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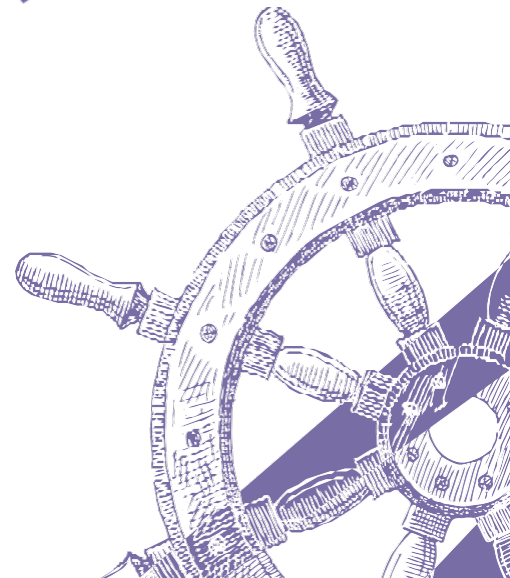
WELCOME

LA REGATTA
Cocina Caribeña

GLORIA & GUILLO BASMAGI

25
Años
SINCE 1.999

www.restaurantelaregatta.com  laregatta  Restaurante La Regatta



C O L D A P P E T I Z E R S

Ceviche Afrodisiaco Johnny Cay \$75.000

Mixed ceviche with shrimp, squid, and prawn, flavored with lime, salt, pepper, onion, cilantro, a touch of spicy chili pepper, tomato sauce, and a hint of rum.

Ceviche Mar Adentro \$76.000

Shrimp, squid, fish, and prawns marinated in leche de tigre, onions, mint, bell pepper, a touch of chili pepper, and passion fruit.

Ceviche Surf & Turf \$74.000

Shrimp, fish, and squid in coconut leche de tigre, titote, basil, ginger, and crispy pork rinds.

Carpaccio de Pulpo Morgan \$76.000

Octopus slices lemon vinaigrette, olive oil, touch of pesto, red onion, black olive powder and paprika.

Tiradito de Pescado \$49.000

Thin slices of cured fish, coconut ceviche, titote, chives, hibiscus flower, and fresh strawberries.

Tartar de Tuna Costero \$48.000

Marinated tuna, avocado, onion, mint, a touch of passion fruit, and sour cream.

Pila de Camarón \$43.000

Crunchy shrimp on a bed of avocado and sesame with a topping of tomato, cucumber, and parsley.

** All our ceviches come with chili pepper.*

S A L A D S

Ensalada Poke de Verano \$50.000

Bowl with tuna or salmon, avocado, carrot, cabbage, radish, quinoa, mango, ginger, and nuts in poke sauce.

Ensalada Caribeña \$49.000

Sautéed shrimp and squid, pesto, variety of lettuces, black olives, balsamic vinegar, olive oil, and sautéed onion.

Bowl Primavera \$46.000

Avocado, carrot, cabbage, radish, cherry tomatoes, quinoa, mango, ginger, nuts, and sesame seeds in poke sauce.

Ensalada On The Side \$20.000

Fresh lettuce and vegetables.

S I D E S (Portion)

Coconut rice \$ 11.000

White rice \$10.000

Mashed potatoes \$10.000

Fried green plantains \$12.000

Guacamole \$10.000

Sautéed Vegetables \$16.000

***Breadfruit portion \$12.000**

***Breadfruit ribbons \$12.000**

Green plantain slices \$11.000

Rustic potatoes \$10.000

Crispy sweet plantain \$10.000

Yucca sticks \$10.000

** Seasonal Product*

PLEASE INFORM BEFORE ORDERING IF YOU ARE ALLERGIC TO ANY FOOD.

HOT APPETIZERS

***Conch Fritters \$37.000**

Caribbean-style conch croquettes, accompanied by island chilli

Carimañolas Jamaquinas \$39.000

Cassava croquettes filled with Jerk-style pork.

***Muelitas de Cangrejo South West \$64.000**

Garlic, butter or spicy.

***Muelitas de Cangrejo Azul \$54.000**

Garlic, butter or spicy.

