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			T		●
2.Bread with extra virgin olive oil	●	T	T	T					T			T		●
SOUPS														
3.Seafood casserole with noodles(codfish,prawns...)	●	T		T		●	●	●	T	●	T	T		
4. Goulash Soup	T			T					T		T	T		
SALADS														
6.Caramelized goat´s cheese Salad(caramelized onions,caramelized apple and mango vinaigrette			●						T	●	T	T		
7.Chef salad(lettuce,pollo grilled chicken,boiled eggcaramelized onion,apple and yogurt sauce		●*	●	T					T	●	T	T		
STARTERS														
8.Portion of iberian selection (chorizo,pork loin,salchichón and cheese)	●*		●							●	●*			
10.Portion of cod fritters with cane honey	●	●	T			●	T	T		T				
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
PASTA AND RICE														
18.Pasta tagliatelle (noodle) with seafood sauce and “alistado”(red prawn)	●	●	●	T	T	T	●	●	T	●	T	T		T
19.Wild mushrooms and fresh asparagus risotto		●	●	T					T	●	T	T		
20.Vegetables Paella				T					T	●	T	●		
21.Paella of seafood “alistado”(red prawn) and monkfish in moist rice				T		●	●	●	T	●	T	T		
22.Meat Paella (chicken,garlic loin of pork)				T					T	●	T	T		

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FISH														
23.Baked Salmon with tartar sauce		●*	●*	T		●			●*	●*	T	T		●*
24.Grilled sea bass fillet with orange sauce	T	T*	●*	T		●	T		T	●	T	T		T
25.Fish and chips,our own recipe(cod) with alioli sauce	●	●	T	T		●	T	T	T	●	T	T		
26.Grilled bluefin red tuna belly with caramelized red “piquillo peppers”				T		●			T	T	T	T		
MEATS														
27.Chicken strogonoff with basmati rice			●	T					T	●	T	●		
28.Grilled Angus beef sirloin steak	T*	T*	T*	T		T*			T		T	T		
29.Grilled beef fillet steak	T*	T*	T*	T		T*			T	●*	T	T		
30.Beef hamburger with cheddar cheese,bacon,caramelized onion and french fries	●	●	●	T		T*	T	T	●*	●	●	T		
31.Slow cooker pork ribs with barbecue sauce				T					●	●	T	T		
32.Grilled pork fillet with moscatel wine sauce and creamy mashed potatoes			●	T					T	●	T	T		