



JARÄNA

ENGLISH MENU

LUNCH TASTING MENU - 35€

PER PERSON (VAT INC - MIN 2 PEOPLE) - TILL 16:00HR

TAPAS TO SHARE

MARINERA WITH CANTABRIAN ANCHOVY

A classic from Murcia: crispy rosquilla topped with the finest anchovy from the north.

SEAFOOD "PICAETA" TAPAS

Fresh small fish, lightly coated in chickpea flour and fried to perfection. A gluten-free burst of the sea.

TRADITIONAL MURCIAN SALAD

Tomato, onion, egg and tuna. Fresh, simple and full of familiar flavour.

SELECTION OF SPANISH CHEESES

A characterful assortment for true cheese lovers.

TOASTED COUNTRY BREAD WITH TOMATO & AIOLI

Chargrilled rustic bread served with natural tomato and homemade garlic aioli. A table essential.

RICE (MIN 2 PER)

ARROZ DEL SENYORET

Shelled seafood and deep marine flavour. An elegant Mediterranean election.

RABBIT & ESCARGOTS RICE

A rustic classic with tender rabbit with "serranas" snails and mountain herbs.

ARROZ DE POLLO Y AJETES TIERNOS

The classic, tender chicken.

VEGETABLE & WILD ASPARAGUS RICE

A vibrant, colourful vegetarian rice full of freshness.

LOBSTER RICE (+€6 SUPPLEMENT)

Succulent lobster and rich stock - a celebratory rice dish.

BESIDES RICE..

LAMB CUTLETS

Tender, golden and perfectly grilled. A jewel with a noble, earthy flavour.

MARINATED SALMON

Fresh and juicy with citrus notes. Marinated in-house, just as it should be.

IBERIAN PORK "SECRETO"

A succulent cut, lovingly chargrilled. Deep flavour and with an irresistible texture.

SPECIALS (+6€ SUPPLEMENTS)

IBERIAN RIBS

WITH JACK DANIEL'S SAUCE

Tender, juicy ribs glazed with a Jack Daniel's reduction. Full of character and smoky sweetness.

BLUEFIN TUNA TATAKI

Seared on the outside, raw at the centre - with a Japanese soul. Pure elegance in every slice.

JARANA FILLET STEAK - TRADITIONAL STYLE

A noble cut, classic recipe, and a homely touch. A timeless favourite that always satisfies.

OR...OUR GRILLED MEAT SELECTION

(MIN 2 PEOPLE)

A CAREFULLY SELECTED VARIETY OF PRIME CUTS, SERVED WITH HOMEMADE SIDES AND THE CHEF'S SIGNATURE SAUCE

DESSERT

AN ASSORTMENT OF HOMEMADE SWEETS TO SHARE AT THE CENTRE OF THE TABLE.

1 DRINK INCLUDED & COFFEE/TEA

One drink per guest included. Options: soft drink, beer or water.

ALLERGIES INFORMATION
ASK TO OUR STAFF



DAIRY



GLUTEN



EGGS



FISH



NUTS



SEA FOOD



CRUSTACEAN FREE

ENTREES

SANTOÑA ANCHOVY BITES A twist on the classic Murcian style, served on crispy salty bread & premium northern anchovies.	2.80 €	CHEESE BOARD WITH SWEET TOUCH & CRACKERS Cheese Board with Sweet Touch & Crackers.	13.50 €
CHARGRILLED RUSTIC BREAD WITH TOMATO & AIOLI Smoky payés bread, rubbed with fresh tomato & homemade garlic aioli. A must-have on the table.	4.50 €	MARINATED SARDINE TOAST ON CRYSTAL BREAD Toasted de sardina marinada en pan de cristal con vinagreta de frutos secos.	5.50 €
SEA BITES - LIGHTLY FRIED FISH Fresh baby fish coated in chickpea flour. Crispy & addictive.	18.50€	WANTOU CON PULLED PORK Y NUBE DE PARMESANO Juicy shredded pork wrapped in wantou, topped with a fluffy parmesan finish.	6.00 €
HAND-CARVED IBÉRICO HAM D.O. Ibérico ham, hand-carved to order.	18.00€	GRILLED OCTOPUS & TRUFFLED POTATO PARMENTIER Tender grilled octopus over truffled potato purée, finished with a light parmesan cloud.	22.00 €
BROKEN EGGS WITH IBÉRICO HAM Free-range eggs over rustic potatoes, topped with delicate slices of Ibérico ham.	18.00€	GRILLED LOCAL SQUID Fresh local squid, grilled to enhance its natural flavour.	17.00 €

SALADS

RAF TOMATO WITH TUNA BELLY & PICKLED RED ONION The finest local tomato paired with juicy tuna belly.	11.50 €
WARM BABY EELS & PRAWNS WITH LIGHT VINAIGRETTE A delicious taste of the sea in a warm salad.	12.50 €
CHARGRILLED CHICKEN CAESAR SALAD Flame-grilled chicken with Caesar dressing & fresh greens.	10.90 €

