

— EL —
A N C L A
R E S T A U R A N T E

STARTERS

01	GAZPACHO	10 €
02	TOMATO SALAD WITH OLIVE OIL AND GARLIC	10 €
03	ROASTED RED PEPPERS SALAD	11 €
04	FISH SOUP	11 €
05	MIXED GREEN SALAD	13 €
06	SLICED MANGHEGO CHEESE (100 GRS.)	13 €
07	BABY ANCHOVIES MARINATED IN VINEGAR	14 €
08	MIXED GRILLED VEGETABLES	14 €
09	"EL ANCLA" SALAD	15 €
10	FRIED EGGS WITH GREEN PEPPERS AND CHIPS	15 €
11	AVOCADO WITH KING PRAWNS	17 €
12	RUSSIAN SALAD WITH SHRIMPS	17 €
13	ROAST CHICKEN SALAD WITH PARMESAN	18 €
14	TUNA BELLY WITH TOMATO	18 €
15	SANLÚCAR KING PRAWNS PIL-PIL	19 €
16	ARTICHOKES WITH CLAMS IN GREEN SAUCE	20 €
17	HAM AND MELON	20 €
18	ANCHOVIES IN BRINE	23 €
19	IBERIAN HAM (100 GRS)	24 €

SEAFOOD

20	BIG CLAMS "CONCHAS FINAS" (UNIT)	2,5 €
21	OYSTERS FINES CLAIRE (UND.)	4 €
22	SAUTEED CLAMS	23 €
23	GRILLED OR STEAMED PRAWNS (200 GRS.)	24 €
24	SEAFOOD SALAD	27 €
25	CLAWED LOBSTER (KG.)	106 €
26	LARGE RED SHRIMPS (KG.)	120 €
27	GRILLED OR STEAMED CRAYFISH (KG.)	150 €
28	RED PRAWNS "GARRUCHA" (KG.)	165 €

(All of the above subject to availability)

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LOBSTER

29	LOBSTER RICE (MINIMUM 2 PEOPLE) (PRICE PER PERSON)	29 €
30	LOBSTER BRIOCHE	29 €
31	FRIED LOBSTER, SERVED WITH FREE-RANGE EGGS AND BAKED POTATO ROUNDS (KG.)	106 €

RICES

32	WHITE RICE BROTH WITH SEAFOOD (MINIMUM 2 PEOPLE) (P/P)	25 €
33	CHICKEN AND VEGETABLES PAELLA (MINIMUM 2 PEOPLE) (P/P)	25 €
34	BLACK PAELLA WITH PRAWNS AND SQUID (MINIMUM 2 PEOPLE) (P/P)	28 €

FISH

35	FRIED FISH AND CHIPS	18 €
36	GRILLED OR FRIED GALLO SAN PEDRO	23 €
37	GRILLED OR BATTERED HAKE	23 €
38	SEA BASS GRILLED OR BAKED IN SALT (KG.)	61 €
39	TARIFA REDFISH (KG)	88 €
40	FRIED PITXIN (MONKFISH), SPLAYED OR GRILLED (KG)	66 €
41	TURBOT (KG.)	66 €
42	SEA BREAM GRILLED OR BAKED IN SALT (KG.)	88 €
43	GRILLED OR MEUNIERE SOLE (KG.)	88 €
44	FISH OF THE DAY (KG.)	88 €

STRAIT WILD BLUEFIN TUNA

45	MARINATED TUNA	18 €
46	TUNA LOIN CARPACCIO	23 €
47	GRILLED TUNA LOIN	23 €
48	ONION TUNA LOIN	23 €
49	TUNA TARTARE	23 €
50	GRILLED TUNA RIBS	24 €
51	SCRAMBLED EGG WITH TUNA	25 €
52	TUNA TATAKI WITH NIKKEY SAUCE	25 €

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DEEP FRIED SELECTION

53	MIXED SEAFOOD CROQUETTES	11 €
54	ANCHOVIES MARINATED IN LEMON	14 €
55	BABY RED MULLET	15 €
56	MARINADE	18 €
57	CALAMARI	18 €
58	FRIED WHITE PRAWNS	18 €
59	SHRIMP TAILS	19 €
60	WHITEBAIT WITH EGGS AND PEPPERS	26 €
61	BABY SQUID	26 €

