



DEVOUR
BARCELONA

**HOW TO
VISIT BARCELONA
& EAT LIKE A LOCAL**



Hey there, devourer!

Thank you so much for downloading our insider's guide, *How to Visit Barcelona & Eat Like a Local*. We know our tips on what and where to eat in Barcelona will help you to make each meal memorable.

As curious travelers ourselves, we believe the best way to get to know a place is through its local foods and traditions. And as the people behind Devour Barcelona's award-winning food tours, we are experts in Barcelona's food and culture.

Whether you decide to tour with us or not, we truly hope this serves as a great foodie guide. Don't forget to be curious as you explore Barcelona's bars and restaurants—the next hidden gem is always just around the corner!

- THE DEVOUR BARCELONA TEAM

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1. UNDERSTANDING BARCELONA'S FOOD SCENE

a. *A Land of Contrasts*

Barcelona is a city filled with contrasts. It's ancient—more than 2,000 years old, to be exact—and was once a Roman colony called *Barcino*. But with more tourists than any other Spanish city, it's also modern and full of international influence. You might have heard of Ferran Adrià (who put Spain on the map for molecular gastronomy) and the region's modern cuisine, too. But step inside a rustic Catalan restaurant, and you'll find some of the city's best bites, with dishes dating back to medieval times. To truly understand Catalan cuisine, you have to understand all of these juxtapositions!

b. *Tapas in Barcelona?*

Barcelona's also well-known for tapas, but tapas are actually a relatively recent arrival to the city! The original Catalan “tapas” were cured meats and cheeses served in *bodegas*, or wine shops. The concept of tapas as we know them today was brought to Barcelona by people from southern Spain in the 1940s-1950s.

The way that we eat tapas in Barcelona is also different from other parts of Spain. First, the tapas generally don't come free with a drink. Though you have to pay for them, they're well worth the price! Next, it's more common to find yourself sitting down for a tapas dinner here than it is to crowd in at the bar, and you'll often need to make a reservation! And finally, be aware that we eat dinner in Barcelona earlier than they do in Madrid or Andalusia.

2. FIVE MUST-TRY FOODS IN BARCELONA

a. **Entrepà:** Catalan for *bocadillo*, this is a typical breakfast sandwich. Fill yours with ham, cheese, or even *botifarra* (Catalan sausage), like we do on our [Gracia Neighborhood Food Tour!](#)

b. **Fuet:** A popular cured pork sausage, which means “whip” in Catalan. Once you see its long, thin shape, this will make sense!

c. **Crema catalana:** This is the oldest custard dessert in Europe—the recipe actually dates back to the 14th century! While similar to *crème brûlée* in consistency, it's flavored with citrus rind and cinnamon rather than vanilla. It's the most well-known dessert in Catalonia!

d. **Fideuà:** This is paella's delicious cousin, and it simply can't be missed! While made in the same shallow pan as paella, this version substitutes thin noodles for rice. Cuttlefish is usually the star ingredient, though there are many variations. One thing that always stays the same? The healthy dollop of *alioli* (homemade garlic mayonnaise) that comes on the side!



e. Esqueixada: This traditional salt cod salad is made with shredded *bacalao*, roasted green and red peppers, onion and olives. Many people add white beans to this dish, which not only changes the composition, but also the name (to *empedrat*)!

3. OUR TOP TEN MUST-VISIT BARS & RESTAURANTS THIS YEAR

a. Can Boneta

Carrer de Balmes, 139

Don't leave without trying their *biquini de formatge de pasta tova i tòfona*, a gourmet take on a humble breakfast staple: a grilled cheese sandwich, with just the right touch of truffle.

b. Bar Fidel

Carrer de Ferlandina, 24

Don't leave without trying one of their *bocadillos de autor*, the creative sandwiches that make up the bulk of their menu. Overwhelmed by so many options? We love the *llom amb mousse d'anec*, or pork chop and duck mousse sandwich. It's heaven!

c. La Plata

Carrer de la Mercè, 28

Don't leave without trying their star tapa of *boquerones fritos*, perfectly-fried anchovies. Do it the authentic way and eat them whole, tiny bones and all! Fried to perfection, these anchovies are just one of four simple and delicious tapas offered at La Plata, and they're easily one of our favorite bites on our [Tapas, Taverns & History Tour](#).

d. Can Solé

Carrer de Sant Carles, 4

Don't leave without trying their *arroz caldoso*, a rich seafood and rice stew. Unlike paella, where the liquid has been completely absorbed by the rice, the idea here is a brothy dish meant to be scooped up with a spoon. Paella is actually a regional dish from Valencia, so if you're craving rice for lunch one day, try this instead!

e. Tickets

Avinguda del Paral•lel, 164

Don't leave without trying the *olivas esféricas*, or whimsical liquid olives. Ferran and Albert Adrià are the creative masterminds behind this restaurant, so expect all sorts of twists on traditional fare. Tickets is a once-in-a-lifetime opportunity for adventurous foodies! Pro tip: You're going to want to book this one way in advance!



