

Manchego Restaurant: A Hidden Gem of Spanish Tapas Fusion in Santa Monica

By Chanin Victor

Manchego Restaurant is a beloved spot for Spanish cuisine enthusiasts, captivating their taste buds with an infusion of authentic Spanish flavors. The owners, avid explorers of Spain, constantly infuse their menu with insights from their travels, seamlessly blending the authentic Spanish spirit with a touch of the Mediterranean breeze and a hint of Latin zest.

The heart of Manchego's uniqueness lies in its namesake—the authentic Manchego cheese, crafted exclusively from La Mancha sheep's milk, symbolizing the essence



of Spanish tradition. This delightful twist echoes through the restaurant, offering a genuine celebration of flavors and culinary traditions from La Mancha.

Stepping into Manchego Restaurant is akin to entering a close friend's abode, where the host joyfully insists on pampering

guests with abundant culinary delights. The restaurant specializes in Spanish tapas, a cherished culinary tradition, allowing patrons to relish various flavors and textures in a social and communal dining experience. From succulent gambas al ajillo (garlic shrimp) to tender lamb meatballs and the flavorful paella, the tapas menu at Manchego showcases the diverse and rich tapestry of Spanish cuisine.

Our Culinary Adventure: A Glimpse into Manchego's Delights

During our visit, we savored the incredible flavors of the goat cheese and dried fig Tostado—a flawless blend of creamy goat cheese and sweet dried figs atop toasted bread. Our journey continued with refreshing salads—the first adorned with crisp romaine, cherry tomatoes, anchoa olives, avocado, and young manchego, and the second a beautifully presented beet salad with burrata, pistachio dust, radicchio, and watercress—a delightful symphony of textures and flavors.

The main course brought the pan-seared branzino to the table—a delightful choice for seafood enthusiasts, complemented by a side of fried patatas served with garlic aioli, spicy roasted red pepper, and feta sauce—an explosion of flavors that left us yearning for more. The gastronomic adventure concluded sweetly with the irresistible Churros con salsa de chocolate caliente (Churros with hot chocolate sauce) for dessert—a perfect end to our delightful dining experience.

Diverse Dining Options and Special Nights at Manchego

Special nights at Manchego Restaurant offer the house paella—a classic Spanish dish epitomizing the diverse flavors of Spanish cuisine, rich with saffron-infused rice,

proteins, and vegetables, served communally to bring everyone together.

The meticulously curated wine list elegantly complements the Spanish tapas, enhancing the dining experience with each sip. Thoughtfully chosen wines marry the flavors and essence of Spain, creating a perfect harmony with the tapas.

For those looking to unwind and savor the moment, Manchego Restaurant offers bottomless mimosas and sangria, adding a celebratory touch to their brunch menu or any dining experience. The combination of flavorful drinks and scrumptious tapas transports guests to the lively streets of Spain.

Manchego Restaurant offers indoor seating and an enchanting outdoor garden patio, catering to various preferences. The cozy indoor ambiance is perfect for intimate gatherings, while the garden patio provides a charming al fresco dining experience amidst lush greenery. The patio, a gem for outdoor



enthusiasts, can also be rented for large parties, accommodating up to 25 people—an ideal venue for private celebrations and events.

The restaurant offers catering services to elevate celebrations, extending a taste of the Mediterranean to events beyond their premises.

When the stars align—Tuesdays,



Wednesdays, Thursdays, and Sundays—live guitar music or entertainment fills the air, turning a delightful experience into a magical evening!

Manchego Restaurant in Santa Monica encapsulates the essence of a family-owned, genuine mom-and-pop establishment. Their dedication to exceptional service, delectable food, a unique wine selection at reasonable prices, and a delightful Spanish tapas experience make it a standout choice for lovers of Spanish cuisine. The charming outdoor patio, extensive wine list, and catering options all add to the allure of Manchego Restaurant—a must-visit for an authentic taste of Spain on the Californian coast. ¡OLE!

