

Allergen



Season menu
Summer-Autumn



Since 1947
Tradition, quality and innovation

Please request any food allergy information from staff.
Regulation (UE) 1169/2011

THE TASTE OF TRADITION

ALLERGEN INFORMATION

NOTE-WARNING: THE DISHES MARKED WITH AN ASTERISK* ARE FRIED IN A FRYER IN THEIR PROCESS OF ELABORATION. CONSULT FOOD ALLERGENS AND THE POSSIBILITY OF FRYING IN AN EXCLUSIVE PAN

**Welcome to the Levante Almeriense cuisine!
May we present our menu for SUMMER - AUTUMN**

**In the past, we would ask for “something to whet our appetite” when we fancied a bite to eat.
We recommend:**

- JABUGO HAM (5 J.) 100% acorn fed, from our private collection (100g)
with MELON BALLS 28,50€
(NO ALLERGENS)
- DUCK FOIE GRAS PYRAMIDS with JAM FIGS and GOAT CHEESE 22,80€
(MILK)
- DUO of TRADITIONAL PATE and MONK FISH and FORKBEARD LIVER PÂTES
(Traditional house recipe) with PINE NUTS and Extra Virgen Olive Oil 13,00€
(EGGS, FISH, SULPHITES.SO2)
- BEEF CARPACCIO with CURED VENISON, CHEESE and FOIE GRAS SALAD 16,80€
(MILK, SULPHITES.SO2)
- COD CHEEK PIECES with PRAWNS and GARLIC 19,75€
(FISH, CRUSTACEANS, SULPHITES.SO2)

You may also request one of “our indispensables”:

- AUBERGINE RIBBONS ROLLED and FILLED with fresh ANCHOVIES and PRAWNS* (unit) 4,25€
(EGGS, MILK, GLUTEN, FISH, CRUSTACEANS, SULPHITES.SO2)
- OCTOPUS and SAUTÉED SPINACH ROLLS with GARLIC* (unit) 3,50€
(EGGS, MILK, GLUTEN, FISH, CRUSTACEANS, MOLLUSCS, SULPHITES.SO2)
- VERA “AVIO” CORNBREAD TARTLETS with VEGETABLES and FRESH ANCHOVIES unit) 4,00€
(FISH)
- WHITEBAIT and CRISPY SEAWEED FRITTERS (Aphia Minuta)* (unit) 3,50€
(GLUTEN, FISH, CRUSTACEANS, MOLLUSCS)
- SWORDFISH and VEGETABLE CASSEROLE (unit) 3,75€
(FISH)
- ASSORTMENT of FOUR APPERITIVES served on a slate* (unit) 15,80€
(CONSULT)

And an assortment of salads (an essential part of any meal):

- LETTUCE HEARTS with PIQUILLO PEPPERS, MELVA (similar to tuna)
and ANCHOVIES (2 units) 15,40€
(FISH, SULPHITES.SO2)
- ROAST SALAD “ENSALÁ ASÁ” (with three coloured peppers from El Ejido)
and VENTRESCA of TUNA (belly) 16,50€
(FISH)
- ORCHARD SALAD with CAPERS STEMS and TUNA LOINS (albacore) 13,00€
(EGGS, FISH, SULPHITES.SO2)
- ALMERIAN POTATOE SALAD with COD and ORANGES 10,00€
(FISH, SULPHITES.SO2)

Available in season

- ALMERIAN TOMATO GAZPACHO with ROASTED ALMONDS 6,50€
(PEANUT, SHELLED NUTS, SULPHITES.SO2)
- DICED ALMERIAN TOMATOES (from Almería) with SALTED ANCHOVIES (Cantabria) (3 units)..... 18,60€
(FISH, SULPHITES.SO2)
- GRILLED LOCAL VEGETABLES 11,50€
(NO ALLERGENS)

Special attention must be given to our tasty and nutritious regional cuisine, with agrarian roots, influences drawn from roman heritage and ovetones that allude to the roconquest, the sun and white-washed homes.

