



CONTENTS



CONTENTS	02
GENERAL INFORMATION	03
About Us	04
BARCELONA INSIDES	05
Barcelona Bucket List	06
24 hours in Barcelona	07
365 days in Barcelona	09
SHORT LISTS	11
13x Coffeeshops	12
16x Bread & Bakery	13
13x Brunch	15
9x Plant Based	16
7x Paella	17
8x Chiringuito	18
7x Hamburgers	19
11x Italian Food	20
11x Traditional Tapas	22
13x Special Tapas	23
9x Wine Bar	24
9x Cocktail Bar	25
5x Rooftops	26
11x Holiday Season	27
FOOD TOURS	29
El Born	30
Eixample	32
Barri Gòtic	34
El Poblenou	36
FUN & FACTS	38
Spanish Class	39
Barcelona Fun Facts	41
Spanish Word Puzzle	42
RESTAURANT INDEX	43

24 HOURS IN BARCELONA

Are you in Barcelona for only 24 hours or do you want to visit all the food hotspots throughout the city in just one day? Then this is the perfect tour for you. Through delicious food stops you will see a lot of the city and get introduced to all the dishes Barcelona has to offer. We start in El Poblenou and end in Gràcia, so let's get started!



08.00 a.m. | *Early coffee*



We start in trendy El Poblenou to wake up to delicious coffee. **Talaut 44** is a very nice place where they serve specialty coffee and the most delicious buns. What a wonderful to start the day. What a great way to start the day! Lets continue to our next stop!



10.30 a.m. | *Breakfast*



Along the way, you could stroll past Arc de Triomf and take a seat at **Bohl** in the Eixample neighborhood for a delicious, healthy breakfast and relaxed vibes. There are several (plant-based) options at Bohl and especially the açai bowl and avocado toast are recommended.



Talaut 44

02.00 p.m. | *Lunch*



We stay in the same neighbourhood for the next spot, but Eixample is quite large so it's a half-hour walk. On the way to lunch at **La Balabusta**, you come across many nice spots for a little shopping near Plaça de Catalunya. La Balabusta is one of our favorite restaurants in Barcelona and has a Middle Eastern cuisine. They have a great wine menu with (natural) wines. We especially recommend the crispy feta and shawarma cauliflower, but really everything here is insanely tasty.





07.00 p.m. | Drinks



After lunch, it's time to freshen up as we get ready for the evening. We're moving to La Barceloneta where **Carabela** is located. In our opinion Carabela has the best sangria and nachos in the city, so of course we have to go there. It's possible to sit here on a large (covered) terrace and the vibe is great.



09.00 p.m. | Dinner



For dinner, we only have to walk a short distance to the neighborhood of El Born, because that's where we will have tapas at **El Set**. El Set is a cute little tapas restaurant with delicious fresh dishes. We especially recommend the provolone with mushroom and truffle, the pulpo, stuffed eggplant and the crispy feta rolls. You also really shouldn't leave without eating the chocolate lava cake.



El Set



Feroz



12.00 a.m. | Cocktails



It's time for the real thing as we head to the beautiful neighbourhood of Gràcia and the even more beautiful **Feroz!** We have to be honest, Feroz is a place where everyone has put a lot of thought into their appearance, but we love it. The music is great here, so let's have a little dance and order that brutal Pornstar Martini. But in case we don't feel like going home, let's move on to the neighbours.



02.00 a.m. | Clubbin'



We only have to walk a few meters for our last stop on this tour: **Club Sutton**. The music varies from night to night, but there's generally great music here so we can dance the night away. Cheers to a crazy day full of great food, drinks, passion from chefs, and amazing concepts!



7X PAELLA

Paella is a typical Spanish dish which is also very popular among locals, mainly for lunch. Unfortunately, it is often offered to visitors in the wrong places. So never sit down somewhere where they try to take you off the street with a picture of paella on a cardboard plate. Therefore, we would love to introduce you to the best places to taste this lovely Spanish dish.



1 Maná 75 💰💰

This is a very special place for several reasons. Visitors and locals love coming here and we understand why. It is a beautiful restaurant, impressive because of the whole row of paellas being prepared and they have more than 14 different varieties.

2 Terraza Martinez 💰💰💰

Here you can enjoy stunning views of Barcelona from Montjuïc. They are known here for their delicious paella and don't forget to finish with a crema catalana.



3 Escriba 💰💰

4 Cruix 💰💰

5 Pez Vela 💰💰💰

6 7 Portes 💰💰💰

7 Cheriff 💰💰💰

