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MY BARCELONA DINING GUIDE

Dishes typical of Catalunya, that one doesn't usually find in the rest of Spain, include the ubiquitous *pa amb tomàquet*, like bruschetta; a long slice of bread rubbed with tomato, garlic and olive oil (delicious!), *butifarra blanc o negre*, white or blood sausage, *mongetes amb butifarra*, white beans and sausage, *escalivada*, baked red peppers, eggplant and onions, always served cool, *espardeneyes*, sea cucumbers-very expensive, *civet*, game stew braised in red wine, *pilota*, giant meatball, *fideuà*, paella made with noodles, *oca amb naps* (goose with turnips), *esqueixada*, shredded salt cold salad, *xató*, cold salad with tuna, anchovies and olives on a bed of escarole topped with Romesco sauce, *suquet*, a fish and potato soup, *sarsuela*, like a bouillabaisse, *samfaina*, think of ratatouille, and *canalons*, Barcelona version of cannelloni.

For dessert try the *crema catalana*, Carmel custard, and **Mel i mató**, made of fresh cheese with honey.

In many of the city's top, small, chef-owned restaurants, you will be presented with a menu in Catalán, the official language of Catalunya, with no translations. You will need to ask for an English menu, or have your server translate for you. **Time Out Barcelona** has a small but helpful menu glossary (www.timeout.com/barcelona).

Before ordering, you'll be asked if you would like an "aperitivo", which means a pre-dinner drink. For Barcelona natives, a glass of "cava" (their bubbly) is customary, or for non-residents, perhaps a glass of beer. The Mortiz label from Barcelona is delicious-be sure to give it a try!) A glass of cava can cost from 2,50€ (at the market) to 7€ at the top rated gourmet shrines.

It's also customary now in Barcelona, and becoming so in Madrid, for restaurants to add an additional cover charge or service charge to your bill, a "cubierto" in Spanish, of from 1,50€ to 5€ for the bread basket and any hors d'oeuvres placed in front of you before your first course. So don't be surprised if you see this charge at the top of your bill-it may say "pa" (bread) or "servei de pa" (bread service) or "pa i diversos", sometimes called "pa i entreteniments" (bread & appetizers).

Tipping is not expected, as service is included in the bill, but at a more elegant restaurant, diners will sometimes leave an extra 5 per cent, but seldom more.

SUNDAY DINING

El Born area eateries are wide open and packed to the rafters. In **Barceloneta**, the fishermen's quarter, seafood restaurants are open and bustling for lunch, closing between 3:30 and 4:00. On the seaside promenade of the Port Olímpic, **Agua**, of the Tragaluz group, serves lunch from 1:30 to 5:00 and opens again from 8:30 to midnight.

In the Eixample, you'll find that the touristy tapas bars on the Passeig de Gracia never close, but light years better are the reliable **El Trobador**, **La Tramoia** and **Tenorio** brasseries, which are always good bets.

For informal tapas dining off the Passeig de Gracia, in the Left Eixample, head for **Cerveseria Catalana**, **Taller de Tapas**, **Ciutat Comtal** or **Celler de Tapas** for a little better fare more removed from the tourist crowds.

Please note: Dining venues directly on the Ramblas and also directly on the Passeig de Gràcia should mostly be avoided, especially the pseudo-Basque tapas bars on the Passeig de Gracia, as they are geared strictly to tourists and not in the least authentic.

For very informal and inexpensive dining there are catalán chains, casual brasseries and bistros belonging to the Cacheiro (La Tramoia, El Trobador, Tenorio) and Andilana groups (Quinze Nits, La Crema Canela, La Rita, La Fonda, La Dolce Herminia) that, while serviceable for a meal while touring, dish up cuisine that is for the most part completely forgettable.

However, there is a newer gourmet experience, **El Nacional**, at Passeig de Gracia, 24, with 2,600 square meters of gourmet retail space occupying a massive building just north of the Plaça de Catalunya, a former 1889 theater. The space has been redesigned by leading designer Lázaro-Rosa Violán as a recreation of Barcelona of the 1930s. While it may be more style than substance, El Nacional might be interesting to take a look. It consists of 4 bars and 4 restaurant spaces and is similar to Madrid's La Platea gourmet space/culinary project at the Plaza Colón.

The best of the four eating spaces may be the Braseria, with its charcoal grill, as it is the only spot outside of Castilla-León that serves the wonderful aged oxen meat from **El Capricho**, declared the best meat in the world by Time magazine. But expect very high prices for an aged oxen steak! El Nacional is open every day from noon until 1:00 am and does not take reservations (www.elnacionalbcn.com).

The only noteworthy exception directly on the upper Passeig de Gràcia is **L'Eggs**, at number 116, near the Casa Fuster Hotel, north of the Avenida Diagonal. L'Eggs is multi-Michelin-starred chef Paco Pérez's new dining spot with affordable prices and fantastic cocktails at the downstairs New York 1920s style Doble Cocktail Bar and Club, open Thursday-Saturday until 3:00 am, which you can dine to music. L'Eggs is open Monday-Sunday from 12:30 pm until 2:30 am. Average check: 30€-35€ (www.leggs.es).

INFORMAL AND INEXPENSIVE DINING EIXAMPLE ESQUERRA - THE LEFT EIXAMPLE

ALTA TABERNA PACO MERALGO

Muntaner, 71, corner of Còrsega, is our favorite “small plates” restaurant, in the Left Eixample. This has been our staple for evening tapas style dining, as the prices are right, the tapas terrific, the seafood expertly prepared (especially the grilled shrimp, *gambas a la plancha*), and they serve the best tomato bread in town. It brings in a lively, urbane local crowd. And the humorous waiters make the experience even more fun. Have your hotel reserve a table for 8:00 pm before they get jammed. Those who reserve will get the best seats, on the left side, although seating is at high top chairs without backs.

Open 1:00 to 4:00 and 8:00 to 12:30 am. (www.pacomeralgo.com).

Tel: (+34) 934 309 027

L'OLIVÉ

Located at Balmes, 47, is the sister restaurant to Paco Meralgo, a 25-year old Parisian-style bistro with open kitchen serving creative Catalán cuisine. It serves excellent rice dishes. Average check is 36€

Opens for lunch at 1:00 and for dinner from 8:30 to midnight. Closed Sunday night (www.rte-olive.com).

Tel: (+34) 934 521 990

TRAGALUZ

The founding member of this highly successful group is found on the alley street at Pasaje de la Concepción, 5, off the Passeig de Gràcia. It serves Mediterranean fare.

Opens for lunch from 1:30 to 4:00, dinner is from 8:30 to midnight (www.grupotragaluz.com).

Tel: (+34) 934 870 621

MORDISCO

Another member of the Tragaluz group, is found also at Pasaje de la Concepción at number 10, directly across from Tragaluz, and is one of the Miró Foundation director's favorite spots. With an urban-chic décor it offers updated catalán classics.

Open Sunday-Wednesday from 9:00 to midnight and Thursday-Saturday is open for drinks until 2:30 am. Breakfast is served Monday-Friday.