RICE MIN 2 PEOPLE - ONLY LUNCH TILL 16:00HR

SENYORET SEAFOOD RICE Seafood rice, Jarana-style. All flavour, no shells.	18.00 €
RABBIT & WILD HERBS RICE Traditional country-style rice from our region.	17.00 €
CHICKEN & BABY GARLIC SHOOTS RICE A refined take on the classic. Tender chicken, fresh garlic.	17.00 €
LOBSTER RICE Juicy lobster, rich broth - a true celebration dish.	19.50 €
SEASONAL VEGETABLE RICE Creamy rice cooked in a traditional “sofrito”, with fresh garden vegetables.	15,00 €

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OUR GRILL SELECTION
(Minimum 2 people)

A SELECTION OF CHARCOAL-GRILLED MEATS
INCLUDING ENTRECÔTE, CHORIZO, IBERIAN PORK & RIBS
SERVED WITH SIDES.

(*) CUTS MAY VARY DEPENDING ON MARKET AVAILABILITY

19.50 € /person

MEET

CHARGRILLED LAMB CHOPS Tender, golden and grilled to perfection.	19.00 €
IBERIAN RIBS WITH JACK DANIEL’S SAUCE Slow-cooked, smoky and glazed with a bold JD-style sauce.	17.50 €
BEEF TENDERLOIN WITH ROSEMARY BUTTER Premium cut, house-seasoned with rosemary butter.	24.00€
AGED TOMAHAWK STEAK (APPROX. 1.2KG) A clean-cut, flavour-packed showstopper.	58.00 €
IBERIAN “SECRETO” WITH MILD CHIMICHURRI Lovingly grilled, full of flavour.	16.50 €
MARINATED FREE-RANGE CHICKEN House-style, marinated with our secret spice blend.	13.50 €
GRILLED IBERIAN ‘TEARS’ Juicy, flame-grilled bites of Iberian pork.	15.00 €
AGED ENTRECÔTE (300G) Noble cut, classic preparation with our signature touch.	21.00 €

BURGERS

CRISPY BURGER CANALLA Crispy golden chicken with lime & honey coleslaw, mild chipotle alioli and fresh lettuce, served in toasted black brioche. Served with homemade fries.	16.00€	JARANA BURGER Aged beef burger with port-caramelised onion, crispy bacon, premium blue cheese and honey mustard sauce, served in a toasted red brioche bun. Served with homemade fries.	17.00 €
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FISH

GRATINED COD WITH ALIOLI Oven-baked cod loin over a bed of confit tomato, topped with a smooth alioli (garlic) gratin.	16.50 €
BAKED SEA BASS WITH GARLIC & POTATOES Slow-baked white fish with classic garnishes.	18.50 €
TUNA TATAKI WITH COCONUT AJOBLANCO & SESAME Seared tuna with a raw centre and a Japanese soul. Pure elegance in every slice.	16.50 €
HOUSE-CURED SALMON WITH RICE & CAVA SAUCE A unique piece, naturally marinated and served with rice and a cava-infused sauce.	16.50 €

DESSERT

CHEESE CAKE	5.50 €
FRIED MILK WITH VANILLA ICE CREAM	6.00 €
NUTELLA CRÊPE WITH ICE CREAM	5.00 €
CHOCOLATE COULANT WITH ARBEQUINA OLIVE OIL WITH MALDON SALT & VANILLA ICE CREAM	6.00 €
BROWNIE WITH VANILLA ICE CREAM	5.50 €
SEASONAL FRUIT	4.50 €
JARANA ICE CREAM (1 OR 2 SCOOPS)	3,50 - 5.00 €

MINI CHEFS MENU (KIDS) 16.50€

BRAVEHEART RICE Soft rice with shredded chicken and sweet veggies.
MINI JARANA BURGER Mini beef burger with mild cheese, served with homemade chips.
PIRATE SKEWER Chicken skewer with cherry tomatoes and courgette, served with white rice or mash.
MINI HAKE BOATS Crispy hake fillets with potatoes and a light lemon sauce.

MINI HOMEMADE YOGHURT WITH FRUIT
MINI BROWNIE WITH ICE CREAM SCOOP
FRUIT CUP WITH JELLY SWEETS
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WATER OR LITTLE SODA



AFTER-HOURS MENU

SNACKING IS JARANA FROM 16:00HR TO 00:00HR

GILDA JARANA A bite with Atlantic inspiration and Mediterranean soul.	3,80 €	COD FRITTER Mini format – crispy on the outside, juicy on the inside.	2.80 €
PRAWN FRITTER A southern classic: delicate crunch with a heart of the sea.	2,80 €	PREMIUM PORK LOIN TOAST On crunchy bread with aged cheese.	3.20 €
HOMEMADE CROQUETTE (1PC) Choose yours: Iberian ham, baby squid, or blue cheese & walnut.	2.20 €	CRISPY CHICKEN LOLLIPOP Mini seasoned drumstick, fried to order.	2.90 €
CURED CHEESE & QUINCE SKEWER A cold bite – full of flavour and elegance.	2.50 €	MINI TUNA BITE The classic “empanadilla”, in a light bite-sized version.	2,50 €
SOBRASADA & HONEY TOAST Crunchy, rich and full of sweet-savoury contrast.	2.80 €	O'O ANCHOVY FROM SANTOÑA Cantabrian silk – fine, salty... ready to break the ice.	3,00 €

