

BREAKFAST



fresco
marina sotogrande

'SOTOGRADE'

Choice of coffee or tea, fresh orange juice, white roll with olive oil, ham and tomato



'FRENCH'

Choice of coffee or tea, glass of cava, croissant and eggs benedict with salmon or bacon



TOASTED WHITE ROLL WITH OLIVE OIL AND TOMATO



SLICED BROWN TOAST FROM CASARES WITH HAM AND TOMATO



SLICED BROWN TOAST FROM CASARES WITH AVOCADO



TOASTED SEEDED BAGUETTE 12

With avocado, smoked salmon and poached egg



CHURROS SERVED WITH CHOCOLATE SAUCE



MEXICAN EGGS

Two fried eggs served with corn tortillas and black beans



10

22

4

6

8

12

6

12

EGGS BENEDICT

Choice of bacon or smoked salmon on toasted muffins with hollandaise sauce



12

ENGLISH BREAKFAST

Egg, bacon, sausage, baked beans, mushrooms, hash brown and white toast



12

VEGETARIAN

ENGLISH BREAKFAST

Egg, two vegetarian sausages, baked beans, mushrooms, hash brown and white toast



12

PANCAKES

WITH A CHOICE OF TOPPINGS

Red fruits, cream, nutella, maple syrup



9

GRANOLA AND GREEK YOGURT

With nut butter and sprinkled with dried fruits and seeds



9

TURKISH EGGS

Eggs with yogurt, garlic, lemon and a spiced oil served with a white roll



10

SHAKSHUKA

Poached eggs simmered in a tomato sauce with arabian spices, vegetables and coriander served with a white roll



12

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CHÍA PUDDING

Chía soaked in milk, honey with yogurt, granola and peanut butter



FRENCH TOAST

Brioche bread soaked in milk, fried and served with fruits and vanilla ice cream



RYE AND PLUM TOAST

Rye toast topped with cream cheese, sliced plum, walnuts and fresh spinach



SCRAMBLED EGGS WITH CHEESE

Scrambled eggs with cheese, lamb's lettuce and a pear and ginger chutney



SLICED BROWN BREAD FROM CASARES WITH BURRATA AND TOMATO

Toasted bread topped with burrata, cherry tomatoes rocket and a pesto sauce



6 MUSHROOM AND FETA OMELETTE 10

Accompanied by a yogurt sauce and toast



12 TOASTED WHITE BREAD WITH GOATS CHEESE 8

With seasonal fruit marmalade and raisins



8 FRUIT SALAD AND YOGURT 12

Seasonal mixed fruit served with Greek yogurt



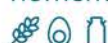
8 ACAÍ BOWL 10

Açaí served with banana, granola, nut butter and red fruits



8 CROISSANT 3.5

Croissant with butter and homemade marmalade



10 MUFFIN 3.5

Chocolate or raspberry



CAKE 8

Please ask your waiter for the daily choice

WATER - JUICE - TEA - COFFEE - SMOOTHIES

STILL WATER 3 SPARKLING 3.5

SELECTION OF TEAS 2.5

Cartwright and Butler English Breakfast Tea, Yorkshire Tea, Tetley's Tea, Mint Tea, Black Tea, Green Tea, Camomile Tea, Red Fruit Tea, Rooibos

FRESHLY SQUEEZED 5 ORANGE JUICE

FRESH SMOOTHIES 8

ESPRESSO SINGLE 2.5 ESPRESSO DOUBLE 3 AMERICANO 3 CAPPUCCINO 3.5 COLACAO 3.5 LATTE 3.5

Prices in EUROS (€) iva included 10%

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MENU



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SHARING PLATES - STARTERS

SPICY TUNA TARTARE 23

Tuna tartare accompanied by crispy sushi rice

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PRAWN PIL PIL 17

Prawns served in traditional garlic and chilli oil

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CROQUETTES (6 per portion) 11

Choice of prawn, cheese, oxtail

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MEAT TACOS (4 per portion) 16

Braised veal cheek with a touch of habanero sauce

S0²

VEGETARIAN TACOS (4 per portion) 16

Refried beans, cauliflower and chipotle

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PRAWN TACOS 'DEVILLED' 18

(6 per portion)

Spicy prawns served with cream and coriander

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VEGETABLE SAMOSAS (6 per portion) 11

Crispy pastry parcels filled with curried vegetables

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MEAT SAMOSAS (6 per portion) 11

Crispy pastry parcels filled with Arabian spiced beef

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TUNA TATAKI 28

Served with avocado and a pine nut sauce

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GYOZAS - DUCK OR PRAWN 15

(6 per portion)

Gyozas filled with duck or prawns glazed in a Japanese sauce

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SPINACH DIP 18

American style melted cheese and spinach dip served with tortilla chips

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IBERIAN HAM (half/full portion) 17/26

