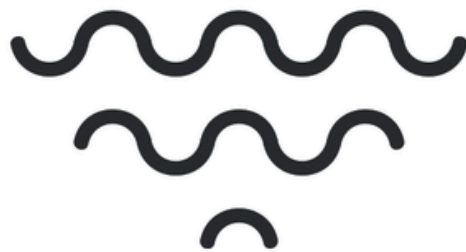


· **LA PROA** ·

de Teatinos



Rumbo a tu paladar

Bread and Olives 1,30 | IVA included

T O S H A R E ?

GLUTEN

CRISPY CHICKEN STRIPS



LA PROA STYLE, ACCOMPANIED BY OUR DELICIOUS HONEY

9,95

GLUTEN

3 FLAVOUR CROQUETTES



JUST ASK AND WE'LL TELL YOU. FRESHLY MADE ON A DAILY BASIS
HALF PORTION (6ud.) / FULL PORTION (9ud.)

9,95 / 14,90

GLUTEN

FLAMENQUÍN



BRIE, PEPPER, PINNEAPPLE AND IBERIAN HAM STUFFED ROLL ON A BED OF GRILLED VEGGIES

16,50

GLUTEN

ORGANIC AUBERGINE FRITTERS



DRIZZLED WITH MALAGA HONEY AND SWEET CHILLI

9,90

GLUTEN

SEA AND LAND



SEA AND LAND

11,00

GLUTEN

SPANISH BROKEN EGGS WITH HAM AND FOIE



FREE-RANGE EGGS ON A BED OF FRIED POTATOES SERVED WITH SERRANO HAM PEPPER AND TOMATO

15,00

GLUTEN

BROKEN EGGS WITH GULA AND FISH EGGS



FREE-RANGE EGGS AND GARLIC SAUTEED GULA FISH AND PEPPER

14,50

GLUTEN

RED TUNA TARTARE



RED TUNA TARTARE

24,00

GOATS CHEESE



16,50

ANCHOVIES DOUBLE 00 CANTABRICO



3,20

OCTOPUS A LA GALLEGA



22,50

IBERIAN HAM 50% BELLOTA

21

GLUTEN

PATATA BRAVAS SERVED WITH SPICY TOMATO SAUCE



8,00

PIL PIL TIGER PRAWNS



11,70

Bread and Olives 1,30 | IVA included

OUR DELICIOUS STARTERS

GLUTEN RUSSIAN SALAD   8 / 11,50

GLUTEN RUSSIAN SALAD WITH GUACAMOLE   10 / 13,50

MANGO SALAD WITH TIGER PRAWNS    13 / 17

APPLE, CHERRY TOMATOES AND ONIONS WITH A DRIZZLE OF OUR MANGO AND MUSTARD SAUCE

AVOCADO SALAD  13 / 17

GOAT CHEESE SALAD   13 / 17


ROMAINE LETTUCE, RAISINS, WALNUTS, COCONUT SQUARES, PISTACHIO, GOAT CHEESE AND DIP

OUR SHELL FISH DELICACIES

SMOOTH CLAMS - RAW OR GRILLED  S/M

PROA STYLE PEREGRINAS AND TIGER PRAWNS    S/M

CLAMS   12,50

STEAMED MUSSELS (GALLEGOS)  13,70

Bread and Olives 1,30 | IVA included

OUR MUCH LOVED CLASSICS

GLUTEN	WHITEBAIT SERVED WITH GRILLED PEPPERS AND F/R EGGS	  	14,00
GLUTEN	FRIED ANCHOVIES WITH LEMON	 	13,00
GLUTEN	FLAMENCO STYLE OCTOPUS	   	16,00
	FILLET OF ROSADA WITH TRADITIONAL ALIOLI	   	16,30
GLUTEN	LA PROA STYLE CUBES OF MARINATED ROSADA FISH	 	14,00
GLUTEN	PRAWN TORTILLAS PREMIUM	   	3,00

