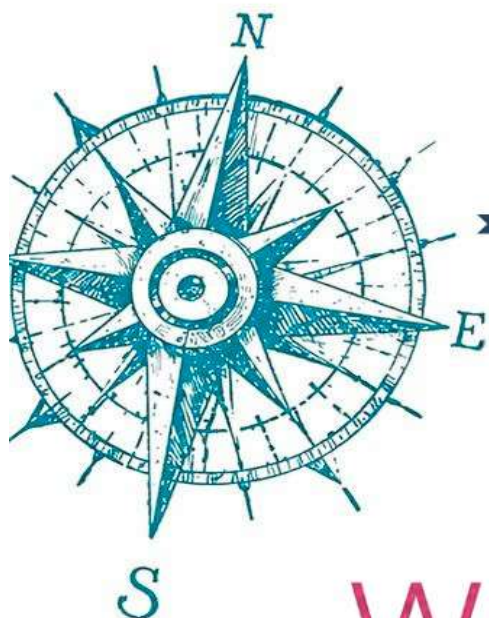




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W E L C O M E



LA REGATTA

*Cocina Caribeña*

GLORIA & GUILLO BASMAGI

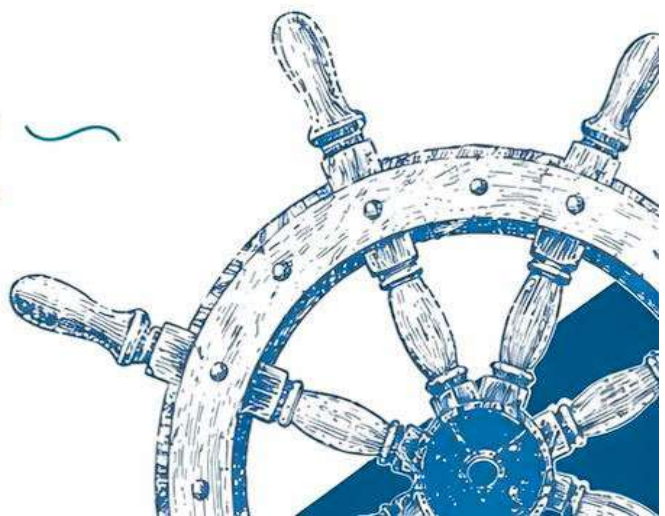
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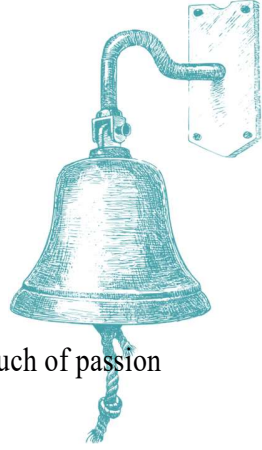
*años*

• SINCE 1999 •

[www.restaurantelaregatta.com](http://www.restaurantelaregatta.com)

 laregatta  Restaurante La Regatta





## COLD APPETIZERS

### **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.

### **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 \$62.000**

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

### **Pila de Camarón \$55.000**

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

### **Tostadas de Salmon \$64.000**

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 On The Side \$30.000**

Fresh lettuce and vegetables.

## SIDES (Portion)

**Coconut rice \$ 11.000**

**White rice \$10.000**

**Mashed potatoes \$10.000**

**Fried green plantains \$14.000**

**Guacamole \$10.000**

**Sautéed Vegetables \$20.000**

**Breadfruit portion \$15.000**

**Breadfruit ribbons \$12.000**

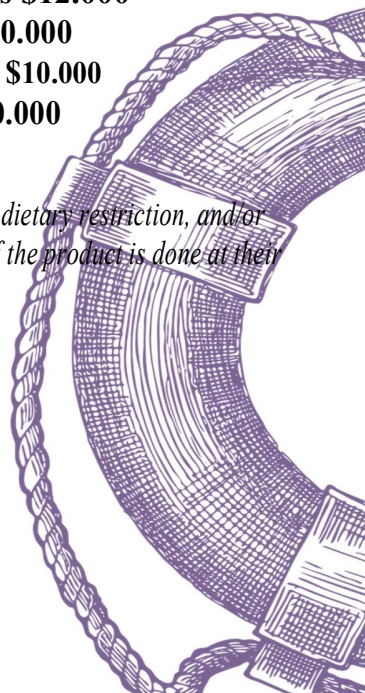
**Green plantain slices \$12.000**

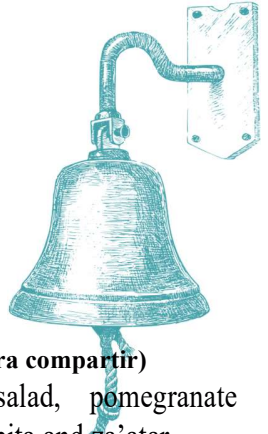
**Rustic potatoes \$10.000**

**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 Azul \$68.000**

Garlic, butter or spicy.

### **Camarones San Luis \$45.000**

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”.