Tel: (+34) 934 879 656

*Note: of all the restaurants in the Tragaluz group, we prefer **Agua**, facing the water.*

LA BODEGUETA PROVENÇA

Provença, 233, near the Rambla de Catalunya, is a very popular-with-locals tapas bar and small plates restaurant with small dining room in the back. It serves a very good wok rice dish, delicious tomato bread and nice tomato and tuna salad. A couple can dine well here, with wine, for under 60€. Not fancy, just good food for an inexpensive price (www.labodegueta.cat).

Tel: (+34) 932 151 725

TOPIK

Valencia, 199, near the corner of Enric Granados, offers up an interesting fusion of Catalan, Mediterranean and Japanese flavors. There is a menú del día for 12€, but one can't reserve a table for this. They also offered daily chef's tasting menus for 30€ and 42€. One can have good quality baguettes, sandwiches, yakitori or oysters at the bar. The chef, Adelf Morales, trained with two of the best San Sebastian Michelin starred chefs, lived in Japan for several years and cooked at Ca Sento in Valencia.

Opens for lunch at 1:00, and for dinner at 8:00. Closed all day Sunday and Monday nights (www.topikrestaurant.es).

Tel: (+34) 934 510 923

CAN BONETA

Carrer Balmes, 139, a new and noteworthy entry to the casual, inexpensive Barcelona dining scene, one-half block north of Carrer Roselló in the Left Eixample, run by two brothers, Joan and Toni Boneta, cooking in a tiny kitchen with a rustic dining room consisting of about a dozen marble top tables. Each day for lunch they prepare a Formule, or menu of the day, or diners can opt for tapas, half portions or mains. The star dish here is the *macarrones al ragú*, one of the best versions of this dish found in the city.

It's open for lunch only on Mondays and closed all day Sunday (www.canboneta.com). One can reserve a table at www.eltenedor.com.

Tel: (+34) 932 183 193

BITXARRACU GASTROBAR

Valencia, 212, between Aribau and Enric Granados, serves carefully executed tapas for unbeatable prices and is new, opened by a Michelin-starred chef from the province. One can partake of the daily fixed-price, 20€ menu that includes bread (focaccia), two appetizers, a starter, a fish, a meat and a dessert.

Closed Sunday and Monday (www.bitxarracu.com).

Tel: (+34) 931 148 444

DINING OFF THE RAMBLAS

BAR LOBO

Pintor Fortuny, 3, next to the Hotel 1898 (off the upper Ramblas and near the Hotel Inglaterra). This is a casual tapas bar/restaurant with an open kitchen and outdoor terrace, perfect for a snack, breakfast, tapas or full meal. At lunch it serves a 12€ fixed price menu. It's another member of the hugely popular Tragaluz group (grupotragaluz.com/restaurante/bar_lobo).

It's open daily from 9:00 am until midnight and until 2:30, Thursday-Saturday.

Tel: (+34) 934 815 346

LUZIA

Next door you'll find yet another Tragaluz member, a contemporary brasserie serving tapas, salads, pastas, pizzas and sandwiches. It also serves a bargain priced lunch menu for 14€.

Open for breakfast from 8:30 am to 12:30 pm and from noon to midnight for lunch and dinner (grupotragaluz.com/restaurante/luzia).

Tel: (+34) 933 429 628

TO THE WEST OF PLAÇA CATALUNYA

CIUTAT COMTAL

Rambla de Catalunya, 18, at the Gran Vía is the sister tapas bar and restaurant to the always-packed **Cerveseria Catalana** at Mallorca, 236, off the Rambla de Catalunya. It's very popular with local business folks and attracts fewer tourists. It serves a very large variety of mini-sandwiches, *flautas*, which locals gobble up for breakfast, and tapas all day long. One can sit at the counter or in tables in the back room or upstairs. You pay at the cash register rather than your server. This has been a staple for us for quick sandwiches and breakfast in the Left Eixample. House specialties are the brochette of jumbo shrimp and the mini-filet mignon canapé.

Note: if sitting at the front bar, watch your belongings, as pickpockets have been known to dash in to grab handbags at the counter.



Opens daily from 8:00 am to 1:30 am.

Tel: (+34) 933 181 997

BAR BAS

Rambla de Catalunya, 7, one block south of Ciutat Comtal next to the Hotel H10 Metropolitan, also serves classic tapas, such as *ensaladilla rusa*, good omelets, excellent potato chips and tomato bread, Joselito brand Iberian ham (the best brand) and main dishes such as meatballs with squid.

Open daily from 12:30 to 11:30, midnight on the weekend (www.barbas.es).

Tel: (+34) 933 427 516

CERVESERIA CATALANA

Mallorca, 236, near the corner of Rambla de Catalunya attracts mobs of hungry locals and tourists alike, and it's usually a zoo. Because it's a *cerveseria* or beer hall, it serves beer from all over the globe, and offers continuous dining on tapas and small plates at its always-busy counter, the back room or on the sidewalk terrace. Because of its huge popularity, one should go at an off-peak hour so as not to have to wait for a space.

Open daily from 8:00 am to 1:30 pm, 9:00 am on Saturdays and Sundays. Arrive at around noon for lunch or before 8:00 for dinner.

Tel: (+34) 932 160 368



INDOOR MARKET CUISINE

The bustling *Boqueria market* off the Ramblas, known officially as the *Mercat de Sant Josep*, a feast for the eyes and the palate, has three “hole in the wall” lunch counters. All are delightful

and serve up the most amazing little plates of incredibly fresh food in an incredibly compact space. These little hole-in-the-wall eateries make a great place to sample simple, traditional catalán dishes in small doses. And their creations couldn't possibly get any fresher (www.boqueria.info).

BAR PINOTXO

The first one you'll see, immediately to the right after the entrance. Look for the Pinocchio figure. In addition to the 15 or so stools at the bar, you'll find extra seating at the high tables to the side, there to catch the constant overflow. The smiling owner, the gentleman now in his late seventies, Juan Bayan, wearing the bow tie and satin vest, is a local legend and friend of all the acclaimed Spanish (and global) chefs. He's been called the official ambassador to the world of Barcelona gastronomy. Specialty: sautéed baby squid with tiny Santa Pau beans.

We enjoy stopping in for coffee and an irresistible *xuixo*, (a deep-fried, cylindrical pastry filled with pastry cream and covered with sugar) or a pre-lunch snack (pinotxobar.com).

Tel: (+34) 933 171 731

BAR KIOSKO UNIVERSAL

To the left of the entrance and the bar having the most counter seating. Open Monday to Saturday from 8:00 am to 5:00 pm.

Tel: (+34) 933 178 286

EL QUIM DE LA BOQUERIA

Towards the back, is stylishly decorated with fresh flowers and thus, has a more polished look than the others and is a bit more comfortable, with wooden chairs with backs rather than metal stools. We rave here about their gargantuan eggplant omelets served here with delicious tomato bread, their fried eggs with baby squid and their breaded artichokes. There is a large printed menu. Quim, the owner, will be the one wearing the earrings.

