

appetizers /

marinated black olives	2,5 €
stuffed green olives	2,5 €
mixed olives (green and black)	2,5 €
green olives of Can Miquelitus (Ibiza)	2,5 €
30-45 cockles (tinned)	7,5 €
cheese cubes with mini toasts	4,5 €
marinated cubes of salmon with mini toasts	6,8 €

tapas /

baked potato chunks with a spicy sauce Lasal del Varador-style	5,8 €
garlic potatoes	5,8 €
baked vegetable croquettes (4)	5,5 €
baked chicken croquettes (4)	5,5 €
baked cod croquettes (4)	5,5 €
cuttlefish croquettes (4)	5,5 €
assortment of croquettes (one of each)	5,5 €
salty prawns boiled from Huelva	6,9 €
baked chicken nuggets Lasal del Varador -style	7,5 €
anchovies served with bread spread with tomato	9,8 €
smoked sardines served with bread spread with tomato (3)	9,5 €
superior "acorn-fed" Iberian ham platter	10,8 €
steamed mussels	6,8 €
mussels served with a seafood sauce	7,8 €
mussels cooked in wine	8,5 €
grilled cockles	9,8 €
mediterranean sand eel from Arenys de Mar	9,5 €
mediterranean andalusian-style squid in a light batter	12,8 €
galician-style octopus	12,5 €
grilled razor clams	11,5 €
an assortment of shellfish	13,5 €
grilled clams	14,7 €
grilled medium-sized prawns from Arenys de Mar	19 €
seafood platter (2 people)	44 €



starters / 70-90% are made from organic vegetables

gazpacho	4,8 €
garden salad	7,5 €
salad with parmesan, sun-dried tomatoes and almonds	8,5 €
apple and goat cheese salad	8,8 €
maresme tomatoes, spring onion and mediterranean anchovies	9,5 €
maresme tomatoes, spring onion and tuna belly	9,5 €
grilled vegetables	8,5 €
esqueixada (salty cod salad with vegetables)	8,8 €
tofu-burger and grilled vegetables	9 €

rice dishes / minimum 2 people

black rice (rice cooked in squid ink)	12,9 € / u
vegetable paella	11,5 € / u
rice with codfish	13,4 € / u
paella Lasal del Varador-style	13,8 € / u
baby squid and monkfish paella	14,5 € / u
rice cooked in broth	16,5 € / u
rice cooked in broth with lobster (half per person)	24 € / u
fideua (paella made with pasta)	12,8 € / u

after 9pm, rice dishes are only available if they are pre-ordered.

fresh fish - catch of the day / 18 € / 24 €

organic meat /

200g beef burger	10,5 €
300g entrecote steak	18,5 €

for children /

chicken fillet with potatoes	7,5 €
organic beef burger	8 €
spaghetti with homemade tomato sauce	7,5 €

desserts /

plain yogurt with jam or with honey and nuts	3,8 €
caramel custard	3,8 €
manchego cheese with quince jelly	4,5 €
chocolate mousse	4,7 €
coulant (molten chocolate cake) takes 15 minutes	4,8 €
molten chocolate cake with vanilla ice cream (15 minutes)	5,8 €
tiramisu	4,8 €
cheesecake	4,5 €
carrot cake with chocolate	4,8 €
brownie	4 €

traditional pastries of Mataró /

chocolate creaky cake of Ca l'Uño	5 €
crispy cream ice of Granja Caralt	5 €
red velvet cake of Milola	4,8 €
organic ice cream Bodevici	4,5 €

coffees /

frappé coffee (shaken)	2,5 €
viennese coffee (espresso with cream)	2,8 €
irish coffee	5 €
scottish coffee	5 €

we have soy milk / brown sugar, agave, honey, stevia and saccharin

traditional catalan-style toasted bread spread with tomato	2,5 €
side dish of bread	0,70 €
gluten-free bread	2 €

/// all prices are tax inclusive

We offer a menu on weekdays from the 20th of September to the 1st of June.

_ 16€ (coffee or dessert)

_ 15€ with the customer card!



we use the following organic products at Lasal del Varador: flour, integral flour, breadcrumbs, bread, traditional Catalan-style toasted bread, eggs, olive oil, Bruneta veal, fresh pasta, spaghetti, sesame, soy sauce, tofu, seaweeds, ketchup and mustard, legumes, 70-90% of our fruits and vegetables are seasonal, raisins, walnuts, almonds and hazelnuts, coffee, cocoa, milk, yogurt, soy milk, sugar, agave nectar, quince jelly, jams, Yogi Tea infusions, "Cal Valls" fruit and tomato juices, and Bodevici ice cream. mayonnaise and aioli are made with soy milk and organic olive oil.

LASAL DEL VARADOR / MATARÓ / BCN _ Tel. + 34 93 114 05 80 _ 634 515 715 _ www.lasaldelvarador.com _ reserves@lasal.com
Passeig Marítim, 190 _ 08301 _ Mataró (Barcelona) _ SUMMER CONCERTS EVERY SATURDAY NIGHT (23:30h.)

SUMMER SEASON



ORGANIC CUISINE IN FRONT OF THE SEA

LASAL DEL VARADOR



PASSEIG MARÍTIM, 190. MATARÓ

"TAPAS", RICES & COCKTAILS

2014

WELCOME TO

DISCOVER OUR NEW COCKTAILS AND GIN-TONICS
IN SUMMERTIME LIVE MUSIC EVERY SATURDAY NIGHT AT 23:30 H.