SUSHI

62	SALMON ROLL (8 PIECES)	18 €
63	NIGIRI SELECTION (6 PIECES)	18 €
64	TUNA ROLL (8 PIECES)	21 €
65	FLAMBÉED TORO (TUNA BELLY MEAT) (8 PIECES)	32 €
66	SASHIMI SELECTION (12 PIECES)	32 €

MEAT

67	GRILLED PORK FILLET WITH CHIPS	18 €
68	PANFRIED PORK LOIN "CORDON BLEU"	19 €
69	BRAISED OAXTAIL WITH CHIPS	20 €
70	GRILLED OR IN PEPPER SAUCE SIRLOIN STEAK	26 €

FRESH PASTA

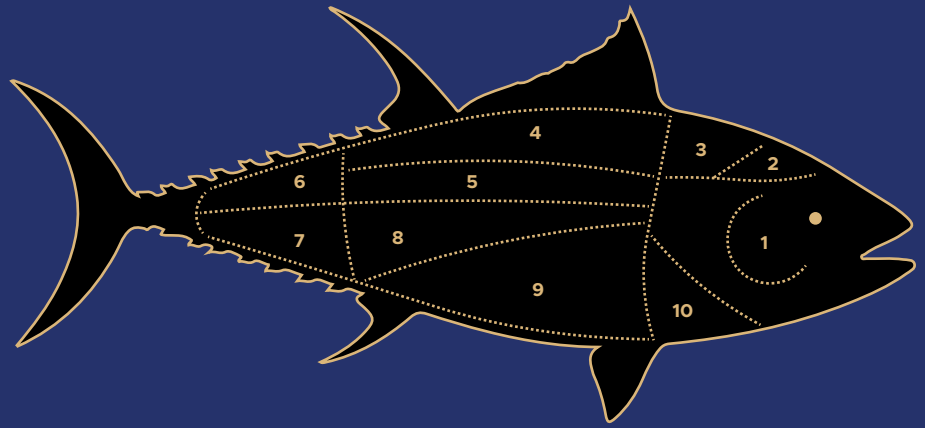
71	RAVIOLI STUFFED WITH MUSHROOMS IN TRUFFLE SAUCE	26 €
72	LOBSTER LINGUINE (MINIMUM 2 PEOPLE) (PRICE PER PERSON)	29 €
73	LINGUINE WITH PRAWNS IN CORAL SAUCE	36 €

KID'S MENU

74	CHICKEN NUGGETS AND CHIPS	13 €
75	GRILLED PORK FILLET AND CHIPS	18 €
76	FISH AND CHIPS	18 €

Piece by Piece

1. Cheeks
2. Head
3. Kama (O-Toro)
4. Middle Back Meat (Akami)
5. Lower Back (Akami)
6. Bottom Back (Akami)
7. Bottom Belly (Akami)
8. Upper Belly (O-Toro)
9. Middle Belly (Chu-Toro)
10. Kama (O-Toro)



Tarifa is home to the best wild bluefin tuna in Europe and one of the best in the world.

We achieve this by using the combination of GreenStick[®], a sustainable and selective method of capture imported from Japan, and *Ike Jime*, a painless fish slaughtering technique that improves the color, taste and texture of bluefin tuna meat considerably.

To ensure freshness, we fish throughout the year and do so on request only.

GreenStick[®], A Sustainable Capturing Method



① Green Stick

A 12m. pole whose mission is to keep the bait above water.

② Main Line

Rolled in the hydraulic reel from where the bait hangs and the Green Stick keeps above water.

④ Squid Bait

They are made out of silicone with bright colors and are provided with a large hook.

③ Drop Line

Shorter lines to where the bait is hooked.

⑤ Bird

A fish-shaped weight found at the end of the main line that holds the line tight while the boat is moving.

Why Choosing Our Bluefin Tuna?

- **Highest Quality.** They live freely on a healthy diet based on shellfish, crustaceans and a large variety of blue fish.
- **No Temporality.** In Tarifa it is possible to catch Bluefin tuna throughout the year.
- **Freshness.** We do not freeze. The tuna caught today will be at your table tomorrow. We serve nationwide in a timeframe of 24 hours.
- **Traceability.** We provide information about the origin, capture and processing date, live weight, piece treatment, legal documentation of the catch, cold chain to which it has been submitted and transport documentation.



Strait's Bluefin Tuna
The best tuna you will ever taste
www.jcmackintosh.es