Camarones San Luis \$44.000

Classics shrimp breaded in Panko, accompanied by yucca sticks, spicy pink sauce and “suero costeño”.

Patacón Antillano \$45.000

Green plantain baskets with shrimp, cheese, and “Suero costeño”.

Calamares Punta Norte \$46.000

Crispy Calamari Ring with Jamaican flower salt, Breaded Vegetables, and Island BBQ Sauce.

Mar Derretido \$47.000

Shrimp and crab seasoned with melted mozzarella and parmesan cheese au gratin, accompanied by crispy chips.

Pulpo Capitan \$73.000

Crispy octopus and potato, bathed in olive oil, balsamic, and garlic vinaigrette.

***Crab Back Isleño \$43.000**

Providence’s island black crab meat.

Langostinos del Muelle \$70.000

Coconut Panko-Crusted, tamarind Sauce, and Breadfruit Ribbons.

** Out of respect for the environment and the protection of marine fauna, we will not offer products during the times when the control and protection entities declare a ban*

SOUPS AND CREAMS

Mote de Camarones \$32.000

Traditional soup from Colombian coast with shrimp, yams, hogao and “queso costeño”.

Sopa de Pescadores \$43.000

Fish, shrimp, squid, octopus and vegetables with coconut milk.

***Sopa Típica de Cangrejo \$44.000**

Traditional soup from the islands with Providence’s black crab, pig tail and dumpling.

Mote de Queso Vegetariano \$28.000

Traditional soup from Colombian coast with “queso costeño”, yams and hogao.

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SEAFOOD

***Langosta Regatta \$215.000**

Three lobster tails (350 gr) with a choice of different sauces: Garlic, Tamarind, Passion fruit, Crab*, Marinara, Coconut, Butter, and Bisque, accompanied by coconut rice and plantain ribbons.

***Langosta Cayo Acuario \$215.000**

Grilled lobster with shell (350 gr) with clarified butter and coconut rice.

***Langosta Capricho de Mar \$215.000**

Lobster Tail (350 gr) with **Thermidor**, béchamel sauce, nutmeg, mushrooms, Reggiano cheese. butter and coconut rice.

***Fiesta Náutica \$184.000**

Grilled Seafood Platter, Lobster*, Prawns, Fish, Shrimp, Squid, Octopus, conch*, Mussels, Small Mussels, coconut rice, and crispy banana chips, accompanied by garlic sauce and vinaigrette with olive oil, balsamic, and garlic.

Pulpo Altamar \$149.000

Marinated octopus tentacles over cornmeal puree, topped with chimichurri and roasted tomatoes.

***Tesoros del Mar \$123.000**

Seafood Casserole, au gratin with lobster, shrimp, squid, prawn, fish, mussel and clam

Langostinos Basmagian \$98.000

Ancestral flavors making a presence in this Caribbean Island. Prawns seasoned in Zaatar, accompanied by chickpea tahini, fresh green leaf salad, mint, tomato, cucumber, olives, and Arabic bread.

Langostinos Lemon Town \$97.000

Sautéed in lemon butter and capers over creamy coconut rice.

Langostinos El Embrujo \$98.000

Sautéed with bacon, tzatziki, served with mashed potatoes and salad.

***Caracol a la Isleña \$59.000**

Caribbean conch in a typical sauce based on coconut, paprika and onion.

FISHES

Salmón Sorrel \$83.000

Salmon fillet glazed in hibiscus reduction and teriyaki sauce, accompanied by vegetables in season and sesame rice.

Salmón Apasionado \$81.000

Grilled Sesame-Crusted Salmon on a Bed of Cassava Puree with Costeño Cheese, Finished with a Hint of Passion Fruit.

Pescado Run Down (pesca artesanal) \$98.000

Cooked fish bathed in coconut sauce, titote, conch*, Pig tail, island pepper and coconut rice.

Filete de Pescado al Curry \$70.000

Grilled fish fillet over coconut rice, with island chili curry and kaffir lime leaves.

Pescado Providencia \$84.000

Fillet in mushroom sauce and king prawn's au gratin with coconut rice

Pescado del Navegante \$83.000

Fillet covered in olive tapenade, olive oil, and capers, with a crispy octopus tentacle on top.