Open Tuesday-Thursday from 7:00 am to 4:00 pm and Friday and Saturday until 5:00, closed Mondays (elquimdelaboqueria.com)

Tel: (+34) 933 019 810

Other than the 3 bars mentioned above, we would avoid the newcomers, as they are manned by non-locals and have no history.

IN THE RAVAL QUARTER

SUCULENT

While not inside the market, this fine new restaurant, with bare wood tables imitating a classic "casa de comidas", can be found behind the market, on "gentrifying" Rambla del Raval, at number 43, near the Barceló Raval Hotel. It and its casual neo tavern, **La Taberna del Suculent**, at number 39, are a creation of Michelin-starred chef Carlos Abellán of Tapas 24 and

Comerç 24. The mother ship is open Wednesday-Sunday from 1:00 to 4:00 for lunch and 8:30 to 11:30 for dinner.

The tavern (without tables) opens from 1:00 pm to 12:30 am but closes on Wednesday. (www.suculent.com)

CAÑETE BARRA

A new but classic style, and very ambitious, small plates dining bar has a handy location just around the corner from the Liceu Opera House, in the gentrifying, hipster Raval quarter, at Carrer de la Unió, 17, (with the blue awning), next to a Russian delicatessen, and remains open from 1:00 pm until midnight, closed Sunday. It specializes in Iberian ham products, artisan cheeses, terrific seafood dishes, exquisite desserts and catalán comfort, food-high quality ingredients-and offers a great selection of wines by the bottle and by the glass.



Here you will also find some unexpected Andalusian dishes as well, such as baby shrimp fritters (*tortillitas de camarones*), a superb cocotte of bull and potato stew (similar to a Shepherd's Pie) and the thick Cordoban gazpacho, *salmorejo*, because the original owner came from the south and the original Andalusian interior patio from family's house in the back can be reserved for private parties. Desserts must not be skipped as the pastry chef is quite talented, and make sure to order a basket of the tomato bread to start, as it's irresistible.

We enjoyed a great lunch here recently, arriving at 1:20 after a market visit and finding plenty of stools at the bar. Like **Cal Pep** in El Born, the experience of watching the 10 or so sous chefs prepare your meal before your eyes is lively and fun, and dishes match the quality of Cal Pep. A former chef of the now closed 3-Michelin star Can Fabes mans the frenetic open kitchen. The word is out, and it's a favorite of the professional food bloggers. While we dined, a NY film crew was filming a piece with the host of Master Chef of Spain.

Many hotel concierge desks recommend it, so it gets very busy at peak hours. Go early or go late to snag a seat at the bar, the only seating. Named "10 of the Best Barcelona Bistros" by the

Guardian. It's a winner and similar in style to Cal Pep but with a more sophisticated ambiance (www.barcanete.com).

Tel: (+34) 932 703 458

CAÑETE MANTEL

Next door the chef has opened a sit-down bistro (with the red awning), which shares the same kitchen. The décor is Parisian style but kitsch, done in red with bulls heads adorning the walls. And as in Paris there are several price options for weekday lunch: 3 courses (entrée, plat and dessert) for 26€, entrée and plat for 20€ and just a plat for 18€. The "Mantel" (tablecloth) side does take reservations. They also offer a Tapas Menu for 42€ and a Tasting Menu for 60€.

Open from 1:00 to 4:00 and 8:00 to midnight, closed Sundays.

CASUAL & INEXPENSIVE IN THE RIGHT (DRETA) EIXAMPLE

To the east of the Passeig de Gracia

TAPAS 24

This is a casual, clever, tapas/small plates lunch counter, with high table seating around it, is in the Right Eixample, on the corner of Diputació and Passeig de Gràcia. It was opened by celebrated chef Carlos Abellán (kind of like a Bar Momo), and is busy, fun and playful with creative and delicious food that won't break the bank. But get there before 1:00 to grab a seat at the bar or high table. Open 8:00 in the morning until midnight, and serves as a great place for just a snack with a cava or vermouth. It offers both tapas of the day, a rice dish of the day and seafood specials fresh from the pier. Your paper napkin, knife and fork are tucked into your menu envelope.

Signature dishes include its Mc Foie Burger and its Bikini (a grilled ham and cheese, made with Iberian ham and truffle paste, named such for its triangular shape). But because it is so popular one should attempt this at non rush hours or just expect a line.

Open from 9:00 am to midnight, closed Sunday (www.carlesabellan.es/restaurantes-tapas-24).

BAR MUT

Pau Claris, 192, in the Right Eixample, at the very north end of the street where it reaches the Avenida Diagonal. This is a diminutive, quite chic, bustling and atmospheric, slightly French-feeling tapas bar cum small plates restaurant. It's very popular among the well-dressed business crowd and assorted other locals plus a smattering of discerning visitors. Here you'll find a blackboard menu, brass and frosted glass fixtures, floor to ceiling windows facing the Diagonal, marble-topped counters for bar seating, big barrels that serve as tables and a jazz soundtrack. Think a tapas bar on NYC's Midtown or Upper East Side. It's a favorite of chef Bobby Flay.

The prices aren't cheap at all, but quality is high. But be careful not to allow your friendly waiter to create a menu for you, as he will over order and the final tab can be a budget buster. It boasts an excellent wine list as well as good beer on tap (a *caña* is a draft).

It's open from 12:30 pm to midnight Monday-Friday and 11:30 am to midnight on Saturday and Sunday (www.barmut.com).

Tel: (+34) 932 174 338

CASUAL, DROP IN, IN THE CIUTAT VELLA, THE OLD CITY

TAVERNA BASCA IRATI

Cardenal Castañers 17, just a block from the Ramblas, in the Old City, is the best of the several members of the Sagardi group of Basque eateries. This one looks and feels like an authentic old-style San Sebastián *pintxos* bar decorated with Basque handicrafts and serving a groaning board of some 40 elaborate *pintxos* priced at €2 each. The wait staff will give you a plate and you help yourself to the *pintxos*, each held together with a toothpick. The waiter charges you by the number of toothpicks on your plate when you've finished. It's fun and the wait staff very friendly. There's also a small back dining room where you can feast on traditional Basque fare like huge steaks (*chuletón*), but because the tavern is so popular and close to the Liceu Opera House, to snag a table for sit down dining one needs to reserve in advance during opera season.



It's best to come here just for **pintxos** and *txakoli* (the slightly effervescent, refreshing Basque white wine) at the bar before or after a guitar concert at the Iglesia Santa María del Pi up the street. Those who are headed or have come from the Basque Country or Navarra will be less than impressed by these pintxos when compared to the exquisite miniature haute cuisine preparations in San Sebastian, Bilbao or Pamplona. Although the experience is fun, to me, the pintxos here all taste the same (www.iratitavernabasca.com).

Tel: (+34) 933 345 410 / 902 520 522

CAL PEP

Placa de les Olles, 8, in El Born, is basically a lunch counter (with about 18 stools) that excels in finfish and shellfish dishes (small plates). Because it has been featured in all guidebooks and gourmet magazines, it's hugely popular, ultra famous and doesn't take reservations for its coveted bar stools in this quite narrow space. The trick is to arrive at the door 15 minutes before opening (opens for lunch at 1:00 and for dinner at 8:00) to grab one of the spaces at the counter. The owner, Pep Manubens, will be the one with the raspy voice wearing glasses. Just order what he suggests.

