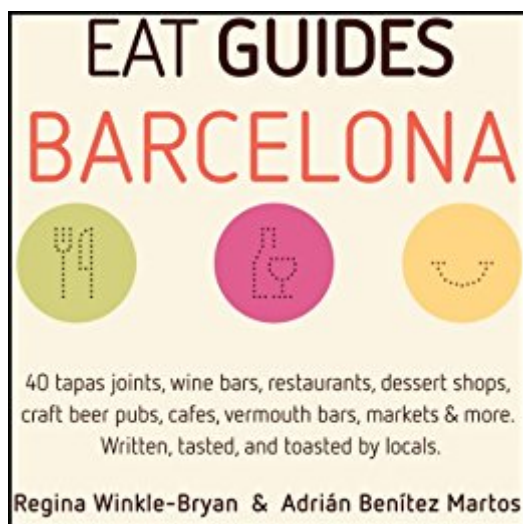


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# Eat Guides - Barcelona: Local Food & Drink Guide To Barcelona, Spain



## Synopsis

Eat Guides: Barcelona is about good food. Too often travelers in Barcelona end up at mediocre restaurants eating overpriced meals. As locals living in the city, we've been there, and wanted to do something about it. Eat Guides: Barcelona features forty of our favorite places, spotlighting eateries and bars we have tried and tested many times. We're not food snobs. We're not chefs. We're two people who love to eat and drink. We rarely order a glass, preferring the bottle. We always get appetizers. Often, we're the last table to leave. Our aim is to offer a little something for everyone. We cover high-end venues with the same affection as the cheapo mom-and-pop joint. The majority of our recommendations are affordable restaurants for the average traveling Joe. We focus on regional Spanish and Catalan restaurants in our guide, but you'll also find international options serving Japanese, Indian, Thai, American, Italian, and more. We know what a drag it can be to travel with food allergies or as a vegetarian, so we've selected a few spots that cater to these folks, too. We believe that everyone deserves to eat well, no matter your budget, restrictions, or beliefs. Our guide is informal and personal, offering more than a blurb and a street address. These are our experiences and our stories from chowing down in Barcelona. We hope they give you insight to our lives here, while inspiring you to taste and savor all the Catalan capital has to offer. Eat. Drink. Be Merry.

## Book Information

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## Customer Reviews

There are tons of guides about Barcelona, some good, some bad, some somewhere in between--after eight years living here, and reading any number of guidebooks, I feel qualified to weigh in. What I love about Eat Guides Barcelona is its focus on an accessible smattering of good places to eat and drink in the city, some of them places off the beaten-path, like Nice Spice, an Indo-Pakistani place where I had a tasty and well-priced menu del dia after reading about it in the book. An entertaining vignette introduces each place, and then there are tips on what the authors (a couple made up of a Spanish-Catalan local, and a long-time American resident) like to eat and drink at each restaurant, which is always helpful. Practical information about cost, and location is easy to find, and the glossary is a nice bonus for visitors and newbies unfamiliar with Catalan and Spanish cuisine.

We travel to Spain at least once a year, and frankly, I tire of the food fairly quickly. Part of this stems from the fact that my partner doesn't eat much meat (even in the land of Jamon); the quality of Tapas varies greatly; I shy away from foods I'm not familiar with; there can be a redundancy to what you find on the menu (especially if you stay in one city); and the diet in Spain can be highly carb-based. I do love the dining experience in Spain, however. I love sitting outside to eat; It's great that you can grab a quick and small bite at any time of the day or night; I love that waiters never rush you; and I'm even used to the fact that trying to get the bill can be the biggest obstacle during the vacation. Some aspects of dining in Spain do take getting used to: We end up drinking a huge amount of wine when there, as you just have to consume it with practically everything. Breakfast in Spain is also very different from what we're used to in the States, as it is more likely to include pastries and what we consider to be desserts than egg/meat/yogurt/potatoes. In light of all of this, here is where this Guide becomes a valuable resource. Since our next trip to Barcelona won't be for a few more months, I can't comment on whether the authors have done a good job in identifying the better places to eat and drink there. In reading through the Guide, however, there is a nice selection of restaurants and bars, as well as information on markets (such as where to go, when to go, and what to look for). I like the market section (yes, there is a lot more than the Boqueria market), as we

do a lot of meal preparation in the apartment. The guide also includes information on wine tasting tours, cooking classes, food-related festivals, and even a concluding piece on tipping. I also learned about Vermut Bars (who knew?) by reading the Guide. As coverage is devoted to the various cafes and restaurants in the Guide, recommendations are made for what to order, where to sit, what to expect in terms of crowd/service, and how to get there. The authors usually indicate what they had, what they liked best, and what it ended up costing. Most of the listings have the equivalent of three Kindle pages devoted to the establishment. The Guide includes a few listings for international restaurants (such as Italian and Japanese), though I wish more had been included. Even if you're a huge fan of Spanish cuisine, it's nice to have a little variety. The Guide also includes three restaurants that have a lot of vegetarian options. I'm pleased with this purchase and I anticipate taking notes in advance of our upcoming trip. I do recommend it.

There are so many outstanding places to eat in Barcelona. Where to start? It is difficult to cover the thousands. We found this guide helpful in offering suggestions by district; but, be careful to avoid becoming too focused on just the locations mentioned in the guide. We found many other great places for breakfast, lunch, dinner and tapas in the city. Overall, I recommend this guide to those new to BCN food and drink establishments. Use it as a reference guide to begin exploring and finding your own favorite spots.

Very helpful guide  
Well written and enjoyable  
Read while sitting at a touristy tapas bar of la rambla drinking sangria, so I have much to learn  
Can't wait to try all your suggestions!

Using Reginald and Adrià's expert advice and wit found in Eat Guides Barcelona, I found my way to some wonderful spots to enjoy the city's rich culinary culture. Every meal has been delicious and unique! Their commentary and descriptions of restaurants and food-related activities helped me decide how best to use my limited time and budget for my visit. In my many trips to Barcelona I've never had such good guides to help me discover the richness of Spanish and Catalan food in various quarters of the city. In reading Eat Guides I somewhat unexpectedly learned a lot about language, culture and history, and found myself even more curious to explore this fascinating city. I loved their recommendations for the charming Barceloneta area (next to the sea) which included a delicious black rice dish made with squid ink at Malans, special whole grain rolls at Baluard, and lavender ice cream at Vioko. In another seaside neighborhood, Poblenou, I went to a meal with friends at Can Recansens and

discovered the incredible variety of Catalan cheeses and cured meats in a lively atmosphere. Reading their clear and often humorous descriptions of different meal options is like having friends share their special local secrets to eating and living well! ¡Buen provecho!

Regina says it all in the intro - so often, tourists end up in terrible restaurants in one of Spain's food meccas (myself included). This guide is more than how to eat and what you'll spend: Regina and Adri share anecdotes, favorite dishes and honest (if not hilarious) opinions on where to eat, drink and be merry in Barcelona. In this guide, you'll find a bonafide foodie couple's best picks, as well as practical information about navigating this monstrous city, its food scene, its markets and its food experiences. Having share a meal with Regina myself, it's definitely worth a read - she knows food and drink! The money spent on this guide will save you from overspending on the Rambla and wasting good meals.

Sometimes I read guide books, and the writer's cursory info has me wondering if he/she has really experienced what they are writing about. With Eat Guides, they writers obviously have experienced every place they describe. Went to several excellent spots due to their recommendations. Highly recommend Eat Guides Barcelona!!

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