



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 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.



SOMETHING TO PICK AT

GRAPES, BREAD AND CHEESE 16,00 €
Añejo de Barros pure cured sheep's cheese

 5J PRIVATE SELECTION 32,00 €
100% Iberian Acorn-fed ham. Private Selection (100gr)

A WORLD TO SHARE

 CUT OF FOIE MICUIT 19,00 €
with cinnamon, sherry and nuances of red fruits

 SALMOREJO 15,00 €
with dried apricot ice cream, berries and almonds

JUMBO SCARLET PRAWNS 36,00 €
with shrimps, consommé of their heads, samphire,
celery, and apple ice cream

LIGHTLY SMOKED SALMON SALAD, 16,50 €
roe, fennel and peanuts

 CUTTLEFISH EGGS EMULSIFIED 28,00 €
with their own coral, coconut milk and lime air

MACERATED BLUEFIN TUNA 35,00 €
with avocados, soy, and mustard

 VEGETABLES WITH DIFFERENT TEXTURES 14,00 €

 ALMADRABA TUNA DICE, 25,00 €
broken fried eggs, and truffle

FINELY SLICED SHRIMP, 18,00 €
curry, lime and mango textures

 VEGETABLES CRUDITÉ, 17,00 €
mushroom flakes, pine nuts and cured gouda

 SEITAN 16,00 €
with roasted sweet potatoes, artichokes and roasted
vegetable juice

CANTABRIAN OO ANCHOVIES 28,00 €
with vegetable tartar, candied tomatoes and
watermelon

 FRUIT SALAD, 17,00 €
feta cheese, caramelized walnuts, a honey vinaigrette
and ginger ice cream

 TAGLIATELLE WITH BURRATA, 16,00 €
sun-dried tomatoes and chanterelles

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

 Classic Dish recommended

 Vegetarian

 New Dish recommended

 Vegan

10% VAT Included

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



A CLASSIC...

Selection Of Caviar

TRADITIONAL CLASSIC CAVIAR 30 gr	85,00 €
BIO CLASSIC CAVIAR 30 gr	90,00 €
BIO EXCELSIUS CAVIAR 30 gr	125,00 €
PRETORIAN IMPERIAL BELUGA CAVIAR	275,00 €

Served With Sour Cream, Blinis And Garnish

Pretorian Imperial Caviar, Beluga fresh, 100% Iranian, Malossol 000 paired with house champagne Ruinart Blanc of Blanc or Belvedere frozen vodka (Includes 2 glasses / 30 gr tin) **290,00 €**

Pairing with Champagne Moët o Frozen Vodka **9,00 €**
Glass

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

10% VAT Included

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



FROM THE SEA

- 5J GLAZED COD,
potatoes and egg yolk 26,00 €
- 🍷 SEA BASS,
musk mallow espresso, mirliton squash, and rosemary 24,00 €
- COD CHEEKS 23,00 €
with brandade, Seville oranges and liquefied black olives
- 🍷 MONKFISH FILLET,
figs, and bone marrow 29,00 €
- NORWAY LOBSTER 60,00 €
with lido rice and a smoked Idiazabal cookie
- 🍷 ALMADRABA TUNA STEAK 100,00 €
with Sanlúcar Potatoes and romesco from its own
skin (minimum 800 gr)
- Ask our staff for the fish from the market and for
the daily suggestions

FROM THE LAND

- 🍷 RETINTO SIRLOIN STEAK 33,00 €
tartar cooked on the spot
- WAGYU VEAL, 135,00 €
bread, tomato and olive oil (200 gr)
- NATIONAL ANGUS, RETINTO SHORT LOIN STEAK 39,00 €
it's skirt in a torrija and pepper extract (200 gr)
- 🍷 TRUFFLE AND MUSHROOM RISOTTO 22,00 €
with Iberian pork end loin and truffles
- 🍷 TRADITIONAL SUCKLING PIG 24,50 €
with pineapple and sweet potato fries
- AGED RETINTO BEEF SIRLOIN, 32,00 €
chanterelles, royal coffee and a Payoya goat milk
emulsion (200 gr)
- DUCK MAGRET AN L'ORANGE, 23,00 €
Sasho pepper, corn, oats and a foie reduction

Ask our staff for the meat from the market and for the
daily suggestions

10% VAT Included

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



DESSERT

LIMONCELLO SORBET	6,50 €
☞ AN ISSUE WITH THE COFFEE! Milk cream, amaretto liqueur and coffee	7,50 €
AN END TO THE EVENING with red love apples textures of chocolate, cider and apples	8,00 €
☞ TOCINO DE CIELO with cottage cheese and champagne marc	8,00 €
☞ A WALK THROUGH THE PARK Textures of chocolate, fruits and sugar	7,00 €
FRUIT SALAD	6,00 €
ASSORTED HOUSE MINARGADICES (Minimum 2 people)	6,00 €

CHEESES

ASSORTMENT OF CHEESES 6 Portions (160-200 gr) Approx. total weight	19,00 €
ASSORTMENT OF CHEESES 3 Portions (90-120 gr) Approx. total weight	12,00 €
INDIVIDUAL PORTION (50-60 gr) Approx. total weight	8,50 €

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.