Most dishes will be prepared in front of you on the grill or in the deep-fryer as you sit at the bar. If you and Pep become fast friends, on your next visit, he may offer you dining space in the 8-table back room (www.calpep.com).

Tel: (+34) 933 107 961

ADAGIO TAPAS

Ferrán, 21, in the Gothic Quarter is housed on the ground floor of the Hotel Adagio, a creation of one Michelin-starred chef Jordi Herrera of Restaurant Manairó, offering surprisingly creative tapas in an informal setting in this highly touristic area (www.adagiotapas.com).

Tel: (+34) 933 189 061 / 687 891 162

BUTIFARRING

Carrer del Call, 26, in the heart of the medieval Jewish Quarter of the Old City, adjacent to Pl. Sant Jaume, is a gourmet fast food place, a sandwich shop, where the principal ingredient of its tasty baguettes is charcoal grilled *butifarra* sausage of several flavors served on delicious coca bread (the chef's own recipe). Combine this gourmet "catalán hot dog" with roasted potatoes, a salad and a craft beer, and you have a delicious, inexpensive (under 20€) and quick meal.

Open Monday-Wednesday from 11:00 to 10:30, Thursday-Saturday from 11:00 to 11:30, closed Sundays, but open on holidays (www.butifarring.com).

Tel: (+34) 934 120 314

LE BOUCHON

Also in the Gothic Quarter at Carrer Lledó, 7, housed in the stunning Rafael Moneo-designed **Hotel Mercer**, is the new casual dining space, the tavern, of the late acclaimed chef Jean Luc Figueres, a casual bistro modeled after a Lyon *bouchon*, a place to enjoy small plates and wine. Figueres' son, Eduard is the chef.

It's open daily from 1:00 to 11:00. Peruse the menu and book a table: www.mercerbarcelona.com.

Tel: (+34) 933 107 480 EX 707

BAR DEL PLA

Located in the El Born at Carrer Montcada, 2, on same street as the Picasso Museum. The owners of Bar Mut of the Right Eixample run this rustic sister bar, with gentler prices.

Open from noon to midnight, closed Sunday (www.bardelpla.cat).

Tel: (+34) 932 668 003

EL 300 DEL BORN

Is the new gastronomic space, a type of large brewpub, in the rehabilitated Born Market, now the Born Cultural Center. Michelin-starred chef Jordi Vilà of Alkimia designed the menu, along with the Moritz Brewing Company. It's open from 10 a.m. until midnight, non-stop, so that diners can have breakfast, a mid-morning snack, lunch, after-work cocktails or dinner (moritz.com).

While it may serve you well for a snack or quick lunch while touring the Born, it appears not to have “caught on” yet with the locals during the day. You may (or may not) find it livelier on weekend evenings.

TABERNA GASTRONÓMICA LLAMBER

Another new gastronomic hot spot in the trendy El Born area is at Carrer de la Fusina, 5, brought to the city by an Asturian chef from the north. It is housed in a former fruit warehouse, near the newly renovated El Born market, now a cultural center. It has a rustic, warm, romantic tavern atmosphere and is getting rave reviews.

Open daily from 1:00 to 1:30 (llamberbarcelona.com).

Tel: (+34) 933 196 250

IN FISHERMEN'S QUARTER OF BARCELONETA

For paella and other rice dishes

If you're interested in a paella lunch in this area, you have several choices for paella or a crustacean feast:

A noteworthy, organic restaurant, with beach views is **Barraca Mar I Arros**, Passeig Maritim, 1. 2-star Michelin chef Xavier Pellicer, formerly of Can Fabes and Abac, supervises the kitchen (www.tribuwoki.com).

Venture further south down “restaurant row” for a paella lunch at ***La Mar Salada**, Passeig Joan de Borbó, 58 (www.lamarsalada.cat).

El Suquet d'Almirall, Passeig Joan de Borbó, 65, is open 1:00 to 4:00 and 8:30 to 11:00, closed Sunday night (www.suquetdelalmirall.com).

Or try the classic, traditional, **Can Solé**, Sant Carles, 4 (www.restaurantcansole.com).

The Mar Salada and Suquet are open for lunch until 4:30, while the Can Solé takes its last reservation at 4:00.

All three serve several different types of paella, including *fideuá*, typical catalán paella made with vermicelli noodles rather than rice. La Mar Salada also serves *Suquet*, (a type of bouillabaisse made of rockfish, clams tomato, onion and potato), and lobster fritters.

You'll want the hotel desk to book a table for you on arrival day, as these places are rather small and get very crowded with both locals and visitors especially during nice weather.

Instead of opting for dessert at one of the above, you may want to stroll to Passeig de Joan de Borbó, 55, to ***Vioko** for yummy chocolates and ice cream (www.vioko.es).

FOR ATMOSPHERIC DINING DIRECTLY ON THE BEACH

For paella and other rice dishes

AGUA

At Passeig Maritim, 30, was a hit among our Harvard alum group's tour of the city. The group enjoyed it so much, the folks dined here twice. The dining room sits at the beach, facing the water. It's a member of the highly successful Tragaluz group, and charcoal grilled rice dishes are its specialty.

It opens for lunch from 1:00-4:30 pm and for dinner from 6:00-12:30 pm, which makes it especially popular with Americans who aren't used to the very late Spain dining hours. (www.grupotragaluz.com).

GOURMET FINE DINING IN THE LEFT AND RIGHT EIXAMPLE

RESTAURANT WINDSOR

Còrsega, 286, between Rambla de Catalunya and Balmes, in the Left Eixample wins my vote for the best overall classic catalán restaurant with an elegant atmosphere, housed in a lovely Art Nouveau mansion, with highly professional service and well-spaced tables, yet its prices won't break the bank. For example, rotating every month, Windsor offers a special 3-course market menu served for lunch, Mon.-Fri. for the very affordable price of 29,50€ + vat. Reserve a table in the room that faces the interior garden. Lovely.

Open Monday-Friday for lunch from 1:15 to 4:00 and for dinner from 8:30 to 11:00. Closed Saturday for lunch and Sunday. It received one "sun" in the Repsol guide for 2014 (www.restaurantwindsor.com)

Tel: (+34) 934 158 483

The "Bistronomic" movement: A group of young chefs are determined to demonstrate that one can eat extremely well in modest restaurants, without pompous dining rooms staffed to the hilt and without using ultra-expensive ingredients (caviar, truffles and the like), keeping the price tag in check. Thus, the "bistronomic" movement began. These are our favorites:

GRESCA

Provença, 230, at corner of Enric Granados, in the Left Eixample, is the chef-owned restaurant of Ferrán Adrià disciple, Rafael Peña, often referred to as the godfather of the bistronomic movement. It's a delightful little storefront "bistronomic", one of the city's best. Its midday set lunch menu, *menu migdia* for 19€, represents a real steal. Although it appears to be a simple storefront, it has Michelin star aspirations. We enjoyed a recent lunch here accompanied by a bottle of Flor D'Albera 2008. Received one Repsol sun.

