

EL PARAGUAS

DESLIZA PARA ABAJO Y DESCUBRE
NUESTRA CARTA



EL PARAGUAS

ENTRADAS

Croquetas de Fabada

Pastel de Centolla

Langostinos con Espinacas

Espárragos Rellenos de Centolla

Anchoas del Cantábrico con Aguacate

Tartar de Atún con Caviar de Salmón

Colmenillas con Foie y Trufa

ENSALADAS

Ensalada de Tomate con Búfala y Albahaca

Ensalada "El Paraguas"

Ensalada Verde con Aguacate

Salpicón de Bogavante

VERDURAS

Verduras Salteadas al Aceite Virgen

Alcachofas Salteadas al Aceite de Albahaca

Lasaña de Alcachofa

ARROCES

Arroz Negro con Zamburiñas y Berberechos(2 pax)

Arroz Salvaje con Verduras

GUISOS

Fabada Asturiana

Patatas con Langostinos

Fabes con Centollo

Verdinas con Bugre

EL PARAGUAS

PESCADOS

Fritos de Pixín con Tinta de Calamar
Merluza a la Sidra con Compota de Manzana
Bacalao Asado a la Vinagreta de Manzana
Pixín a la Asturiana
Merluza con Caviar de Oricios
Caldereta de Pescado con Almejas y Oricios
Merluza Horneada con Carne de Centollo

CARNES

Albóndigas de Rabo de Toro
Cachopo de Solomillo de Ternera
Medallones de Solomillo a la Mostaza Dulce
Solomillo de Buey Asado con Trufa Negra

SUGERENCIAS

Gazpacho con Bogavante
Calamares en su Tinta con Arroz de Cebolla
Macarrones con Colmenillas
Lasaña de Centollo con Caviar de Oricios

POSTRES

Tarta fina de Manzana
Crema de Arroz con Leche
Crema de Yogur Semi-Helada
Tarta Cremosa de Queso y Cuajada
La Reina de Saba
Helados y Sorbetes de Nuestro Obrador

EL PARAGUAS

ENGLISH VERSION

SWIPE DOWN AND DISCOVER
OUR MENU



EL PARAGUAS

STARTERS

Asturian Broad Beans Croquettes
Spider Crab Cake
King Prawn Stuffed With Spinach
Esparagus filled with Stuffed Spider Crab
Salted Cantabrian Anchovies with Avocado
Tuna Tartare with Salmon Caviar
Morels Mushroom Stuffed with Foie and truffle

SALADS

Tomato Salad With “Bufala” Cheese and basil
El Paraguas Salad
Green Salad With Avocado
Seafood Vinagrette (*Lobster and King prawn*)

VEGETABLES

Vegetables In Virgin Oil
Artichoke in Basil Oil
Artichoke Lasagna

RICE

Black Rice With Scallop and cockles (*min. 2 pers*)
Wild Rice with Vegetables

STEW

Fabada Asturiana (*Traditional Asturian Broad Beans stew*)
Potatoes with King Prawns
Fabes with clams (*asturian broad beans*)

The prior freezing of the fish to be consumed raw or semi-raw is carried out, in compliance with ROYAL DECREE 1420/2006, of December 1, on prevention of parasitosis by Anisakis.

Information on allergens available to the consumer as established in Regulation EU 1169/2011.

Prices include 10% VAT. Aperitif and bread from our workshop 3€.

This price will be increased by 10% on the terrace.

EL PARAGUAS

FISH

Fried Monkfish with Ink Fish Sauce
Hake with Cider and Apple Compote
Roast Cod With Apple Vinagrette Sauce
“Pixin” Monkfish Asturian Style
Hake with Sea Urchin Caviar
Fish Stew with Clams and Sea Urchin
Baked Hake with Spider Crab Meat

MEAT

Ox Tail MeatBalls
“Cachopo” Asturian Veal Sandwich
Fillet Steak Medallions with Honey Mustard
Roast Sirlion Beef with Black truffle

OUR SPECIALTIES

Gazpacho cold Tomato Soup with lobster
Squid in Ink Sauce with Rice and Onion
Macaroni with Morel Mushroom
Spider Crabs Lasagna with sea urchin caviar

DESSERTS

Fine apple cake
Cream of rice pudding
Yogurt cream
Cheesecake with clotted cream
“La Reina de Saba” (hot chocolate cake and cream)
Home-made ice-creams and sorbets

The prior freezing of the fish to be consumed raw or semi-raw is carried out, in compliance with ROYAL DECREE 1420/2006, of December 1, on prevention of parasitosis by Anisakis.

Information on allergens available to the consumer as established in Regulation EU 1169/2011.

Prices include 10% VAT. Aperitif and bread from our workshop 3€.

This price will be increased by 10% on the terrace.