlic yogurt	27
Aubergine with tomatoes and smoked mozzarella (V)	19
Grilled confit artichoke, seared polenta, chili flakes, crispy garlic (V)	13.5
Fresh mixed salad, oakleaf lettuce, pickled shallots, goat cheese, dried olives, vinaigrette (V) (Vegan option)	14 side - 7
Char-grilled cauliflower, carrot and orange puree, garlic flakes, dried olives, vegan parmesan (VG)	14
Gnocchi with cream and mushroom sauce, vegan parmesan (VG)	19
Samphire with pine nut and garlic oil (VG)	11

Sides

Chips with brava sauce (VG)	8
Cauliflower couscous, preserved lemon, raisin and pine nuts (VG)	7
Grilled asparagus and courgettes with garlic chips (VG)	6
Basmati rice	5
Gluten-free bread (V)	2

Dietary information

Please ask a member of our team before ordering if you have any allergies or intolerances. Nuts and flour is used in our kitchen, and despite our efforts to prevent cross contamination, our dishes may contain traces of allergens

A discretionary service charge of 13.5% will added to your bill VAT included