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W E L C O M E



LA REGATTA
Cocina Caribeña

GLORIA & GUILLO BASMAGI

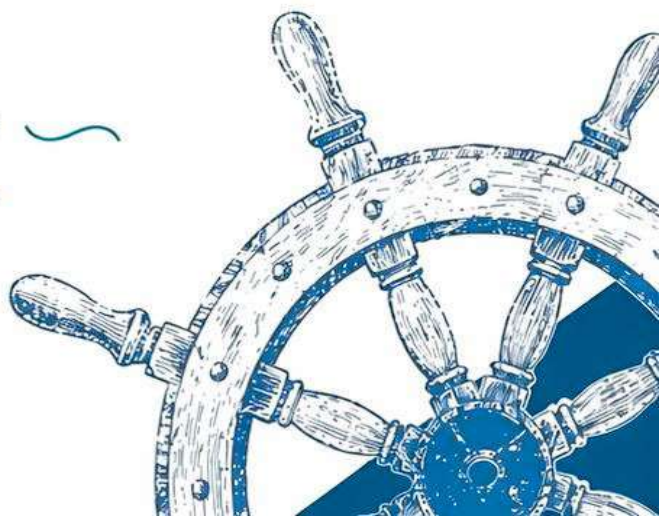
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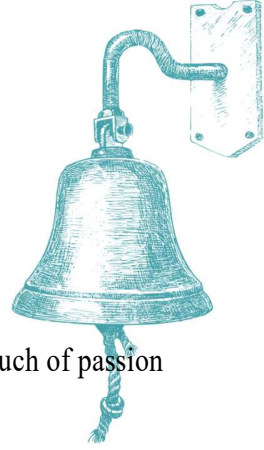
años

• SINCE 1999 •

www.restaurantelaregatta.com

 laregatta  Restaurante La Regatta





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

Coctel Marisquero \$70.000 NEW

Shrimp, Squid and Prawn in a cocktail sauce with brandy and a touch of Tabasco sauce.

Ceviche Hibiscus \$68.000 NEW

Shrimp in hibiscus flower leche de tigre with coconut, island chili and crispy plantain.

Ceviche Mar Adentro \$74.000

Cubed fish flavored with lulo leche de tigre, julienned onion, mint, bell pepper, and a touch of chili.

Ceviche de Caracol \$70.000

Fresh snail with island spices, mango, coconut leche de tigre, and corn crunch.

Carpaccio de Pulpo Morgan \$76.000

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

Tartar de Tuna Costero \$54.000

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

Pila de Camarón \$51.000

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

Tostadas de Salmon \$50.000

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 \$62.000

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

Ensalada Caballito de Mar \$75.000

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

Ensalada Basmagian \$45.000

Mixed lettuces and assorted greens, tahini dressing, mint, crispy chickpeas, pickled pearl onions, Parmigiano Reggiano, a touch of olive oil and mint. Extra chicken \$15.000

Ensalada On The Side \$30.000

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 \$14.000

Guacamole \$10.000

Sautéed Vegetables \$16.000

Breadfruit portion \$15.000

Breadfruit ribbons \$12.000

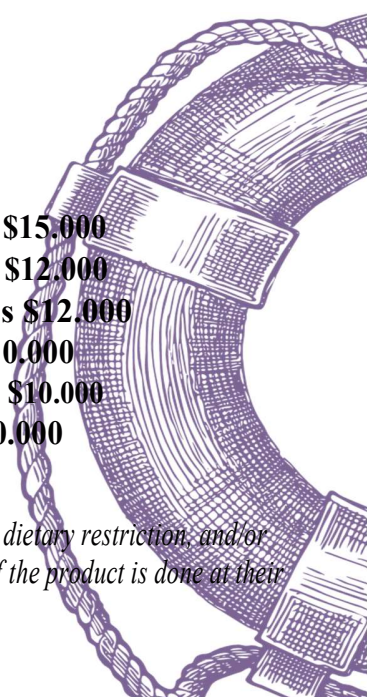
Green plantain slices \$12.000

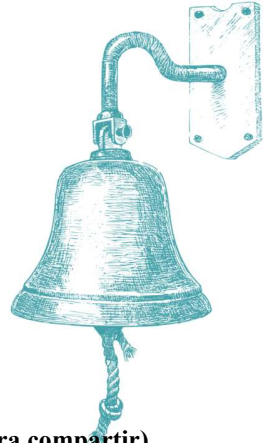
Rustic potatoes \$10.000

Crispy sweet plantain \$10.000

Yucca sticks \$10.000

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HOT APPETIZERS

***Conch Fritters \$53.000**

Caribbean conch fritters served over yuca purée, island-style sauce, and marinated cebollitas in ceviche style.

