
S M A L L P L A T E S

Wild mussels a la marinera.	8,95
Croquettes of baby cuttlefish in ink with toasted-garlic emulsion.	7,75
Truffle croquettes.	6,90
Guacamole made to order with tortillas.	7,35
Trias spicy potato wedges.	5,65
Andalusian-style breaded calamari.	8,95
Fried whitebait.	8,65
Truffled parmentier with calamari and fried egg.	9,95
Creamy cod omelette.	7,75
Fried eggs on chips with Ibérico ham shavings.	8,50
Fried eggs on chips with whitebait.	7,95
Razor clams au gratin with spring onions and a touch of spice.	10,95
Grilled clams.	13,95
Shell festival.	18,95
Grilled shrimp from Palamós (mp).	-
Ibérico ham with tomato-rubbed coca bread.	13,95
Tomato-rubbed coca bread.	1,90

S T A R T E R S



Traditional Andalusian gazpacho.	6,25
“Green”: baby spinach, avocado and pea hummus with pine-nut vinaigrette.	6,50
Salad with goat-cheese shavings, raspberries, sprouts and nori.	6,95
Italian burrata with truffle notes, tomato tartare and pickles.	8,95
Beef carpaccio with Parmesan, rocket and vinaigrette.	8,95
Grilled vegetables with romesco sauce.	7,95

C L A S S I C D I S H E S

María Trias fish paella (min. 2 people). _13,90
Palamós mixed paella - meat and fish (min. 2 people). _12,50
Creamy lobster rice. _22,00
Black rice with cuttlefish and snow peas (min. 2 people). _12,95
Trias fideuà. _10,95
Fish soup with toast rounds and rouille. _7,45
Linguine carbonara with truffle yolk emulsion and guanciale. _7,65
María Trias meat cannelloni. _7,95

T U R F



Chicken paillard Provençal with asparagus and truffled parmentier.	8,70
Burger with melted cheese and housemade chips.	9,95
Housemade burger with foie.	12,80
Spicy beef tartare with whole-grain mustard ice cream and thin crackers.	10,40
Duck confit with apple chutney and spiced carrots.	10,90
MR ENTRECÔTE.	16,80
Grilled sirloin steak.	19,95

S U R F



Salmon tartare with avocado and trout roe.	12,80
Grilled calamari with snow peas.	14,95
Tuna tataki with fresh seaweed salad and fresh mango.	15,75
Cod au gratin with mild aioli and apple compote.	15,80
Confit octopus with Vitelotte potatoes.	16,95
Grilled shrimp from Palamós (mp).	–
Sole a la meunière.	23,50

S W E E T F I N I S H

Greek yoghurt sponge, raspberry sorbet and confit red berries.	4,95
Hotel Trias crème brûlée.	4,95
CHOCOLATE ADDICT.	5,50
Warm cheesecake.	4,95
Recuit fonteta cheese with rosemary honey.	4,95
Hotel Trias soufflé (min. 2 people).	5,95
Fresh pineapple carpaccio with vanilla ice cream and caramel coulis.	5,95
Chocolate coulant with freshly whipped cream.	5,95
“Little Willy” dessert (chocolate sauce with nougat ice cream and crème brûlée).	4,95
Bowl of ice cream.	4,75

FISH FROM THE PALAMÓS DOCKS, *ORDER AHEAD* (minimum 2 people)

- Chargrilled fish.
- Roasted red scorpionfish.
- Salt-roasted wild gilt-head bream.
- Roasted wild sea bass.
- Grilled wild turbot.
- Wild monkfish with clams.
- Grilled lobster.
- Sautéed cuttlefish.



HOTEL
RESTAURANT
TRIAS
PALAMÓS

**ON TERRACES
10% SUPPLEMENT**