

NUARA

CARTA D'AL·LÈRGENS



DE LA TERRA

Plat	Preu	Gluten	Ous	Cacaquets	Fruita seca	Sèsam	Soja	Llet	Mostassa	Tramussos	Api	Peix	Mol·luscs	Crustacis	Sulfits
Txuletó de vaca Lurra a la brasa amb amanida, patates i pebrots a la llenya (1 kg)	120,00											●	●	●	●
Pollastre picantó a la brasa glacejat amb cítrics i verdures de temporada	22,50	●	●	●	●	●	●	●	●		●				●
Filet de vaca a la brasa amb patates fregides i salsa de mostassa i Pecorino	29,00	●						●	●		●	●	●	●	●

POSTRES CASOLANES

Coulant d'avellanes amb gelat de iogurt grec	10,00	●	●	●	●	●	●	●	●		●				●
Pastis cremós de xocolata 72% amb gelat de xocolata i crumble de cacau	10,00	●	●		●		●	●							
Pasta de full amb pinya, crema i gelat de coco	10,00	●	●	●	●	●	●	●	●						●
Pastis de formatge amb sorbet de gerds	10,00	●	●	●	●		●	●							
Maduixots marinats amb xantilli de vainilla, sorbet de maduixa i sablé d'ametlles	10,00	●	●		●			●							●
Gelat de vainilla	8,00	●	●				●	●							
Gelat de xocolata	8,00	●			●		●	●							
Gelat de iogurt	8,00	●			●			●							
Gelat de canyella	8,00	●			●			●							
Sorbet de llimona o gerds	8,00	●	●		●			●							

Nota important: com que preparam el menjar diàriament a les nostres cuines, tots els al·lèrgens hi estan presents i és per això que no podem garantir que els productes de la llista estiguin completament exempts de contenir traces de cap altre al·lèrgen en particular.

● Traces ● Al·lèrgens

Consulta a l'equip els al·lèrgens dels plats fora de carta.

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CARTA DE ALÉRGENOS



DE LA TIERRA		Gluten	Huevos	Cacahuetes	Frutos de cáscara	Sésamo	Soja	Leche	Mostaza	Altramucos	Apio	Pescado	Moluscos	Crustáceos	Sulfitos
Chuletón de vaca Lurra a la brasa con ensalada, patatas y pimientos a la leña (1 kg)	120,00											●	●	●	●
Pollo picantón a la brasa glaseado con cítricos y verduras de temporada	22,50	●	●	●	●	●	●	●	●		●				●
Solomillo de vaca a la brasa con patatas fritas y salsa de mostaza y Pecorino	29,00	●						●	●		●	●	●	●	●
POSTRES CASEROS		Gluten	Huevos	Cacahuetes	Frutos de cáscara	Sésamo	Soja	Leche	Mostaza	Altramucos	Apio	Pescado	Moluscos	Crustáceos	Sulfitos
Coulant de avellanas con helado de yogur griego	10,00	●	●	●	●	●	●	●	●		●				●
Pastel cremoso de chocolate 72% con helado de chocolate y crumble de cacao	10,00	●	●		●		●	●							
Hojaldre de piña y crema con helado de coco	10,00	●	●	●	●	●	●	●	●						●
Pastel de queso con sorbete de frambuesa	10,00	●	●	●	●		●	●							●
Fresones marinados con chantilli de vainilla, sorbete de fresa y sablé de almendras	10,00	●	●		●			●							●
Helado de vainilla	8,00	●	●					●							
Helado de chocolate	8,00	●			●		●	●							
Helado de yogur	8,00	●			●			●							
Helado de canela	8,00	●			●			●							
Sorbete de limón o frambuesa	8,00	●	●		●			●							

Nota importante: como preparamos la comida a diario en nuestras cocinas, todos los alérgenos están presentes y es por eso que no podemos garantizar que los productos de la lista estén completamente exentos de contener trazas de ningún otro alérgeno en particular.

● Trazas ● Alérgenos

Consulta al equipo los alérgenos de los platos fuera de carta.