HOMEMADE CAKES

<ul style="list-style-type: none"> • Immoral Chocolate – 4,50 € Dark, moist, intense. No apologies. • Green Temptation – 5 € Delicate pistachio cake with a creamy soul. • Carrot Crime – 4,50 € Spiced carrot sponge cake with vanilla frosting. Irresistible. 	<ul style="list-style-type: none"> • The Garden Pie – 4,20 € Tart apple, soft crust, and that fresh-from-the-oven smell.
Gluten-Free Options – 5€ Are you gluten-free? No worries! Ask our team and we'll help you choose the tastiest options for you.	

BELGIAN WAFFLES

<ul style="list-style-type: none"> • The Classic – 3,5 € Just powdered sugar. As it should be. • ChocoMadness – 4,50 € Waffle with Nutella and hazelnuts. Sweet, crunchy and sinful. • Enchanted Forest – 4,80 € Berries, warm coulis and a hint of mint. 	<ul style="list-style-type: none"> • Vanilla Delight – 5 € Warm Nutella and a scoop of vanilla ice cream. Hot-meets-cold magic. • Cold Jarana – 6 € Berry ice cream and coulis over a warm waffle. Irresistible temptation.
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SWEET CREPES

<ul style="list-style-type: none"> • Nutella – 4,50 € Needs no introduction. Order two. • Sweet Sin – 4,50 € Warm dulce de leche melting between folds. 	<ul style="list-style-type: none"> • The Classic with Cream – 4 € Homemade jam of the day with whipped cream. Tradition and tenderness.
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JARANA COFFEES

- **Espresso / Solo – 1.40 €**
- **Double espresso / Machiatto– 1.60 €**
- **White coffee – 2.00 €**
- **Latte – 3.00 €**
- **Cappuccino / Italiano – 2.50 €**
- **Carajillo – 1.80 €**
- **Burnt carajillo – 2.25 €**

- **Bombón – 1.80 €**
- **Americano – 2.00 €**
- **Macchiato Long – 1.80 €**
- **Irish coffee – 4.50 €**
- **Ice coffee – 3.50 €**
- **Belmonte – 2.00 €**
- **Asian coffee – 5.00 €**

TÉAS JARANA 2,5€

- **Black tea with cinnamon**
- **Earl Grey black tea**
- **Sencha green tea**
- **Roiboos tea with vanilla**
- **Chamomile-lemon balm**
- **Red fruits tea**
- **Pacific fruits tea**
- **Mint tea**

COCKTAILS JARANA STYLE

• **Aperol Spritz – 7 €**

Light, sparkling and refreshing. An Italian classic to open the night and bring out the smiles.

• **Caipirinha – 8 €**

Straight from Brazil: lime, sugar, cachaça and the urge to dance. Tangy, sweet and bold.

• **Cosmopolitan – 8 €**

Glam in a glass: vodka, cranberry, lime and triple sec. Sophisticated and provocative.

• **Daiquiri (sabores) – 8 €**

Strawberry, mango, passion fruit...choose your flavor with rum for tropical magic.

• **Espresso Martini – 9 €**

The go-to for the unstoppable: vodka, coffee, liqueur and an elegant energy kick.

• **Manhattan – 9 €**

Whiskey, vermouth and bitters. Classic, strong and serious... until it's not.

• **Mai Tai – 9 €**

A trip to paradise: dark rum, light rum, almond and citrus. Sweet, exotic and dangerous.

• **Jarana Explosiva – 12 €**

The star cocktail: served with a smoke bubble that bursts at the table, releasing aroma and spectacle. You don't just drink it, you see it, smell it, and remember it.

• **Margarita – 9 €**

Tequila, triple sec and lime. Perfect acidity, salt on the rim and a party in every sip.

• **Mojito – 8 €**

Fresh mint, lime, sugar, rum and bubbles. Refreshing and ready to break the ice.

• **Moscow Mule – 9 €**

Vodka, lime and ginger beer. Spicy and vibrant, served in a copper mug, because classics can be cool too.

• **Orgasm – 9 €**

Cream, coffee liqueur and amaretto. Sweet, smooth, seductive. Liquid pleasure.

• **Negroni – 9 €**

Gin, Campari and red vermouth. Bitter, intense, perfect for those who know what they want.

• **Piña Colada – 8 €**

Rum, pineapple and coconut. One sip and you're on the beach—even if you haven't left town.

• **Sex on the Beach – 8 €**

Peach, orange, cranberry and vodka. Fruity, fun and cheeky—just like a summer night.



Share your Jarana's experience



Jarana Gastrobar | Quesada



@jaranarestauranteoficial