
































appetizers ~


- green olives / stuffed olives 
- black kalamata olives  
- mixed olives  
- 30 / 45 cockles (canned) 
- cheese cubes in olive oil with mini toasts  


tapas ~

- baked potato chunks with a spicy  
- beetroot hummus with ginger and toasts   
- baked vegetable croquettes (4pcs.)   
- baked chicken croquettes (4pcs.) 
- baked cuttlefish croquettes (4pcs.) 
- baked mushroom croquettes (4pcs.)   
- assortment of croquettes (4pcs.)  
- baked chicken nuggets Lasal del Varador-style 
- anchovies served with toasted bread scrubbed with tomato
- smoked sardines served with toasted bread scrubbed with tomato
- tender simmered octopus with sweet paprika 
- steamed mussels 
- mussels with fennel cooked in wine 
- grilled cockles 
- grilled clams 
- grilled razor clams 
- assortment of steamed shellfish 
- grilled medium-sized prawns from Arenys de Mar 
- grilled scampi 
- andalusian style fried squids from the mediterranean sea
- fried anchovies
- fried small squids with citrus and black garlic mayonnaise
- grilled cuttlefish from Arenys 

 _ gluten-free























 _ vegetarian

 _ with lactose




 _ with nuts or dry fruits, sesame or mustard

let us know if you suffer any kind of food intolerance

starters ~ 80-95% are organic vegetables





- 3 € garden salad   
- 3 € s. with parmesan, sun-dried tomatoes and almonds    
- 3 € s. with zero-mile strawberries and fresh goat cheese    
- 8 € maresme tomato, catalan mozzarella   
- 5 € maresme tomato, spring onion and oregano  
- maresme tomato, spring onion and anchovies 
- glass of gazpacho 
- 6,3 € Salmorejo with Strawberries 
- 6,2 € oven-baked vegetables Lasal del Varador   
- 6 € tofu-burger and oven-baked vegetables  

rice dishes ~ minimum 2 people / price per pax


- 6,2 € fideua (paella made with pasta)
- 6,2 € rice broth with vegetables and tofu  
- 6,2 € black rice (rice cooked in squid ink) 
- 9,3 € shellfish paella Lasal del Varador-style 
- 13 € rice with octopus and monkfish 
- 13,9 € rice broth 
- 8 € blue crab broth rice 
- 9 € rice broth with lobster (half per person) 
- 11,9 €
- 17,5 €
- 14 €
- 17 €
- s.m. €
- 16,5 €
- 13 €
- 10 €
- 13 €
- 16 €

you can order two different rice dishes for a table with up to eight guests and up to three different rice dishes if you are more than eight guests.

fresh fish ~

- fresh fish - catch of the day (wild sea fish)*  15/25 s.m. €
- baked fish from sustainable local fisheries*  16 €
- grilled mediterranean calamar*  14,5 €
- blue crab casserole  11 €
- * comes with side-dish




























organic meat ~

- 200g beef burger*  12,5 €
- * comes with side-dish but not bread

for children ~

- organic chicken fillet with potatoes  9 €
- organic veal burger  8,7 €
- monkfish with side dish 100 g  10 €
- penne with homemade tomato sauce  8 €

homemade desserts ~



- plain yoghurt with jam or with honey and nuts     4 €
- molten chocolate cake (15 minutes)   6 €
- molten chocolate cake with vanilla ice cream (15 minutes)   7 €
- tiramisú    5,5 €
- carrot cake with chocolate    5,5 €
- milk curd with honey & roasted walnuts    5,6 €
- cheesecake with biscuit   5,7 €
- strawberry pannacotta   5,5 €
- cheese and chocolate cake   5,7 €
- lemon cream with crumble    5,5 €
- frozen yoghurt shake with Maresme strawberries    5,5 €

choice of desserts from Mataro ~




- crispy chocolate cake made by Uñó    6 €
- crunchy ice cream made by Granja Caralt    6 €
- maresme cake by Nougat    5,5 €
- vegan cake by Sweet Dreams    5,5 €
- organic Bodevici's ice cream    5 €

*some flavours contain lactose



vegan desserts ~

- vegan beetroot, chocolate and banana cake   5,5 €

coffees ~

- frappé coffee (shaken)  4 €
- viennese coffee (espresso with cream)  3,5 €
- irish coffee  6 €

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

- toasted bread scrubbed with tomato  3 €
- side dish of bread  1,5 €
- gluten-free bread     3 €

/// all prices are VAT inclusive.



SEASON . 2019 _ **ORGANIC CUISINE**
ON THE SEAFRONT _ TAPES,
RICES & COCKTAILS _ RESTAURANT
SLOW FOOD