LA PROA

de Teatinos

Rumbo a tu paladar

Bread and Olives 1,30 | IVA included

TO SHARE?

GLUTEN
CRISPY CHICKEN STRIPS — 9,95
LA PROA STYLE, ACCOMPANIED BY OUR DELICIOUS HONEY

GLUTEN
3 FLAVOUR CROQUETTES — 9,95 / 14,90
JUST ASK AND WE'LL TELL YOU. FRESHLY MADE ON A DAILY BASIS
HALF PORTION (6ud.) / FULL PORTION (9ud.)

GLUTEN
FLAMENQUÍN — 16,50
BRIE, PEPPER, PINNEAPLE AND IBERIAN HAM STUFFED ROLL ON A BED OF GRILLED VEGGIES

GLUTEN
ORGANIC AUBERGINE FRITTERS — 9,90
DRIZZLED WITH MALAGA HONEY AND SWEET CHILLI

GLUTEN
SEA AND LAND — 11,00

GLUTEN
SPANISH BROKEN EGGS WITH HAM — 15,00
FREE-RANGE EGGS ON A BED OF FRIED POTATOES SERVED WITH SERRANO HAM PEPPER AND TOMATO

GLUTEN
BROKEN EGGS WITH GULA AND FISH EGGS — 14,50
FREE-RANGE EGGS AND GARLIC SAUTEED GULA FISH AND PEPPER

GLUTEN
RED TUNA TARTARE — 24,00
RED TUNA TARTARE

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

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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

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OUR MUCH LOVED CLASSICS

GLUTEN	WHITEBAIT SERVED WITH GRILLED PEPPERS AND F/R EGGS	15,70
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 MARINATD 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

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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

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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

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ALÉRGENOS

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

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WINE LIST




WHITES

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	

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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

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CHAMPAGNE AND CAVA




CHAMPAGNE

CHARLE	62,00

CAVA

JUVE CAMPS RESERVA FA	33,50

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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

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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

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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

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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

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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

SIN ALCOHOL



LICOR SIN ALCOHOL	4,50

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