Open 1:30 to 3:30 and 8:30 to 11:30, closed Saturday lunch and Sunday (www.gresca.net).

Tel: (+34) 934 516 193

ENBAT

Mallorca, 304, in the Right Eixample, is the most economical and unpretentious of all of the "bistronomics". It is now in the sole hands of chef Santi Rebés, who has remodeled the interior, giving it a slightly Nordic look, housed in the basement space of an Art Nouveau building, with only about 10 tables, and decorated sparsely. While there is not set lunch menu, prices are extremely reasonable, and checks average around 25€ before wine. At night one can dine a la carte or try one of the two tasting menus, priced at 34€ and 42€. Open for lunch Tuesday-Friday from 1:00 to 1:30 and on Saturday from 2:00 to 3:30.

It opens for dinner Thursday-Saturday from 9:00 to 11:00 (www.restaurantembat.es).

Tel: (+34) 934 580 855

CALDENI

Carrer València, 452, is a fine spot to have a gourmet beef-centric meal after a visit to the Sagrada Família or to sample the chef's well-priced, three-course fixed menu for only 26,40€ (including tax), served Tuesday-Friday for lunch. Chef Dani Lechuga was named "Outstanding Chef of the Year in 2011". The chef's interest in beef started young-his dad is a butcher- and his menu is a direct reflection of his passion, and features Wagyu Kobe beef and Nebraska Angus as well as locally-reared Girona beef that he hangs for 48 days to achieve just the right degree of meaty tenderness. Carnivores will love this cozy spot. Received one Repsol Sol for 2015.

Open Tuesday-Saturday from 1:30 to 3:30 and 9:00 to 11:30, closed Sunday and Monday (www.caldeni.com).

Tel: (+34) 932 325 811

Lechuga has opened a more informal, less expensive tapas bar next door, **BARDENI MEAT BAR**, which opens from 1:30 to 3:30 and 8:30 to 10:30. Reservations required.

Tel: (+34) 932 314 511

GELONCH

Bailén, 56 (1 block north of Gran Vía Corts Catalanes) in the Right Eixample, while not as well known as Gresca, (chef also trained at El Bulli) serves terrific bistro fare from one of the city's tiniest kitchens. There are only 4-5 tables downstairs, along with a loft annex, up a spiral staircase, so reservations are advised. The food here is terrific, although quite a bit higher priced than Gresca. The chef offers a "short" 10-plate tasting menu for 56€ and a "long" 16-plate menu for 74€, along with his a la carte menu. While the wine prices are on the high side, we recently enjoyed a Prios Roble from the Ribera del Duero for 20€.

If you are seeking a Michelin-star experience while in the city, the executive lunch menu here is the most reasonable option, along with the mid-day menu at Alkimia (www.gelonch.es).

Tel: (+34) 932 658 298

CINC SENTITS

Aribau, 58, at corner of Aragó in the Left Eixample is considered one of the city's top tables and only serves set menus. The chef, Jordi Artal, is Catalán-Canadian and his sister serves as your hostess. Both speak perfect English and receive many American guests. Service is sheer perfection and the cuisine truly memorable. Our recent lunch there attests to its status as one of the city's best. It's received one Michelin star, and advanced reservations are essential (easier for lunch than for dinner).

At lunch it serves an executive menu (*migdia*) for 49€ but there is no choice. Wine recommendation: Viña Sastre Roble from the Ribera del Duero for around 20€. You may want to start with a glass of Catalonia's best bubbly, the Gramona Argent.

Open for lunch from 1:30 to 3:00 and for dinner from 8:30 to 11:00 (cincsentits.com).

Tel: (+34) 933 239 490

“CUTTING EDGE, PUSHING THE ENVELOPE” DINING**DISFRUTAR** (Enjoy)

Villarroel, 163, in the far Left Eixample, in front of the El Ninot market, is the much talked about new dining outpost of three culinary artists of now closed El Bulli's, its best ex chefs de cuisine, Oriol Castro, Eduard Xatruch and Mateu Casañas, who also own the highly popular Compartir in Cadaqués. Here these culinary geniuses are putting into practice some of the avant-garde techniques and the philosophy of El Bullí but in an informal, friendly atmosphere.

At the front of the restaurant there is a long bar with high chairs with backs, followed by an open kitchen and a large and luminous back dining room. Two tasting menus are served, the shorter, Disfrutar menu for €65, consisting of 19 small dishes presented in rapid succession) and the longer Festival menu (consisting of 25 small plates) for €95. *Plan on spending at least 3 hours enjoying the longer Festival menu.* There is also an outdoor terrace that is currently used for after dinner smokes and cordials but may turn into an alfresco dining space in the summer (www.disfrutarbarcelona.com).

Tel: (+34) 933 486 896

MANAIRO

Diputació, 424, near the Monumental bullring, between Carrer Sardanya and Carrer Marina holds one Michelin star. The highly inventive chef, Jorge Herrera, presents his “pushing the envelope” cuisine in a narrow dining room with only 9 tables. He is known for his inventions and treats his kitchen as a laboratory, and his “snout to tail” creations, taking advantage of every usable part of an animal. He offers a 10-course tasting menu for 70€ (<http://www.manairo.com>)

Tel: (+34) 932 310 057

HISOP

Pasaje Marimon, 9, in the Left Eixample, north of the Diagonal Avenue, is the creation of two young and energetic partners, Oriol Ivern and Guillem Pla, who present updated and often-experimental catalán fare in a minimalist setting with touches of white and red. It boasts an expert sommelier for its great wine cellar and offers up a fabulous cheese cart, along with a fair price to quality ratio, less expensive, and less conservative, than Michelin-starred Cinc Sentits (www.hisop.com).

Tel: (+34) 932 413 233

COURE

Pasaje Marimon, 20, across the street from Hisop, is a small basement space with white walls and antique cabinets and a very talented chef, Albert Ventura, who offers a small very well priced menu along with a bargain, set tasting menu for €35. It is the holder of one Repsol sun, the Spain equivalent of a Michelin star.

Open Tuesday-Saturday from 1:00 to 4:00 and 8:00 to 12:30 am. Closed all day Sunday and Monday nights (www.restaurantcoure.es).

Tel: (+34) 932 007 532

ALKIMIA

Carrer Indústria, 79, near the Sagrada Família Basilica in the Right Eixample has one Michelin star and one Repsol sun, along with a high 8.5 rating on www.lomejordelagastronomia.com. Innovative chef Jordi Vilà offers a la carte dining and two seasonal tasting menus, the Classic Menu, served on Wednesdays, for 50€, and the Alkimia (“Alchemy”) 12-course menu for 130€, which must be served to the whole table.

One can also dine here for a far more modest cost by choosing the mid-day, 4-course menu for 39€, which includes a glass of wine, water and coffee.

Closed Saturday and Sunday (www.alkimia.cat).