OUR GRILL FAVOURITES

GLUTEN	ROSADA FISH WITH GRILLED VEGETABLES SERVED WITH BLACK GARLIC ALIOLI	 	17,50
GLUTEN	GRILLED CALAMARI WITH POTATOES AND SALAD		S/M
GLUTEN	GRILLED TUNA		27,00

OUR MEAT DISHES

GLUTEN	OXTAIL WITH ROAST POTATOES		23,00
GLUTEN	IBERIAN PORK LOIN BELLOTA		23,00

Bread and Olives 1,30 | IVA included

OUR MOUTH-WATERING PAELLAS (BROTHY RICES AND FIDEUAS)



Rice dishes made with the finest ingredients. Please consult our staff.

(PRICE PER PERSON, MINIMUM 2 PEOPLE)

PAELLA WITH LOBSTER					S/M
PAELLA WITH SCARLET SHRIMP					S/M
BLIND PAELLA					16,00
SEAFOOD PAELLA					S/M
PAELLA WITH ANGLERFISH AND PRAWNS					21,50
BLACK PAELLA (PAELLA ONLY)					16,00
PAELLA WITH OXTAIL					25,00
PAELLA WITH PORK LOIN					22,00
PAELLA WITH PORK AND FOIE					26,00
PAELLA WITH PORK AND CHORIZO					25,50
PAELLA WITH CHICKEN					17,50
PAELLA WITH CHICKE AND CHORIZO					21,90
VEGETARIAN PAELLA					19,00
MIXED PAELLA					19,50

Bread and Olives 1,30 | IVA included

OUR STEWS

FIDEO STEW WITH ANGLERFISH
AND PRAWNS - MIN. 2 PAX



12 (P.P.)

GLUTEN GAZPACHUELO - MIN 2 PAX

12,50 (P.P)

OUR DELICIOUS DESSERTS

GLUTEN HOMEMADE CHEESE CAKE WITH ICE CREAM



7,70

HOMEMADE FLAN WITH ICE CREAM



7,70

GLUTEN CHOCOLATE FONDANT WITH VANILLA ICE CREAM



7,70

GLUTEN WHITE CHOCOLATE AND PISTACHO BROWNIE W ICE CREAM



7,70

GLUTEN DARK CHOCOLATE BROWNIE WITH ICE CREAM



7,70

HOME MADE RICE PUDDING



6,00

GLUTEN SELECTION OF MINI DESSERTS



29,00

GLUTEN SELECTION OF DESSERTS



36,00

SUPLEMENTOS

GLUTEN ALIOLI



0,90

GLUTEN MAYONNAISE

















0,90

GLUTEN HONEY

0,50

ALÉRGENOS

GLUTEN	
EGG	
MILK	
FISH	
CRUSTACEOUS	
SHELLFISH	
NUTS	
SESAME SEEDS	
MUSTARD	
CELERY	
LUPINS	
PEANUTS	
SOY	
SULFITES	

Bread and Olives 1,30 | IVA included

WINE LIST



W H I T E S

EDALO (SEMIDULCE)	17,50	3,50
VERDEJO DE LA CASA 100%	14,80	2,90
CUARENTA VENDIMIAS (VERDEJO 100%)	18,00	3,60
FRISANTE	17,00	
LA PODA (GODELLO)	23,00	3,95
LA PODA (ALBARIÑO)	23,00	4,60
FEFIÑANES (ALBARIÑO)	33,00	

RIBERA DEL DUERO

VIÑA MAYOR (ROBLE)	18,00	3,60
PORTIA (ROBLE)	19,50	
PAGO DE CAPELLANES (ROBLE)	29,00	
PAGO DE CARRAOVEJAS	60,00	
BOSQUE DE MATASNOS	42,00	

Bread and Olives 1,30 | IVA included

CARTA DE VINOS



RIOJAS

AZABACHE

18,00

3,60

ESPUMOSOS

GRADIN ROSE (ESPUMOSO)

25,00

RONDA

RAMOS PAUL 2006

14,50

MOROSANTO (EL BUEN PUNTITO)

