

# MENU

**fresco**  
marina sotogrande

## SHARING PLATES - STARTERS

<b>SPICY TUNA TARTARE</b> 25 Tuna tartare accompanied by crispy sushi rice 🌿 🍷 🍴 🍴 🍴 SO <sup>2</sup>	<b>MEAT SAMOSAS</b> (6 per portion) 13 Crispy pastry parcels filled with Arabian spiced beef 🌿 🍷 🍴 SO <sup>2</sup>
<b>PRAWN PIL PIL</b> 19 Prawns served in traditional garlic and chilli oil 🍴 SO <sup>2</sup>	<b>TUNA TATAKI</b> 28 Served with avocado and a pine nut sauce 🌿 🍴 SO <sup>2</sup> 🍴 🍴
<b>CROQUETTES</b> (6 per portion) 12 Choice of prawn, cheese, oxtail 🌿 🍴 🍴 🍴 🍴 🍴 SO <sup>2</sup>	<b>GYOZAS - DUCK OR PRAWN</b> 18 (6 per portion) Gyozas filled with duck or prawns glazed in a Japanese sauce 🍴 🍴 🍷 🍴 🍴 🍴
<b>MEAT TACOS</b> (4 per portion) 18 Braised veal cheek with a touch of habanero sauce SO <sup>2</sup>	<b>SPINACH DIP</b> 20 American style melted cheese and spinach dip served with tortilla chips 🍴 🍷
<b>VEGETARIAN TACOS</b> (4 per portion) 16 Refried beans, cauliflower and chipotle 🍴 🍴	<b>IBERIAN HAM</b> (half/full portion) 18/28 Iberian ham from Guijuelo served with bread and tomato 🌿
<b>PRAWN TACOS 'DEVILLED'</b> 19 (4 per portion) Spicy prawns served with cream and coriander 🍴 🍷 SO <sup>2</sup>	<b>CHEESE BOARD</b> (half/full portion) 16/26 Selection of cheeses from around the world 🌿 🍷 🍴
<b>VEGETABLE SAMOSAS</b> 12 (6 per portion) Crispy pastry parcels filled with curried vegetables 🌿 🍷 🍴	<b>CHILAQUILES</b> - vegetarian 18 <b>CHILAQUILES</b> - chicken or beef 22 Mexican dish of fried corn tortillas, cooked in a lightly spiced red salsa served with cream, coriander, onion and sprinkled with cheese 🍴 🍴 SO <sup>2</sup> 🍴
<b>PROVOLONE CHEESE</b> 18 Provolone cheese with cherry tomato, sweet garlic and oregano. Served with a garlic toast 🌿 🍷	



## SOUPS AND SALADS

### SEAFOOD SOUP 18

Shrimp and langostines with a subtle coconut flavour



### VEGETARIAN BUDDHA BOWL 17

#### OPTION TO ADD

### TUNA OR SALMON 26

Buddha bowl with a daily selection of plant and grain based foods



### CHICKEN CEASAR SALAD 17

### PRAWN CEASAR SALAD 19

Choice of chicken or prawn with anchovies, croutons, parmesan, bacon and cherry tomatoes



### GRILLED AVOCADO 18

Suitable for sharing

With feta cheese, diced vegetables and a Japanese sauce



### RAMEN - vegetable 18

### RAMEN - chicken 21

Ramen soup with eggs, noodles, nori, herbs and seasonal vegetables



### TOMATO AND BURRATA 19

Local tomato filled with burrata, pesto salsa and pine nuts



## PASTA AND RICE

### MUSHROOM LASAGNE 19

Lasagne layered with seasonal mushrooms, napoletana sauce and burrata



### PENNE ARRABIATA 17

Penne pasta with arrabiata sauce



### PENNE PESTO 17

Penne pasta with pesto sauce made with pine nuts, basil and a touch of cream



### MEAT LASAGNE 20

Fresh lasagne with a bolognese sauce and burrata cheese



### MUSHROOM RISOTTO 27

Carnaroli rice seasoned mushrooms and cheese



### PRAWN RISOTTO 34

Carnaroli rice with courgette and red prawns



### SPINACH RISOTTO 24

Carnaroli rice with spinach, butter and Parmesan cheese



### TRUFFLE PASTA 27

Tagliatelle pasta with truffle cream, shimeji mushrooms and flaked almonds



### PAELLA

MIN. 2 PAX - 30 MINUTES

SEAFOOD 32 p.p SO2  

MEAT 26 p.p SO2

VEGETABLE 22 p.p SO2

LOBSTER 36 p.p SO2  





## FISH

### SOLE WITH A CAPER SAUCE 37

From the Algeciras market  
with grilled vegetables

🍷 🌿 SO<sup>2</sup>

### SALMON 26

Grilled over charcoal stones with mashed  
sweet potatoes and tenderstem broccoli