Tel: (+34) 932 076 115

GASTRONOMIC HOTEL DINING

Barcelona, along with San Sebastian, is one of Spain's culinary Meccas and has received the largest number of Michelin stars of any Spanish city in the 2015 red guide, many of which have been bestowed on restaurants housed in its 4 and 5-star hotels. For elegant, very expensive and quite memorable hotel dining, look here. All but Saüc are closed on Sundays/Mondays.

EL BISTREAU

Hotel Mandarin Oriental, Passeig de Gràcia, 38, is where one of Spain's most lauded chefs, Angel León of Aponiente in El Puerto de Santa María (called the “chef of the sea”), is now supervising the kitchen of the airy, casual downstairs atrium dining space, calling it a “sea bistro”. It is open for breakfast, lunch (with a fixed price meal for 35€), tea, dinner and brunch and in the evening only also offers a Chef's Table serving 15 of the greatest hits of Aponiente to 12 very lucky diners at 8:30 with prior reservations. The price tag for this gastronomic experience is 129€ or 175€ with wine pairings (www.mandarinoriental.com).

Tel: (+34) 931 518 783

The hotel's flagship gastronomic dining room, **Moments**, remains in the hands of chef Raúl Balam, son of 3-Michelin starred Carme Ruscalleda and this elegant dining venue itself holds both two Michelin stars and a Repsol sun (www.mandarinoriental.es).

Tel: (+34) 931 518 888

ABaC

Hotel ABaC, Avinguda Tibidabo, 1, has two Michelin stars and three Repsol suns, along with an 8.5 rating at www.lomejordelagastronomia.com. Jordi Cruz, now at the helm, was the youngest chef in Spain every to earn a Michelin star at age 25. This is a very special and beautiful space for a celebratory meal, with dining room that faces onto the lovely gardens. One can dine a la carte or choose one of two tasting menus, priced at 135€ and 155€ (which must be served to the entire table).

Open for lunch from 1:30 to 3:30 and for dinner from 8:30 to 11:00, closed Sunday and Monday (www.abacbarcelona.com).

Tel: (+34) 933 196 600

CAELIS

Hotel Palace, Gran Vía de les Cortes Catalanes, 668, has one Michelin star and two Repsol suns. Chef Romain Fornell was the youngest French chef ever awarded a Michelin star. He offers a solid value Menu Migdia lunch menu for only 39€, available Wed.-Sat.; he also offers a Classic Escoffier tasting menu for €85 and a Festival Menu for 130€, which must be served to the entire table.

Open for lunch Wednesday-Saturday from 1:30 to 3:30 and for dinner Tuesday-Saturday from 8:30 to 11:00. Closed Sunday and Monday (romainfornell.com/caelis).

Tel: (+34) 935 101 205

DOS CIELOS

Hotel Meliá Barcelona Sky, Carrer Pere IV, 272-286, has one Michelin star and two Repsol suns. The Torres brothers work their magic in what has to be Barcelona's most romantic restaurant, on the top (30th) floor of the hotel, with stunning views of the entire city. They offer a la carte dining as well as a seasonal tasting menu for €110.

Open Tuesday-Thursday from 1:00 to 4:00 for lunch and 8:00 to 11:00 for dinner. On Friday and Saturday one can dine until 11:30. Closed Sunday and Monday (www.doscielos.com).

Tel: (+34) 933 672 070

ROCA MOO

Hotel Omm, Rosselló, 267, in the Right Eixample, has one Michelin star and two Repsol suns. The avant-garde cooking superstars, the Roca brothers of Girona's 3-Michelin starred **El Cellar de Can Roca**, which Restaurant Magazine proclaimed "Best Restaurant in the World", supervise the hotel's gastronomic restaurant. One can sample their genius for a mere 45€ at lunch from Tuesday-Saturday by ordering the **Moo Menu**, or dine a la carte. Try their Classic tasting menu for 87€ or their Joan Roca menu for 110€.



Open for dinner from 8:30 to 11:00, closed Sunday and Monday (www.hotelomm.es/roca-barcelona/roca-moo/).

Tel: (+34) 934 454 000

LASARTE

Hotel Condes de Barcelona, Mallorca, 259, in the Left Eixample has two Michelin stars and two Repsol suns. Seven Michelin starred Basque chef Martín Berasategui supervises the kitchen. His team offers a la carte dining and two tasting menus priced at 130€ and 165€, which must be ordered by the entire table.

It opens for lunch, Tuesday-Saturday from 1:30 to 3:30 and for dinner from 8:30 to 11:00, closed Sunday and Monday (www.restaurantlasarte.com).

Tel: (+34) 934 453 242

L'ANGLE

Hotel Cram, Aribau, 54, at the corner of Aragó, one Michelin star. Chef Jordi Cruz of ABaC started the restaurant in Sant Fruitós de Bages and in June of 2013 moved it into the dining space of the Hotel Cram, which was formerly occupied by Restaurant Gaig. One can dine here a la carte or sample the chef's tasting menu priced at 80€, wine not included.

Open for lunch Tuesday-Saturday from 1:30 to 3:30 and for dinner from 8:30 to 10:30. Closed Sunday and Monday (www.hotelcram.com).

Tel: (+34) 932 167 777

SAÜC

Hotel Ohla, Via Laietana, 49, in the Gothic Quarter, has one Michelin star and one Repsol sun, plus a rating of 7.5 at www.lomejordelagastronomia.com. Chef Xavier Franco has moved his restaurant from the Eixample into the trendy, hip Hotel Ohla in a very minimalist space. You can dine a-la-carte, or select one of the tasting menus at 82€ and 112€, with wine paring from 42€ to 55€.

Open daily for dinner only from 7:00 to 11:30 (www.saucrestaurant.com).

The hotel's new Gastrobar is open from 7:00 am to 4:00 pm and from 7:30 pm to midnight. It offers a fixe price 16€ lunch menu.

Tel: (+34) 933 415 050

FOR WINE LOVERS

MONVÍNIC

The ultra modern, ultra chic wine bar, wine library and gourmet small plates restaurant is located at Diputació, 249, in the Left Eixample. It boasts 3,700 labels of wines from around the globe that oenophiles choose on a PC tablet that allows one to search wines from every corner of the world, by price, style, region, or grape variety. In addition, Mon Vinic offers around 60 wines by the glass. The friendly staff of sommeliers loves to offer advice. They will give you a tour of their state-of-the-art wine cellar. The dishes, such as a tureen of foie with truffles, are delicious. You can drop in for wine or have a complete meal in the dining room, which consists of long communal tables. Photos of each of the restaurant's local purveyors are projected on the dining room walls.



Monvínic offers starters to share for 19€, 21€ and 23€/person, served in the bar area only. There is a Seasonal Menu for 45€ and the Classic Monvínic menu is priced at 60€.

One writer has called it “the best wine bar in the world”. While I can’t be the judge of that, I do know that it’s all great fun. And the Repsol guide has bestowed the kitchen with one Repsol sun, Spain’s equivalent of a Michelin star.

Closed Sunday and Monday (www.monvinic.com).

Tel: (+34) 932 726 187

VINOTECA TORRES

Passeig de Gracia, 78, is a collaboration of the bodegas Torres and the ever-present Sagardi group, with an all Torres wine list with 50 labels, served by the glass. The chef honed his skills with Martin Berasategui and Jean Luc Figueras.

