



**ABADES TRIANA**  
centro de restauración

## RESTAURANT MENU





## SABOR A ABADES

María Lara Martínez

*Historiadora, escritora y poeta*

*Primer Premio Nacional de Fin de Carrera en Historia*

(...) En este epílogo del verano, con el brownie de chocolate blanco  
la inspiración se arranca. En el castillo de San Jorge y,  
en las inmediaciones de Santa Ana, una mixtura de sensaciones alza  
la voz por recitar a Laura, amiga, también hermana,  
estos versos compuestos por quien ahora narra. Palabras que, cual fuego griego,  
brotan de exquisitas viandas:

### Ópera en Triana

Ondas al agua  
junto a la calle Betis.  
Puente de Barcas  
y carisma de Maestranza.  
Coche de caballos  
con banda sonora en aria.  
Olla de San Antón,  
trepidante fluir de escarcha.

Mi Andalucía anochece,  
se acuesta el sol por Triana.  
La menina cigarrera  
y la sirena enjoyada  
degustan platos añejos  
con tempura de esperanza.

Reposa la Torre del Oro  
en San Jorge la mirada  
y una matrona risueña,  
desde el minarete, otea  
Abades por sevillanas.

(Poemaría, 2014)



## ELIAS DEL TORO, THE FUSION OF FLAVORS

*“I don’t want to lose the traditional flavors of Seville and Andalusia. I want to create a mixture of Andalusian flavors with the best of other places.”* This is the key to the cuisine of Elías del Toro, the head chef at Abades Triana Restaurant.

Del Toro, is a chef of slow-cooking. Cooking has its time as does learning the art of cooking.

### The cuisine of Abades Triana, the cuisine of Elías del Toro

To make Abades Triana a benchmark of haute cuisine, each of Elías’s dishes presents us with traditional Andalusian flavors with a touch of innovation, an update without losing the essence of of our elders’ cuisine. *“The customers are delighted, they taste Andalusia’s flavors through other textures, through other presentations.”*

Through this method, Abades Triana gives us an evolved **traditional cuisine**. Touches of creation. The use of seasonal products. That means that Andalusian roots, the traditional foundations of the land are not lost.

The idea, like an orchestra conductor, is to create a fusion of cultures in the kitchen. Find a combination of symphonies of flavors. Work with the basic flavors of raw materials.

### Elías del Toro, the alchemist who made himself

A Sevillian, this young but reputed chef studied at the School of Hospitality in Seville. Yet his first steps were taken as a child in the kitchen of his home. Elías has said several times that he exchanged pencils for stoves during his childhood.

The challenge of starting a new adventure in a restaurant of such prestige like Abades Triana was what motivated him and led him to accept this post from The Abades Group and reject other proposals.

Tremendously human, shy, always restless, Elías transforms himself among the stoves. He becomes bigger, and the more he trusts in his team, the more he loves it. *“The success of my team is what success is to me”* he says.

He recognizes that the recipes are not hidden in secret chests nor stored on remote islands with seven keys, and one of the biggest concerns of chefs today is to find recipes that take customers’ food allergies and intolerances into account.





ABADES TRIANA

## SOMETHING TO PICK AT

EXTREMADURA CURED SHEEP'S CHEESE Cubes and Bloody Mary Cherry Tomatoes	€ 20,00
 5J 100% ACORN-FED IBERIAN HAM	€ 36,00
CHAMPAGNE PAIRING WITH HAM 5J TAPA Glass of Champagne Möet Chandon	€ 24,00
SELECTION OF BREADS and Olive Oil tasting will be charged per person	€ 3,50
PRAWN Cooked or Grilled	€ 27,50 <i>/100 grs.</i>
SHRIMP FROM MOTRIL	€ 26,00 <i>/100 grs.</i>
KING PRAWN FROM SANLUCAR Cooked or Grilled	€ 24,00 <i>/100 grs.</i>
CRAYFISH	€ 29,00 <i>/100 grs.</i>
KING RED PRAWN GRILLED	€ 32,00 <i>/100 grs.</i>
ELVERS OF THE ESTUARY	€ 43,00 <i>/10 grs.</i>
SELECTION OF OYSTERS	€ 6,50 <i>/un.</i>

10% de VAT Included

Ask our staff for the starters from the market  
and for the daily suggestions.

