



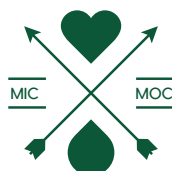
WHO ARE WE?

“ A couple thinks about a place. She is vegan, sporty. He, creative, glutton and wine lover.

The meeting point: Tarifa and its nature. The sea.
The idea of a place where we all can enjoy tasty, fun dishes in a relaxing atmosphere.

Local, fresh homemade food. Taking care of the environment and ourselves.

Slow food. Welcome!”



IMPORTANT


“ If you are in a hurry, we are not your best option. All our dishes are prepared under request, fresh, from the bases. We respect cooking times and service.

SLOW FOOD.
Take your time to enjoy it. We do it as well to offer you our best. ”




Little dishes to share

Mezze Culture

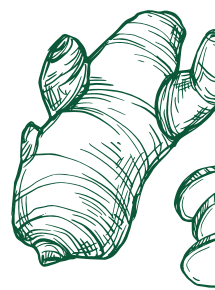
- 7 € Homemade local french fries, cajun BBQ sauce 🌾 🌿 🧴
- 8,5 € Arabic bread | Roasted seasonal veggies, pistachio pesto, zataar, feta cheese or plant-based parmesan cheese 🌾 🥛 🍷 🍷
- 8 € Bravas | of potato and sweet potato with spicy romesco sauce and vegan herbal sauce 🌾 🌿 🍷 🍷
- 8,5 € Stuffed mushrooms | vegetables, almonds, smoked cheese, local honey 🌾 🥛 🍷
- 9 € Andalucian cesar lettuce hearts | Confited countryside chicken, roasted heart of lettuce, Local cheese, lemony gremolatta bread crumbs 🌾 🍷 🐟 🍷 🌿 🥛
- 9 € Mussels peruvian "chalaca" style | Chilli, coriander, lime 🐟 🍷 🌿 🍷 🍷
- 9,5 € Croquetas | of confited codfish. Sweet potato alioli 🌾 🥛 🍷 🐟 🍷 🍷
- 9,5 € Croquetas | of carrots, leeks, dates. sweet potato alioli 🌾 🥛 🍷
- 8,5 € Hummus | grilled today's vegetables hummus (seasonal) cream of tahini and naan bread 🌾 🍷 
- 11,5 € Gyozas | with prawns from cadiz. Ginger, tougarashi, ponzu sauce 🌾 🍷 🍷 🐟 🍷 🍷 🍷 🍷
- 10 € Crispy langoustines | Zumac, sweet chili sauce 🌾 🍷 🍷 🐟 🍷 🍷
- 12 € Grilled langoustines in rocoto and lime | Pumpkin, coconut, and coriander sauce 🌾 🍷 🐟 🍷 🍷
- 16 € Local red tuna tataki | Hattori hanzo cut 🌾 🍷 🐟 🍷 🍷

Salads

























- 16 € Goat cheese salad 🥛 🍷 🍷
Mix of lettuce, tomatoes, nuts, berries, grenade vinaigrette. homemade cured vegetables and sprouts
- 16 € Thai salad 🍷 🍷 🍷 🍷 🍷
Green leaves, cabbage, cucumber, cherry tomatoes, sprouts, mango, seaweed, langoustines, subtle dressing of tamarind, peanuts and sweet chili sauce 

* ALL OUR SALADS CAN BE PREPARED VEGAN WAY: tofu, lotus flower, asparagus, wok sautéed veggies, bamboo, mushrooms.

Mezze





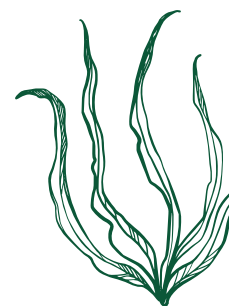
- 16 € **RED CURRY**         
- Shitake mushrooms and vegetables. Bamboo, coconut milk, lemongrass. Served with Basmati rice.
- 16 € **PAD THAI**       
- Rice noodles and sautéed veggies. Egg, sprouts, tofu. Soy sauce, lime, tamarind and peanuts.
- 16 € **NASI GORENG OF BIO BLACK RICE**        
- Seasonal veggies, chilli, ginger, eggs, crispy onions, roasted sesame seeds.









Rather want your wok dish...





- Vegan?
- with Chicken or Prawns? +4€



MAIN COURSES



- 17 € **COUNTRYSIDE SEASONED CHICKEN BURGER**        
- Mix of lettuce, tomato, cured onion, smoked mozzarella. Homemade french fries and BBQ sauce

- 17 € **MEDITERRANEAN VEGGIE BURGER.**    
- Eco cereals and roasted veggies patty. Japanese pickles, sprouts. Homemade fries. Ponzu vegan mayonnaise. With smoked mozzarella or vegan cheese.



- 20 € **CHICKEN 'MOZARABE' STYLE IN A CRUST OF BLACK OLIVES AND HERBS**
- Cream of vegetables in Masala. Basmati rice        

- 18 € **BLACK RICE** (minimum 2 people) Estimated cooking time 30 min.      
- per person Cuttlefish, squid, prawns, clams and asparagus



Our rice specialities are all made with the variety of aged dinamita "great reserve" from "molino roca" (rice mill).

- 23 € **RICE WITH RED TUNA FROM TARIFA** (minimum 2 people) cooking time 30 min.
- per person Cuttlefish, squid, prawns, seaweed      

- 23 € **SAUTEED LOCAL RED TUNA, BEIJING STYLE** | Prawns, clams, asparagus, seaweed. Served with basmati rice.      

- 25 € **GRILLED RED TUNA FROM TARIFA**
- Wok sautéed vegetables and potatoes. Teriyaki sauce    





KIDS MENU



HOMEMADE NUGGETS WITH FRENCH FRIES AND/OR SAUTÉED VEGGIES

8,5 €



WOK OF RICE NOODLES WITH CHICKEN AND/OR SAUTÉED VEGGIES

8,5 €



DOG'S MENU

5 € DOG'S DISH OF THE DAY

The proceeds from this dish will be donated to the Los Barrios dog shelter.

SWEETS



7 € CREAMY BELGIAN CHOCOLATE MOUSSE, 70% DARK

Roasted nuts and berries 🍪 🍓 🍓 🍓

7 € CHEESECAKE BAKED AT LOW TEMPERATURE

Vanilla from Madagascar, Palo cortado wine.

Mango-confited pumpkin and saffron sauce 🍷 🍷 🍷 🍷

8 € AVOCADO PIE WITH LIME AND COCONUT

Crunchy dark chocolate and roasted seeds 🍫 🍫

Bread

** ARTISANAL BREAD, LOCAL OLIVES, FLAVOURED BUTTER OR VEGGIE DIP 4,5 €

Organic gluten-free bread from the eco bakery 3€

Allergens



FISH



EGGS



CRUSTACEANS



GLUTEN



MUSTARD



MOLLUSCS



SESAME



PEANUTS



MILK



NUTS



CELERY



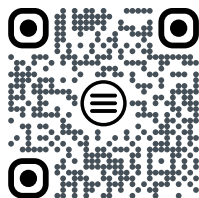
SULPHITES



CORN



SOYA



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WE DON'T GUARANTEE THE ABSENCE OF RESIDUES OF ALLERGENIC SUBSTANCES IN OUR DISHES. IF YOU HAVE ANY INTOLERANCE, PLEASE INFORM OUR STAFF