f. La Pubilla

Plaça de la Llibertat, 23

Don't leave without trying their *menú del día*, the budget-friendly option for mid-week lunches. Making hearty traditional dishes with unique modern twists is what La Pubilla is known for, which is why it's packed on a daily basis. The best part? For just 16€, you can expect a three-course meal with a drink!

g. L'Anxoveta

Carrer de Sant Domènec, 16

Don't leave without trying their *bomba*, a potato croquette with ground beef in the center and spicy brava and aioli sauce drizzled on top. This is one of our favorites in town!

h. Lolita Taperia

Carrer de Tamarit, 104

Don't leave without trying *vermut* and *boquerones en vinagre*, a typical Spanish aperitif of sweet red vermouth and pickled anchovies. Also, don't miss the *croquetas de tinta del calamar*, or squid ink croquettes—they're famous for them here!

i. El Quim de la Boqueria

La Rambla, 91

Don't leave without trying a spread of their seasonal, market-fresh tapas. Despite what people say, you CAN eat well on La Rambla... inside the world-famous Boqueria market! Side up to the bar for breakfast or lunch, and enjoy some of the freshest food you'll try in all of Barcelona.

j. Bacaro

Carrer de Jerusalem, 6

Don't leave without trying one of the homemade fresh pasta dishes, made daily by the owner! Barcelona is a haven for Italian expats, and you can see that reflected in all the wonderful Italian restaurants around town. This authentic spot is tucked away right behind La Boqueria market, and it's known throughout the city to be the best of its kind.



4. FIVE COMMON FOOD MISTAKES AND HOW TO AVOID THEM

a. You try to implement the same schedule you have back home.

Forget your three-meal-a-day routine. Now that you're coming to Spain on vacation, you might as well do as the Spaniards do and adjust to our schedule! Find a typical Barcelona schedule below!

- 8 am:** Have a coffee before leaving the house
- 11 am:** Have breakfast; either toasted baguette with fresh tomato and olive oil, an *entrepà* sandwich, or a pastry. You could also go for something heartier: *esmorzars de forquilla*, a breakfast that you eat with a fork!
- 2 pm-3 pm:** Have lunch; this is the biggest meal of the day
- 6 pm-7 pm:** Have your afternoon snack, which is called a *merienda*
- 9 pm and on:** Have dinner

b. You reach for your wallet after ordering a drink.

Most bars won't give you the check until you're ready to cash out for the whole night. So feel free to order away and know they're keeping tally behind the bar. Once you're ready to leave, just approach the bar to ask for the check and pay

c. You eat churros con chocolate for dessert.

In Spain, *churros* are never eaten as a dessert. They're the perfect lazy morning breakfast, or around 6 pm, a fantastic snack. Order them with a thick cup of Spanish chocolate or a warm *café con leche*. Our favorite churros in Barcelona? While many bars get their churros delivered each morning to serve for breakfast, we prefer ours fried to order. Xurreria Trebol (Carrer de Còrsega, 341) is our go-to stop when we're in the center!

d. You order sangría.

Sangría is delicious! There's no arguing that. But it's just not something Spaniards regularly order while at bars, which means the stuff you find at bars usually isn't that good. Your best bet is to order what the locals do drink—*un tinto de verano*—red wine with lemon soda. Or, if you're visiting during the summer, you can try a more authentic version of sangría: *sangría de cava*!



e. You sit down for a big dinner.

The big meal of the day in Spain is lunch. As you learned in the first tip, lunch is eaten between 2 and 3 pm, so it's a bit later than back home. If you're playing by these rules, after a 6 pm snack, you probably won't be hungry for a huge dinner anyway. Our tip? Forgo the big meal, and enjoy a night of [tapas just like the locals do!](#)



HUNGRY FOR MORE?

Put away your guidebooks and feed your curiosity on a Devour food tour!

Don't waste a meal at a soulless tourist trap. Join our local experts and venture off the beaten path for a meal you're sure to remember.

Join our mission to help local culture thrive as we support family-run businesses and unique cultural icons. Meet the proud people behind your food, hear fascinating stories, and experience age-old traditions on our insider experiences!

Find more information and reserve by clicking the links below.

[Evening Tapas, Taverns & History Tour](#)

[Evening Gourmet Tapas & Wine Tasting Tour](#)

[Evening Tapas Like a Local: Sant Antoni Neighborhood Tapas Tour](#)

[Daytime Tastes & Traditions Food Tour](#)

[Daytime Gracia Neighborhood Food Tour](#)

[Private Barcelona for Kids Walking Tour](#)

Thank you so much for downloading our Barcelona food guide—the family-run businesses included thank you too! Have fun and stay curious out there!

**[HUNGRY FOR MORE? COME FIND US AT
DEVOURBARCELONAFOODTOURS.COM](#)**