Our kitchen team will adapt all dishes to food intolerances.  
We also offer vegan and vegetarian dishes off the menu.

 Classic Dish recommended

3.5 € VAT included corresponding to the wellcome appetizer, selection of breads and olive oil tasting will be charged per person.



ABADES TRIANA

## A WORLD TO SHARE

VEGETABLE SALAD, Wheat Semole, Ras El Hanout Yogourt And Pumpkin	€ 16,50
FOIE MICUIT CUT with Figs, Red Fruits, Modena And Rioja Reduction	€ 22,00
PRAWN AND NETTLE SALAD, Egg Looks Like... Carrot and Foam is...	€ 21,50
CANTABRIAN ANCHOVIES, Raisined Tomato, Cheese and Basil Air	€ 15,50 /un.
DICE OF NATURAL RED TUNA with soja sauce, Fried and Broken Camperos Eggs with Truffle	€ 24,00
TARTAR / TATAKY of Red Tuna Loin from Almadraba	€ 27,50
GAZPACHO WITH APRICOT ICE CREAM, Fruit and Shrimps	€ 20,00

10% de VAT Included



ABADES TRIANA

## ALL THE CLASSIC

### Selection of Caviar

IMPERIAL OSCIETRA (30gr)

€ 148,00

It comes from the Russian sturgeon (an ancient species native to the Caspian Sea, in the Black Sea, and the Sea of Azov. Velvety texture, compact, bronze reflex. Complex, exceptional and persistent personality. Aromatic notes: hazelnut, butter and oyster.

TRADICIONAL PRESTIGE (30gr)

€ 165,00

It comes from the Pacific white sturgeon *Acipenser trasmontanus*. Origin from Alaska to Southern California. Color: anthracite gray to black. Aromatic notes: strong fruity, nutty and buttery. Reminiscent of the most delicate nuances of the sea. Silky and elegant notes.

BELUGA HUSO HUSO (30gr)

€ 330,00

It is a caviar extracted from the *Huso Huso* sturgeon. It is found in the Black Sea, the Caspian Sea and the Sea of Azov. In Italy it is found in the Adriatic Sea, Ionian Sea and its affluents. Large eggs of more than 3 mm. This caviar must be tasted strictly on its own to truly appreciate and savor its incredible quality. Pearl to dark gray color. Aromatic notes: nutty, hazelnut and butter.

If you want another variety of box size of caviar, you can order us in advanced.

10% de VAT Included





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## FROM THE SEA

COD with Sevillian Gordal Olives emulsion, Capers, Orange Cube and Rosemary Tomatoes	€ 26,00
CROAKER on Cod Cheek Pil-pil, Baby Beans and Iberian Bacon	€ 25,00
SEA BASS with Hints of Citrus, Hazelnut and Fennel	€ 26,50
LOBSTER JUICY RICE	€ 28,50
SEA BASS IN SALT with Side Dish to Choose (Potatoes, Salad or Grilled Vegetables)	€ 8,50 <i>/100 grs.</i>
ALMADRABA RED TUNA BELLY	€ 25,00 <i>/200 grs.</i>
GRILLED SEA BASS BELLY	€ 26,00
ORDER YOUR SIDE: French Fries or Roasted Potatoes, Mashed Potatoes, Grilled Vegetables, White Rice or Salad	€ 6,00

## FROM THE LAND

OVEN-ROASTED IBERIAN PORK CHEEKS in 78% Cacao with Grilled Octopus Tentacles	€ 24,00
PRESSED DUCK, Beetroot Juice and Red Fruit	€ 22,00
RETINTA BEEF SIRLOIN, Glazed Carrots and Hazelnut Liqueur	€ 32,50
SHOULDER OF SUCKLING LAMB	€ 54,00
ISLA MENOR RICE with Iberian Feather and Andalusian Goat Cheese Foam	€ 21,00
ORDER YOUR SIDE: French Fries or Roasted Potatoes, Mashed Potatoes, Grilled Vegetables, White Rice or Salad	€ 6,00

