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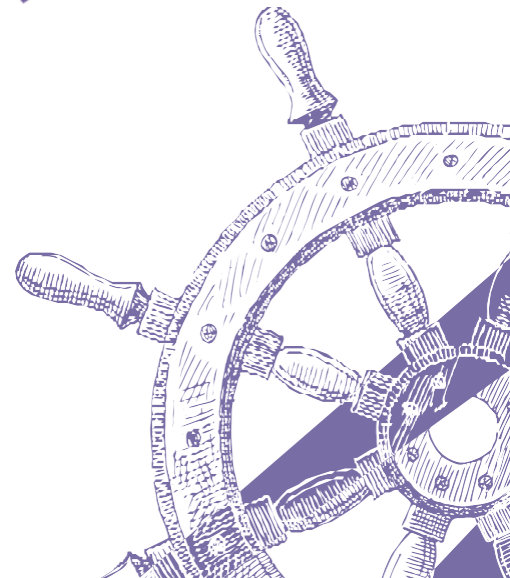
WELCOME

LA REGATTA  
Cocina Caribeña

GLORIA & GUILLO BASMAGI

25  
Años  
SINCE 1.999

[www.restaurantelaregatta.com](http://www.restaurantelaregatta.com)  laregatta  Restaurante La Regatta



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

### **Ceviche 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 \$74.000**

Cubed fish flavored with lulo tiger's milk, julienned onion, mint, bell pepper, and a touch of chili.

### **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.

### **Tostadas de Salmon \$41.000 **NEW****

Salmon, avocado, roasted corn with dill mayonnaise, mustard, and capers, on a crispy corn tostada.

*\* 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 Caballito de Mar \$46.000 **NEW****

Green leaves, confit tomatoes, citrus honey, olive oil, buffalo burrata, grilled shrimp, boronia, and pieces of parmesan cookie.

### **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 NEW**

Sliced squid sautéed with bell pepper, onion, garlic, cherry tomatoes, seasoned with sweet pepper sauce.

### **Croquetas de Verano \$45.000 NEW**

Rice croquettes stuffed with yam, costeño cheese, and hogao, on top of babaganoush, drizzled with spicy artisanal island honey.

### **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.

*\* 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 Caribeña \$215.000 NEW**

Lobster tail (350 g) chopped in its shell, drenched in coconut sauce and Caribbean spices, served with white 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 Caprichos del Mar \$98.000 NEW**

In creamy orzo, based on Neapolitan sauce, cream, and vodka, served with fresh burrata, artisanal island honey, and a touch of pesto.

### **\*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 salmon crusted with black sesame on a yucca puree with costeño cheese and a touch 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 limeleaves.

### **Pescado Artesanal del Muelle \$75.000 NEW**

Fish fillet, corn cake puree, cheese, and costeño whey, topped with bacon bits, served with coconut rice.

### **Pescado Providencia \$84.000**

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

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

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## R I C E 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.

## P A S T A S

### **De Mares \$62.000**

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

### **\*Orzo de Langosta al Limone \$121.000 NEW**

Short pasta with lobster in a creamy lime sauce and Parmigiano Reggiano, with a 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.

## B E E F A N D P O U L T R Y

### **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.

### **Old Point Chicken \$53.000 NEW**

Chicken breast on rustic mashed potatoes with melted cheese-bacon topping and spinach veloute.

### **Panceta de Cerdo Crocante \$50.000 NEW**

Crispy pork in veleño guava sauce, with Atollabuey whey, accompanied by fresh salad and yuquitas.

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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 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. If 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](mailto: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 \$20.000**

**Brownie Ice-cream \$20.000**

**Iced Coffee Cake \$20.000**

**Banana Caprichosa \$20.000**

**Ice-cream cup (one flavor) \$15.000**

**Combined Ice-cream cup \$18.000**

**Chocolate ice cream cup \$21.000**

**Chocolate Cake with Passion Fruit. \$20.000** **NEW**

## C O F F É

**Americano \$5.000**

**Espresso \$5.000**

**Latte \$6.000**

**Herbal tea \$5.000**

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o al mail: [contactenos@sic.gov.co](mailto:contactenos@sic.gov.co) para que radique su queja.