- TASTER PLATE OF FOUR ALMERIAN TIPICAL STEWS OR DISHES (unit) 12,75€
(CONSULT)
- ANDALUSIAN “COCIDO” (Noodles rich broth with diced ham and egg) 7,00€
(EGGS, CELERY)

NOTE: ONLY THREE OF THE TYPICAL STEWS LISTED BELOW ARE PREPARED DAILY, WHICH ARE INCLUDED IN THE TRADITIONAL DAILY MENU FOUND IN THE NEXT PAGE.

- RABBIT “GURULLO” (with rice like pasta) “El Roceipón”
(GLUTEN)
ALMERIAN WHEAT HOTPOT (similar to barley)
(GLUTEN, SHELLED NUTS)
“AJO COLORAO” (potato purée) with RAY and FRIED CORNBREAD BUNS
(FISH) *
PAPRIKA CASSEROLE with YELLOW FIN TUNA
(FISH)
MEAT and CABBAGE “BERZA” HOTPOT
(SHELLED NUTS)
SUMMER HOTPOT with COD and VEGETABLES
(GLUTEN, PEANUTS, SHELLED NUTS, FISH, SULPHITES.SO2)

- **Price per portion** 11,75€
- LONGANIZA (cured Spanish sausage) RICE and BEANS 14,50€
(MILK)
- VEGETABLE FRESH ANCHOVY AND RICE CASSEROLE 16,50€
(FISH)

(“Migas” (wheat crumb sauteed) served with chunks of specialty cured meats and the traditional
“Vera meatball stew” are served in winter).

Bread service (Pickled vegetables, garlic mayonese and olive bread)..... 2,75€

Every good dish should include a source of protein, in this case eggs:
Scrambled eggs with:

- PRAWNS, WILD MUSHROOMS, ASPARAGUS and TENDER GARLIC SHOOTS 17,25€
(EGGS, MILK, CRUSTACEANS, SULPHITES.SO2)
- JOHN DORY ROE, “Julienne” BUTTERNUT SQUASH AND COURGETTE with ASPARAGUS 14,80€
(EGGS, MILK, FISH)
- SAUTÉED SLICE LANGOUSTINES with SEAWEED 18,50€
(EGGS, MILK, FISH, CRUSTACEANS, MOLLUSCS)

Spanish omelette:

- With HAM (I.G.P. Jamón de Serón) with SLOW BAKED POTATOES with ONIONS and OLIVE OIL .. 9,50€
(EGGS)
- Or with ALMERIAN PRAWNS with SALICORNIA (wild sea asparagus) 16,50€
(EGGS, CRUSTACEANS, SULPHITES.SO2)

On account of our geographical location, there is normally no shortage of seafood and fish.
Our coast has a peaceful countenance and intense spirit:

- RED SHRIMP from GARRUCHA (shrimps vary between 35 to 55 g each) Price per kg. 196,50€
(CRUSTACEANS, SULPHITES.SO2)
- ALMERIAN LANGOUSTINES (Price per kg.) 166,00€
(CRUSTACEANS, SULPHITES.SO2)
- ALBORAN SHRIMP (Quisquilla) 158,50€
(CRUSTACEANS, SULPHITES.SO2)
- PREMIUM RED SHRIMP FROM GARRUCHA (60 to 70 g each) (Unit) 12,00€
(CRUSTACEANS, SULPHITES.SO2)
- HAKE or RED COD medallions from the LEVANTE ALMERIENSE 19,00€
(FISH)
- FRIED or GRILLED MONKFISH or SWORDFISH * 20,00€
(FISH)
- “POTERA” SQUID with EXTRA VIRGEN OLIVE OIL 25,50€
(MOLLUSCS, SULFHITES.SO2)
- BAKED JOHN DORY INFUSED with SHERRY 25,75€
(FISH, SULFHITES.SO2)
- SELECTION OF FRIED FISH FROM THE REGION 26,25€
(FISH)
- RED MULLET FILLETS with GARLIC and ROASTED ALMONDS * 22,00€
(EGGS, MILK, GLUTEN, PEANUTS, SHELLED NUTS, FISH)
- GALLANT FISH from Carboneras FRIED THE TRADITIONAL WAY * 24,00€
(GLUTEN, FISH)
- RED PORGY or PANDORA fried in light GARLIC OIL 21,50€
(FISH)
- SELECTION OF FRIED FISH FROM THE REGION * 26,25€
(GLUTEN, FISH)
- GRILLED “TARANTELO” (similar belly) of RED TUNA (from Almadraba, Barbate) 25,00€
(FISH)
- GRILLED RED MULLET OR FRIED SMALL RED MULLET * 21,00€
(FISH - / - GLUTEN, FISH)