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

Garlic, butter or spicy.

***Muelitas de Cangrejo Azul \$60.000**

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”.

***Crab Back Isleño \$46.000**

Providence’s island black crab meat

Hummus Apasionado \$62.000 (para compartir)

Chickpea hummus, grilled prawn salad, pomegranate reduction, fresh mint, served with crispy pita and za’atar.

Mar Derretido \$50.000

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

Pulpo Bronceado \$85.000

Octopus and crispy potatoes over romesco sauce, with a touch of mint and slightly spicy island honey.

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SOUPS AND CREAMS

Mote de Camarones \$33.000

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

Sopa de Pescadores \$33.000

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

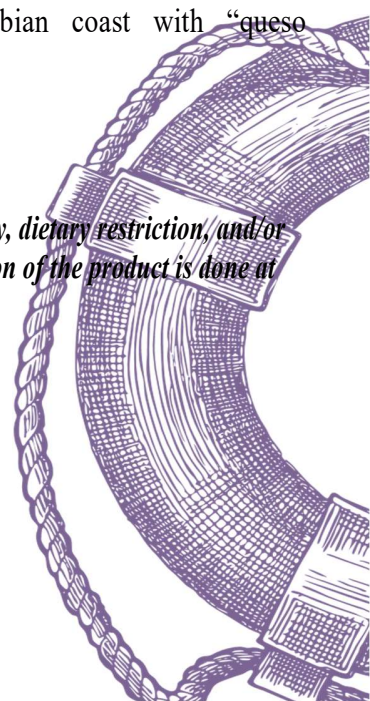
***Sopa Típica de Cangrejo \$62.000**

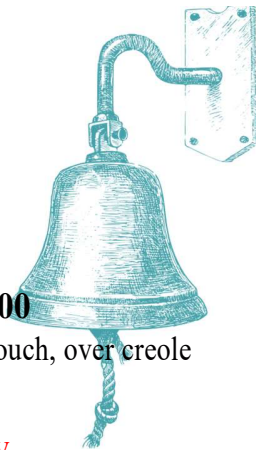
Traditional soup from the islands with Providence’s black crab, pig tail and dumpling.

Mote de Queso Vegetariano \$28.000

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

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SEAFOOD

*Langosta Regatta \$205.000

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

*Langosta Cayo Acuario \$200.000

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

*Langosta Caribeña \$195.000

Lobster tail (350 g) chopped in its shell, drenched in coconut sauce and Caribbean spices, served with white rice.

*Fiesta Náutica \$215.000

Grilled Seafood Platter: Lobster*, King Prawns, Fish, Shrimp, Squid, Octopus, Conch*, Mussels, Chilean Mussels, served with coconut rice, crispy plantain slices, and garlic sauce.

Pulpo Almirante \$165.000

Grilled octopus tentacles with chimichurri, served with Caribbean-style yuca.

*Tesoros del Mar \$103.000

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

Langostinos Sweet Chili \$104.000

Drenched in citrus sauce with a spicy touch, over creole potato puree and truffled fresh salad.

Gambas Sir Drake \$99.000 **NEW**

Prawns sautéed in garlic butter and aged rum, served over a velvety lobster bisque with spanish chorizo, accompanied by coconut rice

Langostinos Caprichos del Mar \$99.000

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

Tuna del Viento \$89.000

Tuna tataki marinated in soy sauce and ginger, coated in sesame seeds, passion fruit emulsion with aji amarillo, and served with a seasonal salad.

*Caracol a la Isleña \$59.000

Caribbean conch is 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 Sotavento \$83.000

Grilled salmon over wheat salad with cucumber, confit tomato, spinach, bell pepper, and mint. served with yogurt sauce, balsamic reduction, and crispy sweet potato.