It's open from 10:00 am to 1:00 am Monday-Thursday and Sunday, and until 2:00 am on Friday and Saturday, offering daily specials (www.lavinotecatorres.com).

Tel: (+34) 902 520 522

FOR A GLASS OF WINE IN EL BORN

LA VINYA DEL SENYOR “*The Lord's Vineyard*”

Located at Plaça Santa Maria, 5, in the trendy El Born district, directly across from the Basílica de Santa Maria del Mar is a very popular wine bar that serves wine and tapas (cheeses, charcuterie, canapés, catalán pizzas, known as *cocas*).

Open Monday-Thursday from noon to 1:00 am, Friday and Saturday until 2:00 am and Sundays until midnight (www.facebook.com/vinyadelsenyor).

Tel: (+34) 933 103 379

LATE NIGHT DINING

Night owls in search of sustenance before clubbing can look here

SAGÀS

Plaça del Palau, 13, in trendy and hip El Born. This is a modern sandwich shop; a project of the ever-expanding Sagardi group and Michelin starred chef Oriol Rovira, specializing in filled baguettes made with organic ingredients sourced from his home base at his restaurant Els Casals in Sagàs. Condé Nast Traveler calls it the “world's best sandwich bar”.

One can hop in for a sandwich during the week from 12:30 to 12:30, Saturdays from 11:00 to 1:00 am and Sundays 11:00 am to 11:30 pm (www.sagaspagesosicuiners.com).

Tel: (+34) 933 435 410 / 902 520 522

BAR VELÓDROMO

Muntaner, 212, between Londres and Avinguda Diagonal in the Left Eixample, has been a Barcelona institution since 1933. The Moritz brewery recently restored it to its original Art Deco glory. Michelin-starred chef Jordi Vila, of Alkimia, now supervises the kitchen, and it offers a menu of tapas and traditional catalán dishes, served non-stop from 7:00 am to 3:00 am weekdays and 6:00 am to 3:00 am on weekends (moritz.com).

Tel: (+34) 934 306 022

KIOSKO

Avinguda del Marqués de l'Argentera, 1 bis, in El Born, across from the rail station, Estació de França, a **hamburgueseria** opened by Australian Brad Ainsworth, serves up charcoal grilled burgers on artisan buns, along with all the usual sides, 7 days a week, from 1:00 and 1:00. All of their sauces are homemade, along with their ice creams. No reservations (www.bacoa.es).

Tel: (+34) 933 107 313

LOLITA TAPERÍA

Tamarit, 104, in the space of the former Inopia, which was the creation of El Bulli's Albert Adrià and partner Joan Martínez. Adrià left the project to open the wildly popular Tickets and 41 degrees, just a 2-minute walk away, and his partner renamed the tapas bar but left the playful, quirky and kitschy décor (with the bulls head covered with lipstick) and some of the classic tapas menu items intact, such as *patatas bravas*, *bombas*, ham and squid croquettes, king prawns. It's still extremely popular, so be there by 7:00 when it opens, or be prepared for a wait.

Open Tuesday-Wednesday from 7:00 pm to midnight, Thursdays from 7:00 to 2:00 am, and Fridays and Saturdays from 1:00 to 4:00 for lunch and then from 7:00 pm until 2:30 am. After midnight, when the kitchen closes, it becomes a cocktail bar (www.lolitataperia.com).

Closed for the Sant Joan Festival, June 21-24

THE ADRIÀ BROTHERS' DINING EMPIRE

The Adrià brothers, world famous chefs Ferrán and pastry chef Albert, upon closing their “best restaurant in the world”, El Bulli, embarked on an ambitious project to revitalize the once rather rundown theater district of El Paral.lel, with the opening in 2011 of their wildly popular **Tickets Bar** at Avinguda Paral.lel, 164, and adjacent to it, their now closed 41° Experience cocktail bar, which was connected to Tickets via a hallway. They have since then placed more restaurants on the avenue as part of this ambitious 5.0 project, transforming the neighborhood into a gourmet Mecca (www.elbarriadria.com).

Tickets Bar is open Tuesday-Friday from 6:30 to 11:30 and on Saturday for lunch from 1:00 to 3:30, and dinner from 7:00 to 11:30. Closed Sunday and Monday.

Tel (+34 932 924 254

Along with Tickets (sporting one Michelin star) and the former **41° Experience** (to become Enigma in 2016), Albert has added **Pakta** (en.pakta.es), a Peruvian-Japanese hybrid, serving two set tasting menus only, **Bodega 1900** (en.bodega1900.com), a classic vermouth bar, and in 2014 he opened **Hoja Santa** (www.hojasanta.es), serving haute Mexican cuisine, alongside **Niño Viejo** (www.ninoviejo.es), a casual, kitschy *cantina* or *taquería* on Avenida Mistral.

Enigma will be a reincarnation of 41° Experience, in a different location, with a tasting menu that will come even closer in style to the mythical El Bulli.

The **Tickets Bar**, bold, colorful, playful and circus-themed (and still reasonably priced) is one of the most difficult reservations to book in the world. Reservations are only taken online, exactly two month to the calendar date. Every night, at midnight, 64 of the 80 seats are made available at www.ticketsbar.es. The remaining 16 seats are reserved for friends and visiting journalists.

You can call (+34) 606 225 545 to see if there are any last minute reservations available at any of their restaurants.

OLD STANDBYS**TRADITIONAL CATALÁN CUISINE****CA L'ISIDRE**

Located at Carrer les Flors, 12, this is a small, family owned since 1970. It's an elegant bistro-style restaurant whose wood paneled walls are covered with original paintings and offers an extensive wine list. Located near the Parallel theater district, it receives regular visits from celebrities and foodies alike. César Pastor's regular dishes include artichoke hearts stuffed with wild mushrooms and duck liver, and loin of lamb, broiled English-style, complimented by a great wine list. Desserts are made by the daughter of the owner, master pastissera Núria Gironès, include a great rum marinated apple dessert.

They offer a 40€ market driven degustation lunch menu, available Monday-Friday, and at 60€ group menu. There is a special Black Truffle Degustation Menu for 66€/person, VAT included. They also have private rooms from 2 to 14 people, and an impressive wine cellar. Valet parking available (www.calisidre.com).

Open Monday-Friday from 1:30 to 4:00 for lunch and 8:30 to 11:00 for dinner. Closed Sunday, bank holidays, 22 days in August, as well as for Easter and Christmas week.

Tel: (+34) 934 411 139.

*The food critic and author of the "Catalan Cuisine" cookbook, **Coleman Andrews**, considers this Barcelona's best restaurant, as does author **Patricia Wells**, who rates it among her top 10 for casual dining in Europe. It has also been featured in *Gourmet*, *Saveur*, etc. and is included in the *Jaguar* and *Louis Vuitton* guides, receives a 7.5/10 in *The Best of Spanish Gastronomy* and gets 2 suns from the *Campsa* guide. It's close to the seedy Barrio Xines, so be sure to go by taxi at night.*

SET PORTES

The restaurant of the "seven doors" can be found at Passeig de Isabel II, 14, near the waterfront, behind a colonnade of seven archways. Founded in 1836, it is the 2nd oldest restaurant in Barcelona and a true institution, sprawling, with a lovely Parisian brasserie décor. Some call it Barcelona's La Coupole, with black and white tiled floors, bentwood chairs, mirrors, marble tabletops, beamed ceilings, pretty cloth decorated ceiling lamps.

