EL TAJO
RESTAURANTE | MIJAS COSTA

● : CONTAINS T : TRACES

■All our products can contain all the below food allergens.To avoid cross contamination, it is important to kindly inform us before you order.

*This food allergen can be taken off as it is a sauce or garnish

ALLERGENS	GLUTEN	EGG	DAIRY	NUTS, ALMONDS...	PEANUTS	FISH	CRUSTACEAN	MOLLUSCS	MUSTARD	SULFITES	SÉSAME	CELERY	LUPINS	SOY
BREAD														
1.Bread with herb butter	●	T	●						T			T		●
2.Bread with extra virgin olive oil	●	T	T						T			T		●
SOUPS														
4.Cream of Gazpacho (chilled tomato soup)	●	●*				●*								
SALADS														
5.Caprese Salad (buffala mozarella,tomato,basil sauce)			●											
6.Caramelized goat´s cheese Salad(caramelized onions,pear in red wine and red wine dressing.			●						T	●	T	T		
7.Mango Aguachile with marinated salmon						●						●		
STARTERS														
8.Portion of iberian selection (chorizo,pork loin,salchichón and cheese)	●*		●							●	●*			
9.Portion old manchego cheese dehesa de los llanos	●*		●								●*			
10. Portion of iberian acorn fed-ham	●*													
11.Avocado tartare with prawns and marinated salmon	●*	●		T*		●	●		●	●	T*			●

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12.Fried Camemebert cheese with sweet onion preserve and blueberry	●	●	●	T		T	T	T		●				T
13.Prawn “pil pil” prawns in spicy garlic sauce				T			●		T	●	T	T		
14.Portion of homemade chicken croquettes	●	●	T	T		T	T		T	●*	T	T		●*
15.Portion of manteca colorá (pork croquettes)	●	●	T	T		T	T		T	●	T	T		T
17.Bombay egg (poached egg with spinach and spicy tomato)	●*	●		T					T		T	T		
PASTA AND RICE														
18.Pasta tagliatelle (noodle) with seafood sauce and “alistado”(red prawn)	●	●	●	T	T	T	●	●	T	●	T	T		T
19.Lamb moussaka(eggplant lasagna)with its own sauce	●		●	T					T	●	T	T		
20.Paella of seafood “alistado”(red prawn) and monkfish in moist rice				T		●	●	●	T	●	T	T		
21.Meat Paella (chicken,garlic loin of pork)				T					T	●	T	T		

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FISH														
22.Grilled Sole with garlic sauce	T*	T*	T*	T		●	T		T	●	T	T		T
23.Grilled sea bass fillet with orange sauce	T	T*	T*	T		●	T		T	●	T	T		T
24.Fish and chips,our own recipe(cod) with alioli sauce	●	●	T	T		●	T	T	T	●	T	T		
25.Monkfish with spicy tomato sauce	T	T	T	T		●			T	●	T	T		
MEATS														
26.Marinated chicken skewer with alioli sauce	T*	●*	●*	T		T*			T		T	T		
27.Grilled Angus beef sirloin steak	T*	T*	T*	T		T*			T		T	T		
28.Grilled beef fillet steak with glazed pearl onion, muscat wine sauce	T*	T*	T*	T		T*			T	●*	T	T		
29.Beef hamburger with cheddar cheese,bacon,caramelized onion and french fries	●	●	●	T		T*	T	T	T	●	●	T		
30.Braised pork cheek in white wine sauce	T	T	T	T		T				●				