### **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.

*\* 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 \$33.000**

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

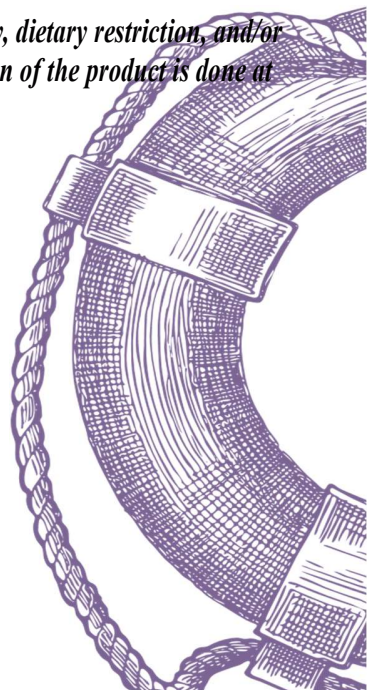
### **Sopa de Pescadores \$33.000**

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

### **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.

### \*Fiesta Náutica \$250.000(para compartir)

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 \$115.000

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

### 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 Sea Flower \$115.000

Breaded Prawns with a citrus passion fruit sauce and ceviche-style pearl onions, served over creamy potato and coconut purée.

### Langostinos Lemon Town \$115.000

Sautéed in lemon-caper butter, served over creamy coconut rice.

### \*Caracol a la Isleña \$59.000

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

## FISHES

### Salmón Sorrel \$85.000

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

### Salmón Sotavento \$87.000

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 \$87.000

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

### Filete de Pescado White Watta \$115.000

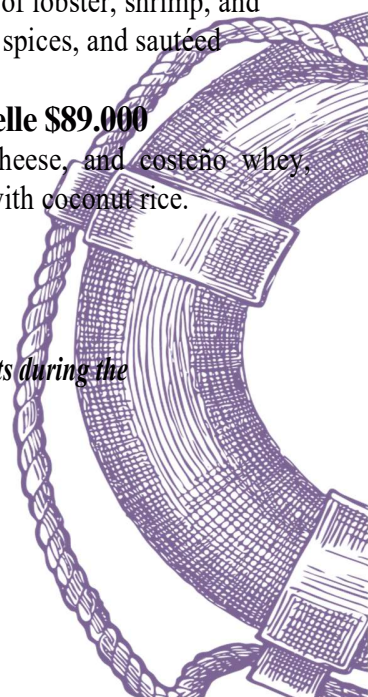
Catch of the day over yuca purée, topped with a seafood bisque-based sauce with chunks of lobster, shrimp, and calamari in coconut milk, island spices, and sautéed vegetables.

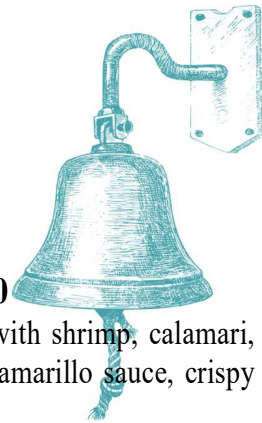
### Pescado Artesanal del Muelle \$89.000

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

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

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## RICES

### Arroz del Mar \$85.000

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

### Arroz de Camarones Paradise \$66.000

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

### Paella de Arroz Chaufa \$85.000

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 Caldoso de Champiñones \$65.000

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

## PASTAS

### De Mares Blanco \$65.000

Seafood Spaghetti: Shrimp, Squid, Prawns, Mussels, and Parmigiano Reggiano cheese in a creamy Béchamel.

### \*Orzo de Langosta al Limone \$105.000

Orzo pasta, with lobster in a creamy lime sauce and Parmigiano Reggiano, with a touch of Aleppo pepper and truffle oil.

### De Mares Rojo \$62.000

Seafood Spaghetti: Shrimp, Squid, Prawns, Mussels, and Parmigiano Reggiano cheese in Neapolitan sauce.

### Pasta el Faro \$52.000 Spaguettis

Spaghetti pesto with shrimp.

### Pasta del Muelle \$75.000

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 \$75.000

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

### Panceta de Cerdo Crocante \$70.000

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

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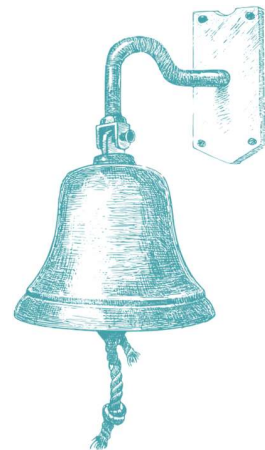
### Pollo Encantador \$65.000 **NEW**

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

### Mar y Fuego \$115.000 **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)

### MAIN-DISHES

**Spaghetti in Alfredo or Neapolitan sauce with Chicken \$35.000**

**Grilled mini baby beef, white rice \$40.000**

**Grilled Chicken with rustic potatoes \$35.000**

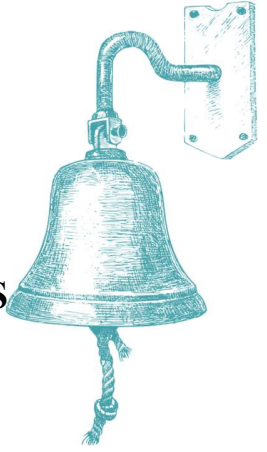
*La Regatta a Charm in the Caribbean*

#### 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 \$25.000**

**Lemon Pie (slightly frozen) \$28.000**

**Brownie Ice-cream \$20.000**

**Iced Coffee Cake \$28.000**

**Banana Caprichosa \$25.000**

**Chocolate tartlet with passion fruit. \$28.000**

**Piña Colada Cheesecake (non- alcoholic) \$27.000 **NEW****

**Panna Cotta with Corozo Syrup \$25.000**

**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 \$7.000**

**Espresso Coffee \$7.000**

**Coffe Latte \$9.000**

**Herbal tea \$6.000**

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