18,50

ROSADO

LAS FINCAS

19,50

Bread and Olives 1,30 | IVA included

C H A M P A G N E A N D C A V A



CHAMPAGNE 

CHARLE

62,00

CAVA 

JUVE CAMPS RESERVA FA

33,50

Bread and Olives 1,30 | IVA included

WATER



WATER	2,80
STILL WATER	2,80

CAFE E INFUSIONES



COFFEE AND COLACAO



BLACK COFFEE	2,30
MITAD	2,30
CARAJILLO BAILEYS	2,50
BAILEYS CAFFEE	3,00
CAFE BOMBOM	3,00
CAPUCCINO	2,80
COLACAO	2,30

INFUSIONES

RED TE	2,00
GREEN TE	2,00
BLACK TE	2,00
LINDEN	2,00
CHAMOMILE	2,00
PENNYROYAL MINT	2,00
ROOIBOS	2,00

Bread and Olives 1,30 | IVA included

BEER



GLASS OF BEER	2,90
RADLER	2,90
BEER WITH CASERA	2,60
BIG GLASS OF BEER	4,75
NON-ALCOHOLIC BEER	3,30
TOASTED NON-ALCOHOLIC BEER	3,30
ESTRELLA	3,60
ALHAMBRA 1925 ESPECIAL	3,50
GLUTEN FREE BEER	3,60

REFRESCOS



COCA COLA	2,90
COCA COLA ZERO	2,90
COCA COLA ZERO ZERO	2,90
LEMON FANTA	2,90
ORANGE FANTA	2,90
LEMON AQUARIUS	2,90
NESTEA	2,90
TONIC	2,90
CASERA BLANCA	2,10
SEVEN UP	2,50
PEACH JUICE	2,50
PINEAPPLE JUICE	2,50

Bread and Olives 1,30 | IVA included

COPONES



BIG GLASS OF RED WINE WITH LEMON	3,50
BIG GLASS OF RED WINE WITH HOMEMADE	3,50
BIG GALSS OF FANTA	3,50

JUGS



JUG OF TINTO DE VERANO	10,50
JUG OF SANGRIA	25,00
JUG OF BEER	11,60

ALCOHOLIC BEVERAGES



MARTINI	5,00
BACARDI	7,00
BARCELO	7,00
BRUGAL	8,00
JOHNNIE NEGRO	8,00
JOHNNIE ROJO	7,00
WHITE LABEL	7,00
J&B	7,00

Bread and Olives 1,30 | IVA included

ALCOHOLIC BEVERAGES



MARTINI	5,00
BACARDI	7,00
BARCELO	7,00
BRUGAL	8,00
JOHNNIE NEGRO	8,00
JOHNNIE ROJO	7,00
WHITE LABEL	7,00
J&B	7,00
LARIOS	7,00
BALLANTINES	7,00
BAILEYS	6,00
CACIQUE	7,00
CUTTY SARK	7,00
DYC 8	7,00
CHIVAS REGAL	8,00
TANQUERAY	7,00
ZAPHIRE	7,50
BEEFEATER	7,00
HENDRICKS	8,00
VODKA ABSOLUT	7,00
JACK DANIELS	7,50
PACHARÁN BAINES DE A TARÓN	6,00
MARTIN MILLER	8,50
CITADELLE	8,00
SENGRAM,S	7,50
ORUJO COPA	5,50
DISARONNO	5,50

Bread and Olives 1,30 | IVA included

ALCOHOLIC BEVERAGES



LARIOS 12	7,50
NOMAD WHISKY	8,00
COÑAC	5,00
LARIOS ROSE	7,00
ZACAPA 23 SOLERA	12,50
BARCELO IMPERIAL	10,00
MATUSALEM 23	10,00
HAVANA 7	8,00
COINTREAU	6,00
LEGENDARIO	7,50
JAGERMEISTER	6,50
TORRES 10 GRAN RESERVA BRANDY	8,00
JAMESON	7,50
ZOCO PACHARAN	5,50

CHUPITOS



CHUPITOS	2,50
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SIN ALCOHOL



LICOR SIN ALCOHOL	4,50
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