

CHART OF ALLERGEN

-  Eggs
-  Milk
-  Molluscs
-  Shell fish
-  Fish
-  Gluten
-  Soy
-  Cereals
-  Sesame
-  Peanuts
-  Nuts
-  Lupinus
-  Mustard
-  Dioxide of Sulfur and Sulphites

DESSERTS

Flambéed strawberry with vanilla ice cream



Strawberries with cream / orange juice



Mango casserole with coconut mousse



Seasonal fruit

Allergen free

Apple pie with vanilla ice cream



Cheese cake with blueberries



Brownie with ice cream



Chocolate couland with ice cream



'Torrijas' (French toast) with meringue ice cream



Pancakes with cream, chocolate or strawberry



Pudding



Ice cream (2 balls)



No gluten Couland



Non- sugar chocolate cake



Non-sugar curd



Pancakes with non-sugar ice cream



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KIDS MENU

Breaded chicken breasts



Burger and fried potatoes



Ice cream



STARTERS

Valencian tomato on a bed of smoked seafood and fresh cheese



Shrimp salad with nuts



Valencian salad made with our typical autochthonous products



Quinoa salad with nuts and blue cheese



Crispy vegetable tempura with mustard and honey sauce



Grilled vegetables



Iberian 'bellota' ham

Allergen free

Iberian 'bellota' ham and manchego cheese



Cheese plate



Fried cheese with blueberry jam



Big beans sautéed with creole chorizo



Iberian ham croquette



Caramelized foie gras with flower jam



Lobster croquette



Baby Squid deep-fried



Red tuna tartar



Red prawn in tempura



Grilled cuttlefish



Grilled beach squid or "andaluza" style



King prawns skewers with kataifi noodles



'Tellinas' (kind of mussel)



Cantabrian anchovies with crystal bread and tomatoes



Octopus 'a Feira'



Clams from valencian region



Spiced garlic prawns



Sautéed crayfish with baby garlic



Mix of fried little fishes



Oysters



Clams from Carril (Galician village)



Striped prawn



DRY RICES

Valencian 'paella' with free-range chicken



Seafood 'Paella'



'Paella Senyoret' (rice dish without fish bones, shells or bones)



Crayfish and artichoke 'paella'



Crayfish, foie gras and artichoke 'paella'



'Paella' with crayfish, artichokes and red prawns



Large red prawns 'paella'



Lobster 'paella'



Lobster and duck 'paella'



Rock lobster 'paella'



Vegetable 'paella' with cuttlefish



Vegetable 'paella' with sirloin

Allergen free

Vegetable 'paella'

Allergen free

Rice 'a banda'
(rice dish prepared with fish stock)



Black rice
(rice with squid ink)



RICE DISHES IN SAVORY BROTH

'Grandmother's rice' with free-range chicken



Lobster rice



Large red prawn rice



Rock lobster and monkfish rice



Seafood rice



Rice with crayfish and artichoke



Rice with mushrooms and foie

Allergen free

Rice with crab



FIDEUÀS*

Shellfish 'fideuà'



'Fideuà Señoret'
(fideuà without fish bones, shells, or bones)



Vegetable 'fideuà' with cuttlefish



Cod and onion 'fideuà'



Lobster 'fideuà'



'Fideuà Arribar'
(with lobster and vegetables)



'Fideuà' with crayfish, artichokes and red prawns



FISH

Traditional grilled sea bass



Gilthead fish / Wild gilthead fish



Cod in muslin



Grilled "corvina" with vinaigrette sauce and nuts



Fish casserole



Rock lobster and monkfish casserole



Grilled rock lobster with vegetables



Boiled lobster on a bed of vegetables



Hake 'a la marinera'



Seafood platter
(rock lobster, red prawns, prawns, crayfishes)



MEAT

Grilled fillet sirloin steak

Allergen free

Sirloin steak cooked on a traditional charcoal grill

Allergen free

Tournedo al foie

Allergen free

Steak tartar



Traditional grilled entrecote

Allergen free

Duck breast with honey and mustard sauce



Veal cheeks



Carrillada ibérica



Veal sirloin steak with strogonoff sauce and basic white rice



Chateaubriand
(mínimo 2 pax)



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Peanuts

Nuts

Lupinus

Mustard

Dioxide of Sulfur and Sulphites

Additional notes to the allergen declaration.

The information on the allergens has been made based on the data provided by the suppliers, and Restaurant Vlu Arribar is not responsible for the accuracy of this information.

By the processes of elaboration of our products, we can not exclude the presence of traces of other allergens other than those indicated in each dish.