The super efficient waiters (read speedy service) in long white aprons serve 11 different rich dishes, including vegetarian paella. Their most requested paella is the classic Paella Parellada in which the meat is de-boned and the shellfish presented sans shell.

Open daily from 1:00 pm to 1:00 am (www.7portes.com).

Tel: (+34) 933 193 033 / 933 192 950

*The restaurant fills up with large family groups on Sundays. Great pa am tomàquet, a Catalan bruschetta, spinach with raisins, espinacas a la crema con pasas. There is piano music after 10:00, a menu in four languages, and a good selection of sorbets and gelatos for dessert. Expect large portions. It, and Cal Pep, were recently featured in a *Vino y Gastronomía* magazine*

article, "Where to eat well for €30. This classic restaurant is very popular with tourists but the prices keep the hordes away, and the tourists we see dining here are well dressed and well behaved!"

SENYOR PARELLADA

On Carrer de L'Argeneria, 37, in the La Ribera section of El Born, has stylish modern décor, Soho style with pale yellow walls, an atrium with skylight, is atmospheric and extremely popular with the publishing crowd and artsy types. Always packed at lunch, it offers creative Catalan cuisine including *caldereta de pescado*, a bouillabaisse, and is very romantic at night. The owner speaks English. There's no marker at the tall black door, just a "Sr. P" etched in black and white.

Attracts businessmen at lunch. There are potted palms, chandeliers, piano music, and waiters in long white aprons, a bit of a Jazz Age kind of feel (www.senyorparellada.com). There are two set menus for groups at €34 and €36.

Open daily from 1:00 to 3:45 and from 8:30 to 11:30. Closed December 25.

Tel: (+34) 933 105 094

They own the stylish, boutique hotel next door, the **Banys Orientals** and the fifth generation restaurant family also owns the wine bar, **La Vinya del Senyor**, which is directly across from the Santa Maria del Mar church in El Born, at Plaça Santa Maria, 5.

Some compare Senyor Parellada to NYC's Union Square Café. Recommended in the Louis Vuitton guide.

FOR CRAFT COCKTAILS IN A FUNKY SETTING

BOADAS

Carrer Tallers, off the Ramblas, is the city's oldest cocktail bar. The owner, Miguel Boadas, opened it in 1933, after working in Havana's La Floridita.

FOR CRAFT COCKTAILS IN A CHIC SETTING IN THE EIXAMPLE

COCKTELERÍA LE NOIRE

This is the latest chic cocktail spot to open in the Eixample at Aribau, 158, corner of Córsega. It opens Wednesday-Thursday from 7:00 pm to 2:30 am, Friday and Saturday until 3:00 and Sundays from 7:30 pm to 2:30 am.

IN A CHIC SETTING IN THE GOTHIC QUARTER

THE CITY BAR AND RESTAURANT

The 5-star Gran Hotel Central Barcelona, Via Laitana, 30, has opened a trendy, Manhattan style bar, an oasis in the middle of the bustling Carrer Laitana. It opens for cocktails from Tuesday until Saturday and some nights offers live music. The restaurant is open for breakfast at 9:00, lunch at 12:30 and dinner at 8:00 (www.citybar.es).

THE SKY BAR

And don't miss the roof top bar that offers great mojitos, along with chill out music around the pool for non-guests from 8:30 until 12:30 am (www.grandhotelcentral.com).

OHLA BOUTIQUE BAR

Another very hip, New York style hotel, designer cocktail bar can be found at the 5-star Hotel Ohla at Via Laitana, 49, is next to the Michelin-starred Restaurant Saüc. It opens daily from 6:00 to 2:00 am, until 3:00 on Friday and Saturday (www.ohlahotel.com/en).

ON PASSEIG DE GRACIA

LA DOLCE VITAE

Our very favorite, with the most breathtaking views, remains the rooftop bar of the **Hotel Majestic**, right on the Passeig de Gracia. And it's also a nice place to have a small plates meal, as chef Nandu Jubany now supervises the cuisine (www.hotelmajestic.es). We come here often for a pre-dinner drink to soak up the wonderful twilight views.

Other fashionable roof top watering holes can be found at **60 By 80 Nightlife** (www.60by80.com).

CRAFT COCKTAILS AND LIVE MUSIC NEXT TO THE WATER

W HOTEL

The liveliest, most hopping bar in the city may be in the **Lounge** at this very trendy hotel on the waterfront. It offers international cocktails and resident D.Js. It's open Sun.-Thurs. from 9:00 am to 2:00 am and Friday-Saturday until 3:00 am. Every Sunday evening from late May through September the hotel offers an Ibiza style Chill Out Session in its Web Bar, the Wet Deck Summer Series, but it may not be open to non-hotel guests (www.w-barcelona.com).

FOR GIN TONICS AND LIVE MUSIC

BANKER'S BAR

With a ceiling fashioned from original security boxes hinting to the building's former use as a bank, the Banker's Bar in the **Hotel Mandarin Oriental** is both a nightspot and stunning piece of design. It offers an extensive list of cocktails, wines, champagnes and *cavas* as well as a selection of tapas. On **Wednesday evenings**, the bar hosts weekly Gin & Live sessions from 8:30 to 10:30, offering live music performances and a choice of craft gin and tonics. We recently attended one of these sessions and found it a very pleasant way to unwind after a long day of touring.

JAZZ, BLUES AND SWING

On **Friday** evenings in the **Silken Gran Hotel Havana** at the Gran Vía de les Corts Catalanes 647, from 7:30 to 9:00, the lounge offers a **Jazz-Swing music concert**. Every week different music trios, both national and international, combining different styles, transport guests to the atmosphere of New Orleans Jazz Clubs. One can go for dinner and the concert or simply have a drink and enjoy the concert (www.hoteles-silken.com).

In the basement of the 5-star **Hotel Palace** at Gran Vía de les Cortes Catalanes, 668, jazz lovers will find the **Bar Rien de Rien Cocktail Club**, a beautiful, atmospheric bar that serves up live music (jazz, blues, soul, swing) starting nightly at 8:00 pm (hotelpalacebarcelona.com).

In the **Harlem Jazz Club** at Carrer de Comtessa de Sobradiel 8, in the Gothic Quarter during your stay, on June 7 the Sazonando de Cuba orchestra will play from 11:00 pm to 1:30 am. Entrance is 7€ (www.harlemjazzclub.es).

Another venue in the Gothic Quarter is the **Jamboree Jazz Club** at Plaça Reial, 17. It has two evening jazz sessions at 8:00 and 10:00, and closes at 5:00 am. Tickets cost 10€ at the box office or 8€ if purchased online. The venue is in an old stone cellar with great acoustics (www.masimas.com).