Iberian ham from Guijuelo served with bread and tomato

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CHEESE BOARD (half/full portion) 15/24

Selection of cheeses from around the world

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SOUPS AND SALADS

SEAFOOD SOUP 17

Shrimp and langostines with a subtle coconut flavour



MUSHROOM SOUP 15

Mushroom soup made with local seasonal mushrooms



VEGETARIAN BUDDHA BOWL 16 OPTION TO ADD TUNA OR SALMON 20

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



CHICKEN CEASAR SALAD 16

PRAWN CEASAR SALAD 18

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



TOMATO CARPACCIO 10

Thinly sliced tomato and fried capers, sprinkled with crunchy herbed breadcrumbs



GRILLED LETTUCE 12

Grilled cos lettuce with a soya vinaigrette, ginger, nuts and sesame oil



PASTA AND RICE

PRAWN RAVIOLI 18

Ravioli with prawns, served in a fish sauce



VEGETARIAN RAVIOLI 17

Ravioli filled with vegetables served with sage butter and bechamel sauce



MUSHROOM LASAGNE 18

Lasagne layered with seasonal mushrooms, napoletana sauce and burrata



PENNE 16

Penne pasta with arrabiata or pesto sauce



PAELLA

MIN. 2 PAX - 30 MINUTES

SEAFOOD 26 p.p

MEAT 22 p.p

VEGETABLE 20 p.p

LOBSTER 30 p.p



FISH

SOLE WITH A CAPER SAUCE 29

From the Algeciras market
with grilled vegetables



SALMON 25

Grilled over charcoal stones with mashed
sweet potatoes and tenderstem broccoli



GRILLED TIGER PRAWNS 28

Served in garlic and parsley butter



SEA BASS FILLET 31

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



FISH AND CHIPS 20

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



SEAFOOD PLATTER ON REQUEST

(availability and price according
to the market)

MEAT

BEEF FILLET 34

Matured beef served with
mashed potato and vegetables



GLAZED LEG OF SUCKLING LAMB 34

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



ENTRECOT 32

Matured for 30 days
served with vegetables and baked potato

GRILLED PORK 25

Served with mashed potato
and chimichurri sauce



LEMON CHICKEN 18

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



OXTAIL WRAP 16

Shredded oxtail served on a wheat wrap
with lamb's lettuce, aioli, Xnipec onion,
halloumi and a spicy sauce



LIVER AND BACON 18

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



FRESCO BURGER 20

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




VEGETARIAN BURGER 18

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



ACCOMPANIMENTS

HOUSE SALAD 	7
TENDERSTEM BROCCOLI WITH ALMONDS 	7
BAKED POTATO 	7
FRENCH FRIES 	7
WHITE RICE	7
GRILLED VEGETABLES	7

SAUCES

PEPPER Pepper, cream and meat stock  SO²	4
MUSHROOM Variety of mushrooms and cream  SO²	4
CHIMICHURRI Typical Argentinian sauce, herbs, garlic, oil and chilli flakes  SO²	4

DESSERTS

CHOCOLATE INGOT Chocolate mousse with almond sponge cake covered in chocolate 	9	AFFOGATO Espresso coffee, vanilla ice cream, liquor of your choice and biscotti (Baileys, Amaretto or Tia Maria) 	9
RED FRUIT PAVLOVA Meringue with coulis, red fruits and cream  SO²	9	WHITE CHOCOLATE PARFAIT White chocolate parfait with avocado cream and crunchy orange 	9
TIRAMISU Deconstructed Italian tiramisu with white coffee ice cream 	9	APPLE STRUDEL Apple strudel with nuts, cinnamon and vanilla ice cream  SO²	9
FRESHLY BAKED CAKE	8		

Prices in EUROS (€) iva included 10%

2.50 euro cover charge per person (includes bread and accompaniment)

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 Gluten/Wheat	 Egg	 Peanut	 Soya	 Milk	 Nuts	 Fish
 Molluscs	 Mustard	 Sesame	 Lupins	 Celery	SO² Sulphates	 Crustacean



CHILDREN



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MIXED SALAD 7
SO²

CHICKEN SOUP 10
WITH PASTA

NAPOLETANA PASTA 10

MACARONI CHEESE 10

CHICKEN NUGGETS 10
AND CHIPS

MINI BURGERS (2) 10
AND CHIPS
 SO²

MINI PORK KEBAB 10
AND CHIPS

GRILLED CHICKEN 10
BREAST AND CHIPS

FISH FINGERS 12
AND CHIPS

CHOCOLATE BROWNIE 8

ICE CREAM 5
(ONE SCOOP)

FRUIT SALAD 8
WITH YOGHURT

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Molluscs

Mustard

Sesame

Lupins

Celery

Nuts

Fish

SO² Sulphates

Crustacean

DRINKS



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COCKTAILS - FRESCO FAVOURITES