Tuna del Viento \$90.000

Seared and sesame-crusted tuna, served with lettuce, avocado, cherry tomatoes, and Ginger in passion fruit sauce and balsamic reduction

Due to the characteristics of the product, it may contain some thorns.

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RICE S

Arroz del Mar \$81.000

Creamy Rice with Shrimp, Squid, Mussels, Clams, Octopus, Prawns, Fish, and a Hint of Coconut Milk.

Arroz de Camarones Paradise \$64.000

Flavored shrimp in island species and coconut milk with sautéed vegetables.

Arroz de Pescado Punta Sur \$80.000

Silky Texture, Coconut Milk Drizzle, Island Spices, Fish Cracklings, Roasted Tomatoes, Basil.

***Arroz de Cangrejo Playa Manzanillo \$73.000**

Creamy rice, flavored crab in coconut milk, muelitas and sautéed vegetable.

***Arroz de Langosta \$201.000 (para compartir)**

Creamy lobster rice based on roasted peppers and tomatoes, paprika, fumet and a touch of brandy.

Arroz Caldoso de Champiñones \$39.000

Creamy rice, mushrooms, vegetable stock, and feta cheese.

PASTAS

De Mares \$62.000

Spaghetti with seafood: Shrimp, squid and mussel, in Neapolitan sauce or in white sauce.

***Orzo de Caracol al Limone \$77.000**

Short pasta with conch in creamy lime and Parmesan sauce, touch of Aleppo pepper and truffle oil.

Pasta el Faro \$52.000

Spaghetti pesto with shrimp.

Spaguettis Primavera \$34.000

Roasted bell pepper, black olives, basil, reggiano cheese, and mozzarella.

Primavera de Langosta \$121.000

Short pasta with Lobster (130g) in gratinated cheese sauce.

BEEF AND POULTRY

Medallones de Lomo Green Moon \$87.000

Medallions of fine loin flavored in Red Wine sauce, bitter chocolate, and balsamic vinegar placed over truffled risotto and arugula salad.

Lomito al Sarten \$72.000

Pan-seared Beef Tenderloin: Marinated and stir-fried lean tenderloin with vegetables, accompanied by rustic potatoes and white rice.

Pollo Parrilla \$47.000

Grilled Chicken, Leg-Ham, Served with Rustic Potatoes, Guacamole and Salad.

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CHILDREN'S MENU *(Under 12 years)*

STARTER

Breaded shrimps \$19.000

MAIN - DISHES

Spaghetti in Alfredo or Neapolitan sauce with Chicken \$24.000

Grilled mini baby beef, white rice \$31.000

Grilled Chicken with rustic potatoes \$23.000

Breaded fish fillet with butter pasta \$34.000

La Regatta a Charm in the Caribbean

TIP WARNING

Consumers are informed that this business establishment suggests to its consumers a tip corresponding to 10% of the value of the bill, which may be accepted, rejected or modified by you, according to your assessment of the service provided. When requesting the account, tell the person who attends you whether or not you want said amount to be included in the bill or indicate the amount you want to give as a tip. In this business establishment, 100% of the money collected as tips is allocated to all the personnel involved in the chain of the different service areas of the company. In the event that you have any inconvenience with the collection of the tip, contact the exclusive line provided in Bogotá to address concerns on the subject: 651 3240 or the citizen service line of the Superintendency of Industry and Commerce 592 0400 in Bogotá or for the rest of the country toll free national 018000-910165, or email: contactenos@sic.gov.co to file your complaint.

H O M E M A D E - D E S S E R T S

Coconut Pie \$21.000

Lemon Pie \$18.000

Banana Caprichosa \$18.000

Brownie Ice-cream \$18.000

Iced Coffee Cake \$18.000

Caramel flan \$18.000

Ice-cream cup (one flavor) \$15.000

Combined Ice-cream cup \$18.000

Chocolate Passion Ice-cream cup \$21.000

C O F F É

Americano \$5.000

Espresso \$5.000

Latte \$6.000

Herbal tea \$5.000

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