10% VAT Included

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



SUGGESTED MENUS

TAPAS MENU

45,00 €

CUT OF FOIE MICUIT with cinnamon, sherry and nuances of red fruits

MACERATED BLUEFIN TUNA with avocados, soy, and mustard

SEA BASS, musk mallow espresso, mirliton squash, and rosemary

TRUFFLE AND MUSHROOM RISOTTO with Iberian pork end loin and truffles

AN ISSUE WITH THE COFFEE!

(Milk cream, amaretto liqueur and coffee)

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

GOURMET TASTING MENU

100,00 €

TRADITIONAL CLASSIC CAVIAR (10 gr)

SALMOREJO with dried apricot ice cream, berries and almonds

CUT OF FOIE MICUIT with cinnamon, sherry and nuances of red fruits

ALMADRABA TUNA STEAK, broken fried eggs and truffle

MONKFISH FILLET, figs and bone marrow

NATIONAL ANGUS SHORT LOIN STEAK, it's skirt in a torrija and pepper extract (200 gr)

TOCINO DE CIELO with cottage cheese and champagne marc

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

CHOOSE YOUR WINE PAIRING

(Ask for our sommelier)

Selection of 4 wines suggested by our sommelier

20,00 €

Gourmet Selection of 5 wines:

32,00 €

Sherry or fino / Champagne Ruinart Blanc of Blanc / Andalusian White Wine Mencil / Red Wine D.O. TORO Numanthia / Pedro Ximénez Sweet Wine

Cocktail Premium Selection

30,00 €

BUSINESS MENU

38,00 €

Starter, main course, dessert and mineral water and a selection of wine suggested by our sommelier

(Served monday through friday during lunch service)

10% VAT Included

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



BEST SELLER

Menú GUADALVIQUIR, from Sevilla to Sanlucar de Barrameda

75,00 €

SALMOREJO with dried apricot ice cream, berries and almonds

CUTTLEFISH EGGS EMULSIFIED with their own coral, coconut milk and lime air

SEA BASS, musk mallow espresso, mirliton squash, and rosemary

AGED RETINTO BEEF SIRLOIN, chanterelles, royal coffee and a Payoya goat milk emulsion

TOCINO DE CIELO with cottage cheese and champagne marc

Paired with wines from the Bodega Barbadillo

(Daily served and just for a complete table)

Including visit to the Winery Barbadillo

MENU FOR YOUR EYES AND YOUR SENSES

180,00 €

90 € / person

Choose one per person between the following options:

CUT OF FOIE MICUIT with cinnamon, sherry and nuances of red fruits

FINELY SLICED SHRIMP, curry, lime and mango textures

CUTTLEFISH EGGS EMULSIFIED with their own coral, coconut milk and lime air

SALMOREJO with dried apricot ice cream, berries and almonds

ALMADRABA TUNA DICE, broken fried eggs and truffle

Choose one per person between the following options:

5J GLAZED COD, potatoes and egg yolk

SEA BASS, musk mallow espresso, mirliton squash, and rosemary

COD CHEEKS with Brandade, Seville oranges and liquefied black olives

MONKFISH FILLET, figs and bone marrow

RETINTO SIRLOIN STEAK tartar cooked on the spot

TRUFFLE AND MUSHROOM RISOTTO with Iberian pork end loin and truffles

TRADITIONAL SUCKLING PIG with pineapple and sweet potato fries

DUCK MAGRET AN L'ORANGE, Sasho pepper, corn, oats, and a foie reduction

AN END TO THE EVENING with red love apples

(textures of chocolate, cider and apples)

Accompanying wine: Champagne Moët or Numanthia D.O. Toro, and water

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

10% VAT Included

3,5 € VAT included corresponding to the wellcome appetizer, selection of breads and olive oil tasting will be charged per person

STAFF:

Head Office Manager: Francisco J. Azuaga
Chef: Elias del Toro
Maître: Fernando Aroca