FRESCO COLADA

White rum, coconut shake, banana, pineapple, and smoked cinnamon stick

12

VIRGIN FRESCO COLADA

8

ESPRESSO MARTINI

Vodka, coffee liqueur, vanilla and espresso coffee

12

BAILEYS BANANA COLADA

Baileys, banana, coconut milkshake, nutmeg and a touch of cocoa

12

FLOR DE PRIMAVERA

Vodka infused with cardamom, pink pepper and hibiscus flower, red fruits, lime, soda and beer

12

MARGARITA

Tequila, lime juice and triple sec

12

COSMOPOLITAN

Vodka, cranberry lime juice and orange liqueur

12

SPICED MANGO

Spiced tequilla, mango, passion fruit and lime juice

12

VIRGIN SPICED MANGO

8

GUARACHA

Raspberry vodka, lime juice, syrup, mint, tonic and gooseberries

12

BLOODY MARY

Vodka, lime juice, tomato juice, capsicum, salt, tabasco and Worcestershire sauce

12

VIRGIN BLOODY MARY

8

GUAVA COOLER

Gin, mango, guava, lime, and soda

12

VIRGIN GUAVA COOLER

8

MOSCOW MULE

Vodka, lime and ginger beer

12

MOJITO

Rum, lime, mint, sugar and soda (ask for variations)

12

VIRGIN MOJITO

8

PORNSTAR MARTINI

Vodka infused with vanilla, lime, passion fruit and cava shot

12

DAIQUIRI

Rum, lime juice and sugar (ask for variations) (regular or frozen)

12

VIRGIN DAIQUIRI

8

DON PEDRO

Vanilla ice cream and whisky with Tia Maria, Baileys or Frangelico finished with a dark chocolate garnish

12

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SMOOTHIES

TROPICAL MIX 8
Pineapple, coconut

HANGOVER JUICE 8
Banana, pineapple, mango and orange

MANGO ORANGE 8
Mango & orange

GOLDEN WONDER 8
Passion fruit, pineapple and banana

FRESH FRUIT PUNCH 8
Mango, pineapple, lime and orange

MANGO BERRY 8
Mango, strawberry and passion fruit

PINEAPPLE & MINT 8
Pineapple, lemon and mint

REFRESH 8
Apple, mint, orange and honey

SHAKES

STRAWBERRY AND BANANA 8
Strawberry, banana and milk

COCOBAM 8
Coconut, banana, honey and milk

STRAWBERRY LOVER 8
Honey, strawberry and milk

FRUIT JUICE

**FRESHLY SQUEEZED
ORANGE JUICE** 5

TRADITIONAL LEMONADE 6

All juices & shakes are freshly made.
All juices are based on seasonal availability.

COFFEE - TEA

ESPRESSO SINGLE 2.5

ESPRESSO DOUBLE 3

AMERICANO 3

CAPPUCCINO 3.5

COLACAO 3.5

LATTE 3.5

IRISH COFFEE 6

BAILEYS COFFEE 6

SELECTION OF TEAS 2.5

Earl Grey Blue, English Breakfast chai,
Red fruits, Rooibos, Vanilla, Tangerine Mint,
Green, Chamomile, Tyla, Black

WATER - COLD DRINKS

STILL WATER 3

SPARKLING 3.5

SOFT DRINKS 2.5

Coke, Coke Zero, Sprite,
Fanta Lemon, Fanta Orange,
Ginger Ale, Tonic Water,
Soda, Iced Tea, Tonic water zero,
Aquarius orange, Aquarius lemon

BEERS

DRAFT
Small 3
Large 4.5

BOTTLE
Corona 4.5
Mahou 3.5
Mahou 00 3.5
Alhambra 4.5

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TAPAS OF THE DAY



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TUNA TARTARE	12
TUNA AND SMOKED SARDINE TOAST	6
RUSSIAN SALAD	5
CHORIZO CRIOLLO	4
SLOW-COOKED BEEF SHORT RIBS	8
LIVER PATÉ WITH ORANGE JAM	6
SALMOREJO WITH HAM AND HARD-BOILED EGG	5
GRILLED OCTOPUS WITH MASHED SWEET POTATO	7
SLICED SEABASS WITH CORIANDER AND "AJI AMARILLO"	8
PRAWNS IN TEMPURA	5
MINI BEEF SIRLOIN (80 GR)	10
MINI BURGER	5
FRIED CALAMARI	7
SALMON TARTAR IN TORTA INÉS ROSALES	10
PATATAS BRAVAS	5

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Egg



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Soya



Milk



Molluscs



Mustard



Sesame



Lupins



Celery



Nuts



Fish



SO² Sulphates



Crustacean