

appetizers ~

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starters ~

rice dishes ~

fresh fish ~

organic meat ~

for children ~

homemade desserts ~

choice of desserts from mataro ~

vegan desserts ~



**LASAL ~
DEL ~
VARADOR ~**

SEASON . 2020 _ **ORGANIC
CUISINE ON THE SEAFRONT** _
TAPES, RICES & COCKTAILS _ SLOW FOOD
RESTAURANT _ Follow us on Instagram @Lasalvarador

appetizers ~

green olives / stuffed olives 	3 €
black kalamata olives  	3 €
mixed olives  	3 €
30 / 45 cockles (canned) 	8 €
cheese cubes in olive oil with mini toasts  	5 €

tapas ~

baked potato chunks with a spicy  	6,5 €
beetroot hummus with ginger and toasts  	6,4 €
baked cuttlefish croquettes (4pcs.) 	6,6 €
baked mushroom croquettes (4pcs.)   	6,6 €
baked prawn and monkfish croquettes (4pcs.)  	7,4 €
assortment of croquettes (6pcs.)  	9,8 €
baked monkfish nuggets 	12 €
anchovies with toasted bread scrubbed with tomato (3pcs.)	13 €
smoked sardines with toasted bread scrubbed with tomato (3pcs.)	12,5 €
tender simmered octopus with sweet paprika 	14,4 €
steamed mussels 	8 €
grilled cockles 	12,7 €
grilled clams 	15,5 €
grilled razor clams 	14 €
assortment of steamed shellfish 	17,5 €
grilled medium-sized prawns from Arenys de Mar 	s.m. €
grilled scampi 	s.m. €
andalusian style fried squids from the mediterranean sea	12,8 €
fried anchovies	9,8 €
fried small squids with citrus and black garlic mayonnaise	13,5 €

starters ~ 80-95% are organic vegetables

garden salad	  	8 €
Marinated bonito salad	 	9,5 €
salad with zero-mile fruit and fresh cheese	 	9,6 €
maresme tomato, catalan mozzarella	  	9,5 €
maresme tomato, spring onion and oregano	 	8,5 €
maresme tomato, spring onion and anchovies		12 €
glass of gazpacho	 	6 €
Salmorejo with Strawberries	 	7 €
vegan-burger and oven-baked vegetables	 	10 €

rice dishes ~ minimum 2 people / price per pax

fideuà (paella made with pasta)		13,9 €
rice with vegetables	 	13,9 €
black rice (rice cooked in squid ink)		14,5 €
seasonal rice		s.m. €
shellfish paella Lasal del Varador-style		15 €
rice with octopus and monkfish		16,5 €
rice broth		17,9 €
rice broth with lobster (half per person)		s.m. €

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*		s.m. €
grilled mediterranean calamar*		14,5 €

* comes with side-dish

organic meat ~

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

for children ~

organic chicken fillet with potatoes*		9 €
monkfish with side dish 100 g*		10 €
penne with homemade tomato sauce		8 €

homemade desserts ~

rosemary yoghurt with almond croquant	  	4 €
molten chocolate cake (15 minutes)	 	6 €
molten chocolate cake with vanilla ice cream (15 minutes)	 	7 €
tiramisu	  	5,5 €
cheesecake with biscuit	  	5,7 €
Summer fruits tartlet	   	5,5 €
lemon mousse		5,5 €
frozen yoghurt shake with Maresme strawberries	  	5,5 €

choice of desserts from mataro ~

Croquant chocolate cake made by Uñó	  	6 €
crunchy ice cream made by Granja Caralt	  	6 €
organic Bodevici's ice cream	   	5 €

*some flavours contain lactose

vegan desserts ~

vegan beetroot, chocolate and banana cake	 	5,5 €
toasted bread scrubbed with tomato		3 €
side dish of bread		1,5 €
gluten-free bread	  	3 €

/// all prices are VAT inclusive

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, spaghettis, sesame, soybean sauce, tofu, edible seaweed,
Ketchup, mustard, legumes, about 80 % to 95 % 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.

“Lasal del Varador” is a comprehensive sustainable project. built
following the criteria of the bioclimatic architecture. we work
with organic and local products. we optimise our energy
consumptions and use thermal and photovoltaic solar energy.
this way we achieve to significantly reduce our ecological
footprint and that makes us happy!

-  _ gluten-free
-  _ vegetarian
-  _ with lactose
-  _ with nuts or dry fruits, sesame or mustard

let us know if you suffer any kind of food intolerance