Pescado Run Down (pesca artesanal) \$89.000

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

Pescado Providencia \$84.000

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

Filete de Pescado White Watta \$115.000

Catch of the day over yuca purée, topped with a seafood bisque-based sauce with chunks of lobster, shrimp, and calamari in coconut milk, island spices, and sautéed vegetables.

Pescado Artesanal del Muelle \$86.000

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

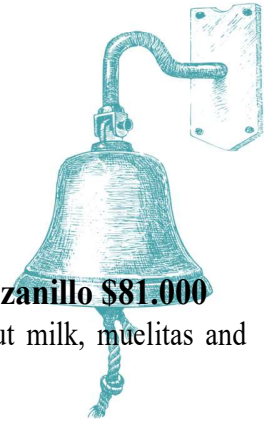
Sopa Rustica de Pescado \$72.000

Fish, yuca, yam, plantain, coconut milk, island spices, basil, and cilantro.

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

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RICES

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

Rice flavored with island spices and coconut milk, served with sautéed vegetables.

Paella de Arroz Chaufa \$81.000

Chaufa-style rice finished in paella with shrimp, calamari, fish, crab, and clams, a touch of ají amarillo sauce, crispy quinoa, and ceviche-style salad

*Arroz de Cangrejo Playa Manzanillo \$81.000

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

*Arroz de Langosta \$205.000 (para compartir)

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

Arroz Caldoso de Champiñones \$49.000

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

PASTAS

De Mares \$62.000

Seafood Spaghetti: Shrimp, squid, and mussels in your choice of Neapolitana (tomato) sauce or creamy white sauce.

*Orzo de Langosta al Limone \$100.000

Orzo 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 Spaguettis

Spaghetti pesto with shrimp.

Spaguetti Primavera \$57.000

Sofrito of roasted bell pepper and tomatoes, smoked cheddar, spinach, and burrata.

Pasta del Muelle \$73.000

Short pasta with crab, in a carbonara sauce, gratinated with Parmigiano Reggiano cheese.

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.

Panceta de Cerdo Crocante \$55.000

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

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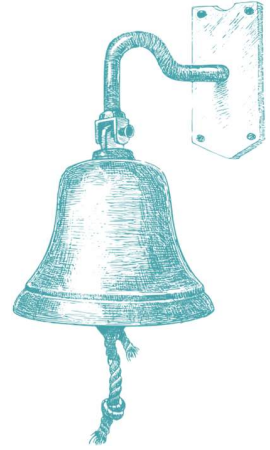
Pollo Encantador \$53.000 **NEW**

Grilled chicken breast topped with a citrus lemon and orange sauce, Parmesan crisps, served with salad and mashed potatoes.

Mar y Fuego \$108.000 **NEW**

Beef Tenderloin Medallions and Prawns served over rustic mashed potatoes with sweet corn and chives, topped with house sauce and crispy spanish chorizo.





CHILDREN'S MENU
(Under 12 years)

STARTER

Breaded shrimps \$19.000

MAIN-DISHES

Spaghetti in Alfredo or Neapolitan sauce with Chicken \$25.000

Grilled mini baby beef, white rice \$32.000

Grilled Chicken with rustic potatoes \$23.000

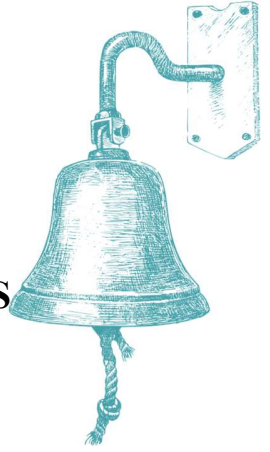
Breaded fish fillet with butter pasta \$38.000

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 to file your complaint.





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

Coconut Pie \$22.000

Lemon Pie (slightly frozen) \$22.000

Brownie Ice-cream \$20.000

Iced Coffee Cake \$26.000

Banana Caprichosa \$22.000

Chocolate tartlet with passion fruit. \$25.000

Piña Colada Cheesecake (non- alcoholic) \$30.000

Panna Cotta with Corozo Syrup \$24.000

Ice-cream cup (one flavor) \$15.000

Combined Ice-cream cup \$20.000

Chocolate ice cream cup \$25.000

C O F F É

Americano Coffee \$6.000

Espresso Coffee \$7.000

Coffe Latte \$9.000

Herbal tea \$6.000

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