### **Bar Mut**

This charming place in black and copper looks like it has been there forever. The quality of the ever-changing dishes and the impeccable wine list surely suggests so, but in reality, it has been a hit ever since it opened around 2004. A true culinary gem... be sure to reserve a table.

Cuisine & Price
Spanish seasonal dishes
Price: €€€
Мар
Bar Mut, Carrer de Pau Claris, 192, 08037 Barcelona
Contact
T: + 34 932174338
Opening hours
Mon: 13.00-24.00
Tue: 13.00-24.00
Wed: 13.00-24.00

Thur: 13.00–24.00 Fri: 13.00–24.00 Sat: 13.00–24.00 Sun: 13.00–24.00

### **Betlem**

A former delicatessen store, this little place with a humble kitchen is where you can find high-quality food in a nice neighbourhoodish corner of Eixample. Great spot for a bite and they also have a little terrace where you will find people having lunch or a glass of wine on sunny days.

We love the salmon tartare and their smoked sardines.

Cuisine & Price
Deli and tapas with great wines
Price: €€
Map
Betlem, Carrer de Girona, 70, 08009 Barcelona
Contact
T: +34 932655105
Opening hours
Mon: 09.00-24.00
Tue: 09.00-24.00
Wed: 09.00-24.00
Thur: 09.00-01.30
Fri: 09.00-01.30
Sat: 12.00-01.30
Sun: 09.00-24.00

**View in Google Maps** Requires internet access)

### **Boca Grande**

Boca Grande offers locally caught seafood in an elegant setting designed by Lazaro Rosa Violan. Located in a pretty gastro alleyway between Rambla de Catalunya and Passeig de Gràcia. For drinks only, head straight to Boca Chica upstairs.

Cuisine & Price
Seafood
Price: €€
Map
Boca Grande, Passatge de la Concepció, 12, 08008 Barcelona
Contact
T: +34 932204640
Opening hours
Mon: 13.00-24.00
Tues: 13.00-24.00
Wed: 13.00-24.00
Thurs: 13.00-24.00
Fri: 13.00-24.00
Sat: 13.00-24.00
Sun: 13.00-24.00

### **El Nacional**

Gastronomic space on Passeig de Gracia, houses four bars and four restaurants in what was once a parking lot. You have the oyster bar, a tapas bar, a fish restaurant, a sweet place, a cocktail bar and more. The interior design by Lázaro Rosa-Violán is incredible and has been featured in many publications worldwide. Note that they don't take reservations.

Cuisine & Price
Spanish cuisine from all areas on the peninsula
Price:€
Map
El Nacional, Passeig de Gràcia, 24 Bis, 08007 Barcelona
Contact
T: +34 935185053
Opening hours
Mon: 12.00-02.00
Tues: 12.00-02.00
Wed: 12.00-02.00
Thurs: 12.00-02.00
Fri: 12.00-02.00
Sat: 13.00-02.00
Sun: 12.00-02.00

**View in Google Maps** (Requires internet access

### **Cinc Sentits**

Chef Jordi Artal's philosophy is that the key to great food is to utilise the freshest and highest quality produce. Running the restaurant with his sister Amelia Artal (honoured as one of the top maître's in Spain) this Michelin starred restaurant offers an inventive tasting menu rooted in traditional Catalan cuisine and consistently delivers an exceptional dining experience.

#### **Cuisine & Price**

Fine dining Spanish Price: €€€

Мар

Cinc Sentits, Carrer d'Aribau, 58, 08011 Barcelona

Contact

T: +34 933239490

**Opening hours** 

Mon: Closed

Tue: 13.30-14.30 & 20.30-21.30 Wed: 13.30-14.30 & 20.30-21.30

Thur: 13.30–14.30 & 20.30-21.30 Fri: 13.30–14.30 & 20.30-21.30 Sat: 13.30–14.30 & 20.30-21.30

Sun: Closed

### Disfrutar

Headed by Oriol Castro, Eduard Xatruch and Mateu Casañas, previously head chefs of elBulli, who debut their Barcelona restaurant with a double tasting menu format. Their menus (starting at 100€) include 20-30 dishes starting with hot and cold snacks before moving on to various starters, molluscs, fish, meats and desserts.