NUARA

FOOD ALLERGIES MENU



		Gluten	Egg	Peanuts	Nuts	Sesame	Soya	Milk	Mustard	Lupin	Celery	Fish	Molluscs	Crustaceans	Sulphites
STARTERS TO SHARE															
Olives															●
Grilled bread with tomato and Picual EVOO	4,50	●	●			●	●	●	●						
Russian salad with crispy prawns and trout roe	12,50	●	●				●	●	●		●	●		●	●
Steak tartare brioche of picanha with smoked butter and cured egg yolk	16,50	●	●		●	●	●	●	●			●			●
100% acorn-fed Iberian shoulder (DO Guijuelo)	24,00														
Andalusian-style calamari with "ceviche-inspired" mayonnaise	22,00	●	●				●		●		●	●	●	●	
Andalusian-style hake cubes with Padrón peppers and chermoula sauce	17,50	●										●			
Iberian ham croquettes (4 u.)	14,00	●	●				●	●	●			●	●		●
FRESH & LIGHT															
Seasonal tomatoes with tuna belly and pickles	16,50											●			●
Grilled lettuce salad with avocado, tomatoes and mustard and soy vinaigrette	13,50	●					●		●						●
Sea bass "tiradito" with avocado and yellow chili pepper emulsion	18,50											●			●
Balfegó tuna tartare with mango, gherkin, almond cream and seaweed bread	23,00	●	●		●	●	●	●				●	●		●
SEAFOOD OF THE DAY															
Delta de l'Ebre Oysters (1 u.)	6,00												●		
Delta de l'Ebre Oysters with green apple and gin and tonic jelly (1 u.)	6,50		●	●	●	●	●	●	●		●		●		●
Steamed mussels with citrus	16,50												●		
Grilled Galician razor clams	24,00												●		
Sauteed local lobster with fried eggs and potatoes (Minimum 2 people)	37,50	●	●			●			●		●	●	●	●	●
Grilled red prawns (5 u.)	S/M											●	●	●	
PAELLAS															
Seafood paella (peeled and deshelled)	28,50										●	●	●	●	●
Surf and turf paella with grilled squid, Iberian bacon and porcini mushrooms	28,00	●	●		●	●	●	●	●		●	●	●	●	●
Organic vegetable paella	23,00	●	●		●	●	●	●	●		●	●	●	●	●
Dry paella with national lobster	39,50					●			●		●	●	●	●	●
Soupy paella with national lobster	39,50	●			●	●			●		●	●	●	●	●
Black paella with coastal prawns, cuttlefish and saffron aioli	29,50	●	●		●	●	●	●	●		●	●	●	●	●
Grilled beef loin paella with Padrón peppers	27,00	●	●		●	●	●	●	●		●	●	●	●	●
Seafood "fideuà" (peeled and deshelled)	28,50	●	●				●		●		●	●	●	●	●
FROM THE SEA															
Grilled octopus with potato parmentier, kimchi and crispy breadcrumbs	26,00	●					●	●			●	●	●	●	
Grilled sea bass with baked potatoes and peppers	26,50											●	●	●	●
Grilled catch of the day served with baked potatoes and peppers (whole piece)	S/M											●	●	●	●

● Traces ● Allergens

NUARA

FOOD ALLERGIES MENU



FROM THE LAND		Gluten	Egg	Peanuts	Nuts	Sesame	Soya	Milk	Mustard	Lupin	Celery	Fish	Molluscs	Crustaceans	Sulphites
Grilled Lurra beef chop with salad, potatoes and woodfire roasted peppers (1 kg)	120,00											●	●	●	●
Grilled chicken glazed with citrus and seasonal vegetables	22,50	●	●	●	●	●	●	●	●		●				●
Grilled beef fillet with French fries and mustard and Pecorino sauce	29,00	●						●	●		●	●	●	●	●
HOMEMADE DESSERTS		Gluten	Egg	Peanuts	Nuts	Sesame	Soya	Milk	Mustard	Lupin	Celery	Fish	Molluscs	Crustaceans	Sulphites
Hazelnut coulant with Greek yogurt ice cream	10,00	●	●	●	●	●	●	●	●		●				●
Creamy 72% chocolate cake with chocolate ice cream and cocoa crumble	10,00	●	●		●		●	●							
Puff pastry with pineapple, cream and coconut ice cream	10,00	●	●	●	●	●	●	●	●						●
Cheesecake with raspberry sorbet	10,00	●	●	●	●		●	●							
Marinated strawberries with vanilla chantilly, strawberry sorbet and almond sable	10,00	●	●		●			●							●
Vanilla ice cream	8,00	●	●				●	●							
Chocolate ice cream	8,00	●			●		●	●							
Yoghurt ice cream	8,00	●			●			●							
Cinnamon ice cream	8,00	●			●			●							
Lemon or raspberry sorbet	8,00	●	●		●			●							

Important note: as we prepare food daily in our kitchens, all allergens are present, and for this reason, we cannot guarantee that the products on the list are completely free from traces of any other particular allergen.

● Traces ● Allergens

Ask the team about the food allergens of the temporary dishes.