🌿

### GRILLED TIGER PRAWNS 35

Served in garlic and parsley butter

🍷 🍷 SO<sup>2</sup> 🌿 🍷 🍷 🍷

### SEA BASS FILLET 34

In 'Roteña' sauce (tomato based sauce, white  
wine and fish stock) with peas and potatoes

🌿 SO<sup>2</sup> 🍷 🍷

### FISH AND CHIPS 24

Battered cod served with chips,  
mashed peas and a tartare sauce

🍷 🌿 SO<sup>2</sup> 🌿 🍷 🍷 🍷 🍷 🍷

### SEAFOOD PLATTER ON REQUEST

(availability and price according  
to the market)

## MEAT

### BEEF FILLET 38

Beef served with mashed potato and vegetables

🍷

### GLAZED LEG OF SUCKLING LAMB 36

Prepared at low temperature and  
glazed with our homemade gravy and  
served with baked potato

🍷 🌿 🍷 SO<sup>2</sup>

### ENTRECOT 35

Served with vegetables and baked potato

### LEMON CHICKEN 20

Chinese style chicken, breaded and  
glazed with a lemon sauce served on  
a bed of rice and tenderstem broccoli

🌿 🌿 🍷 🍷 🍷

### LIVER AND BACON 20

Grilled liver served on a bed of mashed  
potato with crispy bacon, caramelised  
onions and gravy

🍷 SO<sup>2</sup>

### FRESCO BURGER 20

Angus premium beef on a brioche bun with  
tomato, lettuce and cheese, served with chips

**ADDITIONAL TOPPINGS: 1 EURO EACH**

Fried egg, bacon, caramelized onions

🌿 🍷 SO<sup>2</sup>

### VEGETARIAN BURGER 20

Vegetarian burger on a brioche bun with  
tomato, lettuce and cheese, served with chips

**ADDITIONAL TOPPINGS: 1 EURO EACH**

Fried egg, caramelized onions

🌿 🍷 SO<sup>2</sup>

### PORK RIBS 26

Rack of pork ribs in a BBQ sauce  
served with potato wedges

🍷 🌿 🍷 🍷 🍷 SO<sup>2</sup>



## ACCOMPANIMENTS

<b>HOUSE SALAD</b> 🌿 🥛 🥔 🥕 🥑	7
<b>TENDERSTEM BROCCOLI WITH ALMONDS</b> 🥑 🥛	7
<b>BAKED POTATO</b> 🥔	7
<b>FRENCH FRIES</b>	7
<b>WHITE RICE</b>	7
<b>GRILLED VEGETABLES</b>	7
<b>STEAMED SEASONAL GARDEN VEGETABLES</b>	7

## SAUCES

<b>PEPPER</b> Pepper, cream and meat stock 🥛 <b>SO<sup>2</sup></b>	4
<b>MUSHROOM</b> Variety of mushrooms and cream 🥛 <b>SO<sup>2</sup></b>	4
<b>CHIMICHURRI</b> Typical Argentinian sauce, herbs, garlic, oil and chilli flakes 🌿 🥑 🥛 🥔 🥕 <b>SO<sup>2</sup></b>	4

## DESSERTS

<b>CHOCOLATE INGOT</b> Chocolate mousse with almond sponge cake covered in chocolate 🌿 🥚 🌿 🥛 🥑	10	<b>AFFOGATO</b> Espresso coffee, vanilla ice cream, liquor of your choice and biscotti (Baileys, Amaretto or Tia Maria) 🌿 🥚 🌿 🥛 🥑	10
<b>RED FRUIT PAVLOVA</b> Meringue with coulis, red fruits and cream 🥚 🌿 🥛 <b>SO<sup>2</sup></b>	10	<b>APPLE STRUDEL</b> Apple strudel with nuts, cinnamon and vanilla ice cream 🌿 🥚 🥛 🥑 <b>SO<sup>2</sup></b>	10
<b>TIRAMISU</b> Italian tiramisu with white coffee ice cream 🌿 🥚 🥛	10	<b>CHEESECAKE</b> Dulce de leche cheesecake with red fruits 🌿 🥚 🥛 🥑	9
<b>FRESHLY BAKED CAKE</b> Ask the waiter	9		

Prices in EUROS (€) iva included 10%

**3.50 euro cover charge per person**

 @frescomarina

This establishment has an allergen guide. If you have any doubts, please contact your server. Please be aware that our food may contain or have come into contact with common allergens, such as dairy, eggs, wheat, soybeans, tree nuts, peanuts, fish, shellfish.

🌿 Gluten/Wheat   🥚 Egg   🥜 Peanut   🌿 Soya   🥛 Milk   🥑 Nuts   🐟 Fish  
🦪 Molluscs   🥛 Mustard   🌿 Sesame   🥜 Lupins   🌿 Celery   **SO<sup>2</sup>** Sulphates   🦪 Crustacean

**MANY OF OUR DISHES CAN BE PREPARED WITHOUT GLUTEN. PLEASE ASK YOUR WAITER FOR OPTIONS.**