10% de VAT Included



ABADES TRIANA

DESSERT

PASSIONFRUIT SORBET	€ 7,00
DISASTER WITH THE CAPUCCINO!! (Mascarpone Cream, Amaretto Liqueur and Coffee)	€ 7,00
100% CHOCOLATE	€ 8,00
PINEAPPLE, RUM-LIME	€ 7,00
FRENCH TOAST with ice cream and coffee	€ 7,00

CHEESES

ASSORTMENT OF CHEESES 6 portions (160-220 Gr) Approx. total weight	€ 21,00
ASSORTMENT OF CHEESES 3 portions (90-120 Gr) Approx. total weight	€ 13,00
INDIVIDUAL PORTION (50-60 Gr) Approx. total weight	€ 9,50

CHILDREN MENU

COMBINED PLATE OF homemade croquettes and french fries	€ 35,00
IT IS COMBINED WITH breaded chicken, breaded or grilled fish, Iberian pluma and or fried eggs	
INCLUDES DRINK AND ICE CREAM	

10% de VAT Included

In agreement with the UE regulation N° 1169/2011 about consumer food information, we have available for your query the detail of allergens from our products. Ask our staff if you want more information.

If you wish any dish that is not on the menu, please ask our staff.





## SUGGESTED MENUS

### TAPAS MENU

€ 60,00

FOIE MICUIT CUT  
with Figs, Red Fruits,  
Modena and Rioja Reduction

DICE OF NATURAL RED TUNA  
with soja sauce, Fried and Broken  
Camperos Eggs with Truffle

CROAKER  
on Cod Cheek Pil-pil, Baby  
Beans and Iberian Bacon

ISLA MENOR RICE  
with Iberian “Feather” Cut Pork Tenderloin  
and Andalusian Goat Cheese Foam

DISASTER WITH THE CAPPUCCINO !  
(Mascarpone Cream, Amaretto Liqueur and Coffee)

(Daily served and just for a complete table, drinks not included)

\* The Price of the Tapas Menu Without Pairing is 60€  
The Price of the Tapas Menu is: | Package 1: 80€  
| Package 2: 90€

### DAILY TASTING MENU

€ 110,00

Composed of 6 dishes from our menu  
suggested by our chef

(3 starters + 2 main courses:  
fish and meat + 1 dessert)

(Daily served and just for a complete table, drinks not included))

### CHOOSE YOUR WINE PAIRING

(Ask for our sommelier)

Package 1: Selection of 4 wines suggested  
by our sommelier

€ 33,00

Package 2: Gourmet Selection of 5 wines:  
Sherry or fino / Champagne Ruinart Blanc of Blanc /  
Andalusian White Wine Mencal / Red Wine D.O. TORO  
Numanthia / Pedro Ximénez Sweet Wine

€ 44,00

10% de VAT Included

*\*Ask for suggestions outside the menu.*



ABADES TRIANA

## BEST SELLER

MENÚ GUADALQUIVIR from Sevilla  
to Sanlúcar de Barrameda

€ 88,00

FOIE MICUIT CUT  
with Figs, Red Fruits,  
Modena and Rioja Reduction

ELOBSTER SALAD,  
Eggs It Seems... Carrot and Foam is...

SEA BASS  
with Hints of Citrus,  
Hazelnut and Fennel

ISLA MENOR RICE  
with Iberian Feather and  
Andalusian Goat Cheese Foam

100% CHOCOLATE

Paired with wines from the Bodega Barbadillo  
(Daily served and just for a complete table)

## MENU FOR YOUR EYES AND YOUR SENSES

€ 199,00  
Couple

(For 2 persons)  
2 starters to share  
1 main course per person, to be chosen  
from our menu

It is not included, Iberian Jam, Caviar Shellfish,  
Elvers and Oysters in our menus

ACCOMPANYING WINE:  
Champagne Moët Chandon Brut  
or Numanthia D.O. Toro

(Daily served and just for a complete table)

10% de IVA incluido

*\*Ask for suggestions outside the menu.*

STAFF:

Director:	Francisco J. Azuaga
Chef:	Elías del Toro
Maître:	Fernando Aroca

Following the Regulation 1169/2011 from the Law of Food Information, this establishment has the documents related to food that cause allergies or intolerance from all our dishes





**ABADES TRIANA**  
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**INFORMACIÓN Y RESERVAS:**

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[abadestriana.com](http://abadestriana.com)