Meats roasted, stewed or simply grilled are the gifts bestowed upon us by the mountains, enriched by the distinctive flavours of thyme and rosemary. A piece of Heaven:

- GRILLED BEEF TENDERLOIN STEAK (250g) 25,50€
(NO ALLERGENS)
- GRILLED FEMALE VEAL RIBEYE (Montes de Toledo) (340g) with FOIE GRAS 32,00€
(NO ALLERGENS)
- GRILLED “PREMIUM” DRY AGED (45 days) BEEF ENTRECÔTE (320 g.) 29,80€
(NO ALLERGENS)
- GRILLED BLACK ANGUS (USA) ENTRECÔTE (320 g.) 30,50€
(NO ALLERGENS)
- (Optional, Dijón Mustard Sauce with grilled red meat) (MILK, SULPHITES.SO2)..... 2,00€
- GRILLED IBERIAN PRIME PORK DAM (100% acorn fed) with AOVE POTATOES and EGG. 23,00€
(EGGS)
- SAUTÉED WILD BOAR TENDERLOIN with TENDER GARLIC SHOOTS and PINE NUTS 22,00€
(NO ALLERGENS)
- MARINATED and BAKED IBERIAN PORK CHEEKS 16,75€
(SULPHITES.SO2)
- STUFFED MUDÉJAR PORK (with dates & walnuts) 17,75€
(EGGS, MILK, SOYA, GLUTEN, PEANUTS, SHELLED)
- KID (baby goat) CHOPS (grilled or fried with TENDER GARLIC SHOOTS) 20,00€
(NO ALLERGENS)
- BAKED FILABRES KID (bay goat) SHOULDER (Cuajadera) 26,75€
(SULPHITES.SO2)
- ROAST LAMB IN THYME 19,00€
(SULPHITES.SO2)
- FREE-RANGE CHICKEN SUPREME STUFFED with CONFIT DUCK and PISTACHOS 14,50€
(PEANUTS, SHELLED NUTS, SULPHITES.SO2)
- WILD RABBIT THIGHS (off the bone) STUFFED with HAM and CASHEWS 16,00€
(PEANUTS, SHELLED NUTS, SULPHITES.SO2)

(Fish and meat portions vary between 200 and 250 g.)

Our desserts and fruits change with the season, just as our climate and our soil change: orchard, dry, tropical, snow, oasis and garden. On our Dessert Menu we recommend more but for now:

- DRUNKEN HOMEMADE CAKE (as per the local Order of “Los Padres Mínimos” recipe, Vera) 7,00€
(EGGS, MILK, SOYA, GLUTEN, SHELLED NUTS, SULPHITES.SO2)
- DATE SPONGE 6,00€
(EGGS, MILK, SOYA, SULPHITES.SO2)
- TALVINAS VERATENSES (traditional pudding) made into ICECREAM 5,90€
(EGGS, MILK, SOYA, GLUTEN, PEANUTS, SHELLED NUTS)
- ASSORTMENT OF HOMEMADE DESSERTS 7,75€
(CONSULT)

All our prices include V.A.T.

H/AL/00423

Bon Appétit!
Antonio.

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ANIVERSARIO

1947-2022

Hotel Restaurante Terraza Carmona
C/ Del Mar, 1. Vera (Almería).

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...Y aunque escapa a la memoria
en qué edad su rango empieza,
con el tesón y firmeza
de sus tiempos de esplendor
sabe guardar el honor
que le impone su nobleza...
La muy noble y muy leal
y excelentísima Vera
la ciudad que por bandera
tiene estandarte imperial.

"Canto a Vera" J.M. Alvarez de Sotomayor