#### **Cuisine & Price**

Michelin starred Mediteranean tasting menus

Price: €€€€

Map

Disfrutar, Carrer de Villarroel, 163, 08036 Barcelona

Contact

T: + 34933486896

**Opening hours** 

Mon: Closed

Tue: 13.00-16.00 & 19.00-23.00

Wed: 13.00-16.00 & 19.00-23.00

Thur: 13.00-16.00 & 19.00-23.00

Fri: 13.00-16.00 & 19.00-23.00

Sat: 13.00-16.00 & 19.00-23.00

Sun: 13.00-16.00 & 19.00-23.00

View in Google Maps

DestinationBCN Apartments & Rooms www.destinationbcn.com

### La Cuina D'en Garriga

This family deli has opened up a kitchen and now serves delicious homemade dishes with produce from their very own farm in Catalunya. With a bistro feel, you are surrounded by conserves, bottles of vermouth (that the family once produced) and local meats and cheeses. We recommend the *Embutidos* (selection of cold meats), *Huevos y patatas* and their Steak tartare!

#### **Cuisine & Price**

Delicatessen and tapas

Price: €€

Map

La Cuina D'en Garriga, Carrer del Consell de Cent, 308, 08007 Barcelona

Contact

T: +34 932157215

Opening hours

Mon: 12.30-16.00 and 19.30-23.00

Tues: 09.00-23.00 Wed: 09.00-23.00

Thurs: 09.00-23.00

Fri: 09.00-23.00

Sat: 09.00-23.00

Sun: 12.30-16.00

### La Palmera

A small, local and family run place. Great for lunch (get there before 2 PM) when they have a tasting menu, consisting of 3 starters and 3 main courses, all very surprising, little dishes. Please note that they don't serve the tasting menu at night.

#### **Cuisine & Price**

Spanish cuisine with lunchtime tasting menus

Price: €

Map

La Palmera, Carrer d'Enric Granados, 57, 08008 Barcelona

Contact

T: +34 93 4532338

**Opening hours** 

Mon: 12.00-02.00

Tues: 12.00-02.00

Wed: 12.00-02.00

Thurs: 12.00-02.00

Fri: 12.00-02.00

Sat: 13.00-02.00

Sun: 12.00-02.00

View in Google Maps

### Gresca Bar

Chef-owner Rafa Penya is passionate about organic wines. This humble little bar, located next door to Restaurant Gresca, offers an affordable fine dining experience with delicious and innovative dishes such as Filo pastry with caramelised onion and crème fraîche, and the *Burrata* with slow-braised leeks (and whatever you do, don't miss the *Torrijas* for dessert).

#### **Cuisine & Price**

Modern / Innovative Tapas and small dishes

Price: €€

Map

Gresca Bar, Carrer de Provença, 230, 08036 Barcelona

Contact

T: + 34 934 51 61 93

**Opening hours** 

Monday: 1:30-3:30PM & 8:30-11:30PM Tuesday: 1:30-3:30PM & 8:30-11:30PM Wednesday: 1:30-3:30PM & 8:30-11:30PM Thursday: 1:30-3:30PM & 8:30-11:30PM Friday: 1:30-3:30PM & 8:30-11:30PM

> Saturday: 1:30-3:30PM Sunday: 1:30-3:30PM

### **Mont Bar**

A gastro-bar offering tapas and small dishes from traditional to vanguard cuisine. All the ingredients are organic and sourced from the surrounding areas. It also boasts a 250+ wine list.

#### **Cuisine & Price**

Deli and tapas with great wines

Price: €€

Map

Mont Bar, Carrer de la Diputació, 220, 08011 Barcelona

Contact

T: +34 933239590

**Opening hours** 

Mon: 13.00-16.00 and 19.00-01.00

Tue: Closed

Wed: 13.00–16.00 and 19.00-01.00 Thur: 13.00–16.00 and 19.00-01.00 Fri: 13.00–16.00 and 19.00-01.00 Sat: 13.00–16.00 and 19.00-01.00 Sun: 13.00–16.00 and 19.00-24.00

View in Google Maps

Peguires internet access

### MediaManga

MediaManga creates signature dishes based on traditional Mediterranean recipes. Fresh fruit and vegetables are grown in their own orchards in the village of Mont in the Vall d'Aràn. Meat, fish and other ingredients are sourced from small local producers and the best Catalan markets. Regional dishes are given an inventive twist such as homemade Andalusian tomato soup served with a mango and tomato tartare or Seared red mullet with potatoes and lemon basil oil. Dishes are designed to share.

