

appetizers /

- 2,5 € green olives / stuffed olives
- 3 € black Kalamata olives
- 3 € mixed olives
- 2,8 € olives stuffed with anchovies from l'Escala
- 7,5 € 30-45 cockles (canned) ☒
- 4,7 € cheese cubes in olive oil with mini toasts ✓ ☑

tapas /

- 5,8 € baked potato chunks with a spicy sauce Lasal del Varador-style ☒ ✓
- 5,8 € garlic potatoes ☒ ✓
- 5,5 € baked vegetable croquettes (4) ✓ ☑ ☑
- 5,5 € baked chicken croquettes (4) ☑
- 5,5 € cuttlefish croquettes (4) ☑
- 8 € assortment of croquettes (6u) ☑ ☑ ✓
- 8,5 € baked chicken nuggets Lasal del Varador-style ☑
- 8,8 € seitan casserole à la jardinière ✓
- 10,5 € anchovies served with toasted bread scrubbed with tomato (3)
- 10,8 € smoked sardines served with toasted bread scrubbed with tomato (3)
- 13,5 € superior "acorn-fed" Iberian ham platter with toasted bread scrubbed with tomato
- 7,5 € steamed mussels ☒
- 8,5 € marinara mussels ☒
- 8,5 € mussels with fennel cooked in wine ☒
- 9,8 € grilled cockles ☒
- 9 € small fried fish
- 9,5 € fried anchovis
- 12,8 € andalusian style fried squids from the mediterranean sea
- 12,8 € tender simmered octopus with sweet paprika ☒
- 12,5 € grilled razor clams ☒
- 13,8 € assortment of steamed shellfish ☒
- 16 € grilled clams ☒
- 19,5 € grilled medium-sized prawns from Arenys de Mar ☒

at Lasal del Varador we use the following organic products: flour, wholemeal flour, sunflower seeds, pumpkin seeds, breadcrumbs, bread, maizena, eggs, olive oil, vinegar, salt, yeast, veal, chicken, dry tomatoes, spaghetti, sesame, soybean sauce, tofu, edible seaweed, Ketchup, mustard, legumes, about 70 % to 90 % of fruits and vegetables according to seasonality, raisins, walnuts, almonds, hazelnuts, coffee, cacao, wines, milk, yoghurts, soy milk, oat milk, sugar, agave, honey, quince jelly, jams, Yogi herb and spice teas, fruit juices, Cal Vall's tomato, Bodevici's ice creams. We prepare our mayonnaise and garlic mayonnaise with soy milk and organic olive oil.

starters / 70 % to 90 % of our vegetables come from organic farming

- 4,8 € gazpacho (original or made with water-melon) ✓
- 5 € green juices ☒ ✓
- 8,5 € salad with parmesan, sun-dried tomatoes and almonds ☒ ✓ ☑ ☑
- 8,5 € salad with apple and fresh goat cheese ☒ ✓ ☑ ☑
- 8,8 € salad with zero-mile strawberries and fresh goat cheese and strawberry vinegar ☒ ✓ ☑ ☑
- 7,8 € fresh salad with melon, cucumber and mint ☒ ✓
- 7,5 € maresme tomato, spring onion and oregano ☒ ✓
- 9,8 € maresme tomato, spring onion and Mediterranean anchovies ☒
- 8,5 € oven-baked vegetables Lasal del Varador ☒ ✓
- 9,5 € tofu-burger and oven-baked vegetables ☒ ✓

rice dishes / minimum 2 people

- 12,8 € / u fideua (paella made with pasta)
- 13,7 € / u rice broth with vegetables and tofu ☒ ✓
- 13,5 € / u black rice (rice cooked in squid ink) ☒
- 13,8 € / u shellfish paella Lasal del Varador-style ☒
- 14,7 € / u octopus and monkfish paella ☒
- 16,5 € / u rice with monkfish and clams ☒
- 17,5 € / u rice broth ☒
- 24 € / u rice broth with lobster (half per person) ☒

after 9pm, we only cook the shellfish paella, other rice dishes have to be ordered in advance.

fresh fish - catch of the day /

- 18 / 22 € fresh fish - catch of the day ☒
- 13,5 € grilled mediterranean calamar ☒

organic meat /

- 11,8 € 200g beef burger ☒

for children /

- 8,5 € organic chicken fillet with potatoes ☒
- 8,5 € organic veal burger ☒
- 7,5 € penne with homemade tomato sauce ✓

- ☒ gluten-free
 - ✓ vegetarian
 - ☑ with lactose
 - ☑ with nuts or dry fruits, sesame or mustard
- let us know if you suffer any kind of food intolerance**


Slow Food
Catalunya
Km 0

homemade desserts /

- 4 € plain yoghurt with jam or with honey and nuts ☒ ✓ ☑ ☑
- 4 € natural soy yoghurt with jam or with honey and nuts ☒ ✓ ☑
- 4 € milk curd crème caramel ☒ ✓ ☑
- 5 € catalan custard ☒ ✓ ☑
- 5,5 € molten chocolate cake (15 minutes) ✓ ☑
- 6,5 € molten chocolate cake with vanilla ice cream (15 minutes) ✓ ☑
- 5 € tiramisu ✓ ☑
- 4,8 € cheesecake ☒ ✓ ☑
- 4,8 € carrot cake with chocolate ✓ ☑
- 4,8 € vegan beet, chocolate and banana cake ✓
- 4,5 € brownie ✓ ☑ ☑
- 5,5 € brownie with vanilla ice cream ✓ ☑ ☑
- 4,8 € frozen yoghurt shake with Maresme strawberries ☒ ✓ ☑
- 4,8 € pear tatin ✓ ☑

choice of desserts from Mataro /

- 5 € crispy chocolate cake made by Uñó ☑ ✓ ☑
- 5 € crunchy ice cream made by Granja Caralt ☑ ✓ ☑
- 4,5 € organic Bodevici's ice cream ☒ ✓ ☑ *

*some flavours contain lactose.

coffees /

- 3 € frappé coffee (shaken)
- 2,8 € viennese coffee (espresso with cream) ☑
- 5 € irish coffee ☑

we have soy milk, rice milk and oat milk / sweeteners: brown sugar, atzavara (agave), honey, stevia and saccharin.

- 2,5 € toasted bread scrubbed with tomato ✓

- 1 € side dish of bread ✓

- 2,5 € gluten-free bread ☒ ✓ ☑ ☑

/// 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

SUMMER CONCERTS / EVERY SATURDAY NIGHT (23.30 h)

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ORGANIC CUISINE ON THE SEAFRONT

"TAPAS", RICES & COCKTAILS

LASAL DEL VARADOR

_ MATARÓ _



Restaurant Slow Food

DISCOVER OUR NEW COCKTAILS AND GIN-TONICS _ IN SUMMERTIME LIVE MUSIC EVERY SATURDAY NIGHT AT 23.30 h