If you go... manchegosm.com
Manchego Restaurant is located at 2518 Main St., Santa Monica, CA 90405 - (310) 450-3900

Photos by Chanin Victor

“SHE SAVED MY LIFE”

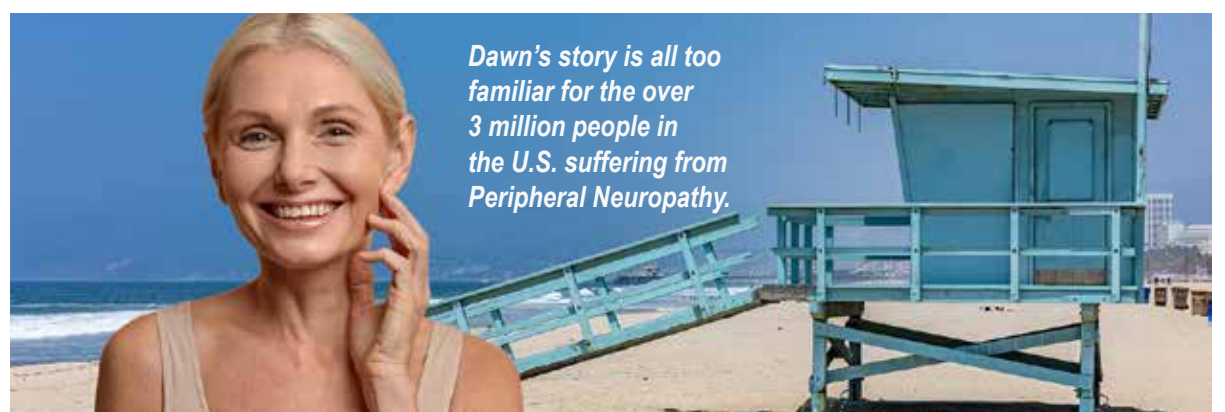
Cancer survivors suffering from constant **Peripheral Neuropathy** pain receive breakthrough treatment from local acupuncturist

Santa Monica resident Dawn R. had been experiencing the painful side effects of Peripheral Neuropathy, “my feet and legs were extremely painful and my doctor told me there was nothing they could do. That I would have to take Gabapentin for the rest of my life.” Then she met Santa Monica's own Lola Fox-Rabinovich, Licensed Acupuncturist.

Peripheral Neuropathy is the pain, discomfort and numbness caused by nerve damage of the peripheral nerve system, Dawn explained that daily tasks like opening doors and using the bathroom were overwhelmingly painful. “How can you live for the next 30 years when you don't even want to get out of bed to do simple things?”

She was experiencing the burning, numbness, tingling and sharp pains that those suffering from neuropathy often describe. “The way that I would describe it, it's equivalent to walking on glass.” Dawn hadn't worn socks in five years and was wearing shoes two sizes too big so that nothing would ‘touch’ her feet.

If you're unfortunate enough to be facing the same disheartening prognosis, you are not sleeping at night because of the burning in your feet. You have difficulty walking, shopping or doing any activity for more than 30 minutes because of the pain. You are struggling with balance, and living in fear that you might fall.



Your doctor told you to ‘just live with the pain’ and you are talking medications that aren't working or have uncomfortable side effects.

Fortunately, for month ago Dawn read an article about Lola Fox-Rabinovich, L.Ac. and the work she was doing to treat those suffering from Peripheral Neuropathy, without invasive surgeries or medications.

“Now when I go to bed at night I don't have those shooting pains. I don't have that burning sensation. I don't have pain coming up my legs,” Dawn enthusiastically describes life after receiving Lola's treatments. “I can wear socks and shoes!”

Lola Fox-Rabinovich, founder of Luna Body and Mind in Santa Monica, is using the time tested science of acupuncture, ozone therapy and a technology originally developed by NASA that assists in increasing blood flow

and expediting recovery and healing to treat this debilitating disease.

“It's life altering. As far as I am concerned Lola saved my life!” Dawn and her sister now operate a successful dog walking business, sometimes covering up to 5 miles per day.

Lola Fox-Rabinovich has been helping her community for 15 years using the most cutting edge and innovative integrative medicine. Specializing in chronic pain cases, specifically those that have been deemed ‘hopeless’ or ‘untreatable’, she consistently generates unparalleled results.

What was once a missing link in chronic pain care is now easily accessible to Santa Monica residents. To schedule a comprehensive initial consultation call **(424) 387-7549** or visit lunabodymind.com.

Visit lunabodymind.com to learn more. Call **(424) 387-7549** to take advantage of their New Patient Offer!