#### **Cuisine & Price**

Modern Mediterranean / Tapas / Shared Plates

Price: €€

Map

Media Manga, Carrer d'Aribau, 13, 08011 Barcelona

Contact

T: +34 938 32 56 94

#### **Opening hours**

Monday: 1-4PM & 7:30-11:30PM

Tuesday: 1-4PM & 7:30-11:30PM

Wednesday: 1-4PM & 7:30-11:30PM

Thursday: 1-4PM & 7:30-11:30PM

Friday: 1-4PM & 7:30-11:30PM

Saturday: 1-4PM & 7:30-11:30PM

Sunday: 1-4PM & 7:30-11:30PM

# Roig Robi

Fresh market produce, high-quality ingredients, great interior patio, known to be one of the best Catalan restaurants in the city. Good service, good wine list.

#### **Cuisine & Price**

Catalan

Price: €€€€

Map

Roig Robi, Carrer de Sèneca, 20, 08006 Barcelona

Contact

T: +34 932189222

Opening hours

Mon: 13.30-16.00 and 20.30-23.30

Tues: 13.30-16.00 and 20.30-23.30

Wed: 13.30-16.00 and 20.30-23.30

Thurs: 13.30-16.00 and 20.30-23.30

Fri: 13.30-16.00 and 20.30-23.30

Sat: 20.30-23.30

Sun: Closed

View in Google Maps

### Rilke

Rafa Peña and Jaime Tejedor command the kitchen of Rilke, which features dishes with a French spirit and a Catalan heart. This restaurant evokes a feeling of decadent romanticism but with moderate prices. Located just off Passeig de Gracia, on the mezzanine floor of a grand building that dates back to the early 20th century, Rilke's dining room has views of the interior courtyard that's presided over by a Venus de Milo. Highlights include Pheasant cannelloni with roasted bechamel and Crispy Iberian piglet with pumpkin and potatoes. Their cocktail list is dazzling with a great list of original recipes and new takes on old classics.

Cuisine & Price
Modern Catalan
Price: €€€
Мар
Rilke, Carrer de Mallorca, 275, 08008 Barcelona
Contact
T: +34937 64 89 52
Opening hours
Mon: 13.30-02.00
Tues: 13.30-02.00
Wed: 13.30-02.00
Thurs: 13.30-02.00
Fri: 13.30-02.00
Sat: 13.30-02.00
Sun: 13.30-02.00

### Tapas 24

We love the Ous estrellats al gust amb bull negre, the Baby squid sandwich, the Mojama with almonds and the always-fresh Boquerones al limón accompanied by very good Pa amb tomaquet. It is run by Carlos Abellan, the chef who created Restaurant Comerç 24 in Born and supervised the Bistro El Velódromo in Eixample. The atmosphere during the day is relaxed with a busy peek during lunchtime. From 8 PM it can get very crowded.

Cuisine & Price
Tapas
Price: €€€
Map
Tapas 24, Carrer de la Diputació, 269, 08007 Barcelona
Contact
T: +34 93 4880977
Opening hours
Mon: 09.00-24.00
Tues: 09.00-24.00
Wed: 09.00-24.00
Thurs: 09.00-24.00
Fri: 09.00-24.00
Sat: 09.00-24.00
Sun: 09.00-24.00
View in Google Mans

View in Google Maps
Requires internet access

# **Paco Meralgo**

A fun urban tavern that serves tapas, small dishes, dishes of the day and a unique take on montaditos. A lively eatery, where you will mostly find locals. Expect Courgette flowers with mozzarella cheese, Bombas (big spicy meatballs), Local octopus with candied onions and Rabbit cutlets with garlic and parsley.

#### **Cuisine & Price**

Tapas

Price: €€

Map

Paco Meralgo, Carrer de Muntaner, 171, 08036 Barcelona

Contact

T: + 34 934 30 90 27

**Opening hours** 

Mon: 13.00-16.00 and 20.00-00.30

Tue: 13.00-16.00 and 20.00-00.30

Wed: 13.00-16.00 and 20.00-00.30

Thur: 13.00–16.00 and 20.00-00.30

Fri: 13.00-16.00 and 20.00-00.30

Sat: 13.00-16.00 and 20.00-00.30

Sun: 13.00-16.00 and 20.00-00.30

View in Google Maps
(Requires internet access)