
S M A L L P L A T E S

Marinera rock mussels	9,25
Bravas... or explosive?	4,95
Truffled croquettes	6,95
Two-cooked artichoke with cured yolk and ham shavings	6,70
Squids at "Andaluza" style	8,95
Galician octopus	10,75
Squid croquettes in its own ink with toasted garlic emulsion	7,75
Fried eggs with Iberian ham	8,65
"Bicolor" of cod fritters with soft romesco	6,75
Anchovies from Palamós and coca bread with tomato	8,95
Grilled razor	13,95
Grilled clams	13,95
Grilled Palamós prawns	MP
Iberian ham and its coca bread with tomato	13,95
Coca bread with tomato	1,95

S T A R T E R S



Traditional andalusian gazpacho	6,35
Grilled eggplant slices with cream cheese and soy vinaigrette with honey	5,95
Crispy Chicken Cesar Salad	6,55
Salad with goat cheese shavings and raspberry, sprouts and nori seaweed	6,95
Cod "Esqueixada" with grated natural tomato, kalamata olives and crispy onion	6,90
Burrata & mango and tomato	9,95
Beef carpaccio with parmesan, rocket and vinaigrette	8,95
Grilled vegetables with romesco sauce	7,90
"Raviolon" of oxtail in red wine with smooth parmantier, demiglace and raspberry salad	9,95
Fish soup with toast and rouille	7,95
Cod cannelloni and roasted garlic sprouts with fried tomato sauce with basil, pine nuts and Parmesan	9,95

O U R R I C E

Fideuá del Trias	11,50
Fish Paella María Trias (min. 2 people) (price per person)	14,50
Paella de Palamós with meat and fish (min. 2 people) (price per person)	13,50
Soupy lobster rice (min. 2 people) (price per person)	22,50
Octopus rice with artichokes (min. 2 pers.) (price per person)	13,95
Black rice with cuttlefish and snow peas (min. 2 pers.) (price per person)	13,95

LAND



Grilled chicken breasts with brie cheese sauce and gnocchi with sage butter	10,50
"Cheeseburger addicted" and its homemade fries	10,85
Spicy steak tartare with "ancienne" mustard ice cream and thin toasts	11,50
Roasted duck magret with red fruit sauce	12,95
Iberian pork with avocado chimichurri and roasted sweet potatoes	13,75
Roasted chicken with prawns and potatoes with toasted butter	9,90
MR ENTRECOT	16,80
Grilled beef tenderloin	19,95

SEA



Diced salmon in cava with celery and cassava chips	13,20
Grilled squid lacquered with teriyaki sauce and marinated zucchini	13,95
Tuna tataki with fresh seaweed salad and fresh mango	15,95
Cod gratin with soft allioli and apple compote	15,80
Baked seabream with seasonal vegetables in wok	14,60
Monkfish suquet with potatoes and coarse mince	12,95
Grilled monkfish with vegetables	22,95
Grilled turbot with vegetables	22,95
Grilled Palamós prawns	MP

SWEET END

Sponge with Greek yogurt, raspberry sorbet and candied red fruits	4,95
Catalan cream	4,95
Creamy white chocolate cake with mango and passion fruit chutney	6,25
Cream profiteroles with chocolate fondant	5,35
Tempered cheesecake	5,95
Recuit "de drap" from Fonteta with rosemary honey	4,95
Soufflé Hotel Trias (min 2 people)	5,95
Natural pineapple carpaccio with vanilla ice cream and caramel coulis	5,95
Apple tatin cake with creme anglaise	6,25
Chocolate coulant with homemade whipped cream	5,95
The "little Willy" dessert (molten chocolate with nougat ice cream and burnt Catalan cream)	4,95
80s tricolor cut ice cream	3,75
Trio of citrus sorbets	4,25

PALAMÓS FISH BY PIECES (ONLY ON ORDER)

Fish barbecue
Baked "Cap-roig" fish
Salted wild sea bream
Baked wild sea bass
Grilled wild turbot
Wild monkfish with clams
Grilled lobster
Grilled fish from the Palamós market

OTHER FISH OUT OF MENU
WHOLE BY PIECES:
TURBOT, MONKFISH, SEA BREAM
AND SOLE



HOTEL
RESTAURANT
TRIAS
PALAMÓS

ON TERRACES 10% SUPPLEMENT