

When we started in the trade of feeding and drinking, there were few wine guides.

We thought ‘Parker’ was a pen, ‘Wine Spectator’ didn’t reach the news-stands, to read ‘Decanter’ you had to go to London and the reference book was ‘The World Atlas of Wine’, by Hugh Johnson and Jancis Robinson.

Here at La Vaquería Montañesa, we have natural wines because they are delicious, they feel good and they have fascinating stories behind: many nights thinking about their grapes, the weather, the frosts, plowing, pruning and collecting days and the process of making wine. If you are lucky enough to be invited to have lunch with them in a vineyard, you’ll end up asking for the owner’s hand

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la vaquería montañesa

In 1972, Madrid expelled the cows and closed most dairy farms, where fresh milk was dispensed in bulk and whose back rooms had become makeshift stables. The cows returned to the field, a place from where they should have never have left, and ended their confinement. Until that date, only in the widening of Chamberí and the Salamanca district there were 47 vaquerías captained by *montañeses*.

Native from Cantabria’s valleys, these *montañeses*—that’s how people, specially shepherds, were called in Cantabria the past—, took care of their cows right in the center of Madrid until the expulsion. Some of these establishments were repurposed into grocery stores, and so it happened with La Vaquería Montañesa until the arrival of the millenium, when it was transformed into a restaurant.

La Vaquería Montañesa is nowadays a landmark where you can take care of yourself while enjoying haute cuisine. We specialize in fish from Santander’s fish market, which we buy ourselves every morning and send it to Madrid; in seasonal organic vegetables from little national farms and in sustainable meat and veal from Siete Valles de Montaña, the first cooperative of organic farmers in Cantabria

starters

CROQUETAS DE MARISCO
North seafood croquettes made with bechamel 18

CATA DE ANCHOAS
Anchovies tasting with regañás (toasts) from Sidonia 21

RABAS DE SANTANDER
crispy deep fried calamari with Madrileña sauce 21

🌿 TABLA DE CUATRO QUESOS
from invincible shepherds 18

PULPO A LA SARTÉN CRUJIENTE
with potato, curry sauce and autumn apple 24

spanish tomatoes

🌿 ENSALADA TROPICAL MALAGUEÑA
with avocado, tomato, mango and herbs olive oil 21

🌿 ENSALADA CINCO TOMATES
with organic fresh cheese and pesto 23

🌿 SALPICÓN DE TOMATES
tomato salad with arbequina oil and flower of salt from Chiclana 20

🌿 BURRATA DEL NORTE,
a project between Cantabria and Vizcaya 22

organic eggs

From Guillermo, in Fuentemilanos (Segovia), a veterinarian turned farmer

HUEVOS FRITOS CON CHORIZO
fried eggs with homemade chorizo and chips 23

HUEVOS FRITOS *El Landa’s style, with organic morcilla (black pudding) from Villarcayo 23*

HUEVOS FRITOS CON JAMÓN IBÉRICO
fried eggs with ham 25

HUEVOS FRITOS CON TRES COSAS:
chorizo, black pudding and ham 25

vegetables recipes

from organic vegetables patches and small producers. The authentic taste of vegetables

🌿 PIMIENTOS ROJOS
red peppers ouble roast 18

🌿 ESCALIVADA *aubergine and red peppers roasted, crunchy toasted almonds with olive oil from the mountains of Alicante and mint 19*

🌿 MENESTRA *sauteed seasonal vegetables with special sauce 20*

🌿 TRONCO DE CALABAZA ASADA
roasted pumpkin with apple, honey and walnut, almond and hazelnut hash 19

🌿 BRÓCOLI ECO SALTEADO
broccoli sauté with mushrooms and organic shiitake 18

🌿 VERDURITAS AL CURRY
Vegetables in curry with coconut sauce Kerala style 18

🌿 ENSALADA DE COGOLLOS
Baby gem lettuce salad with a pepper vinaigrette, carrot, beetroot, and confit tomatoes with nuts 18

🌿 TIMBAL DE POCHADOS:
Spring onion, leek gratin with sheep cheese 19

🌿 TACOS DE BERENJENAS
Aubergine tacos tuffed with pumpkin 21

PUERROS GRATINADOS
gratin leks with creamy bechamel 17

the artichokes

CRISPY ARTICHOKEs
with black garlic mayonaise 21

ARTICHOKEs IN GREEN SAUCE 21

SAUTEED ARTICHOKEs
in it’s sauce with fine ham chips 23

organic veal from siete valles de montaña

Siete Valles de Montaña is the first organic veal cooperative in Cantabria

ORGANIC VEAL STEAK TARTAR
veal steak veal steak tartar with a touch of Chicago bourbon, vodka from Cantabria or Scotch 26

PALLARDA FINA DE TERNERA ECO
veal sirloin with fine herbs and organic lettuce salad 25

TAGLIATTA DE TERNERA ECO
grilled veal strips with chips 28

ALBÓNDIGAS DE TERNERA ECO
veal meatballs with boscaiola sauce and guanciale 24

organic chicken from Galo Celta

Galician chickens raised in the mountains, without haste, with field pecks and good corn

CRUNCHY CHICKEN BITES
with mushrooms and Jerez style potatoes 26

CORDON BLEU
filled with ham and organic Pasiego cheese from Los Tiemblos 26

PALLARDA DE PECHUGA FINA A LA PLANCHA
with spices and roasted vegetables 25

fideuà and seafood rice

RISOTTO MARINERO DE PUNTALETTE
puntalette risotto with calamari from Santander’s bay 24

FIDEUÀ DE CALAMAR
calamari fideuà with the trick we learned from Xavi, from Xaloc, a sailor cook from Tarragona 25

ARROZ MARINERO
seafood rice with clams, mussels and fish from Santander’s local fishmarket 27

The milanesas

glutenfree

ESCALOPINES DE TERNERA ECO
breaded veal cutlet with chips 24

PECHUGA DE POLLO ECO
breaded chicken with potatoes or salad 25

high mountain

Baby lamb from Chencho, a shepherd from Polaciones, and kid from Rafa, from Bejes, both in the Picos de Europa. And pigs from Basque farmhouses, from Basatxerri, where they graze freely in the mountains

MOUSSAKA VAQUERA
with fresh milk bechamel 24

MINI CANELONES DE CABRITO
kid meat cannelloni with bechamel 24

la vaquería’s fish market

We get up early (very early), and choose, bid and buy the best pieces in Santander’s fish market every morning

HAKE 26

GUNARD 28

MONKFISH TENDERLOINS
grilled 30

BREADES MONKFISH, *with french fries and anchovies mayonnaise 26*

JOHN DORY 32

CALDERETA MARINERA
fish stew with potatoes 25