



The purest and authentic way of enjoying tuna

Akami sashimi	9€
Chu-Toro sashimi	9€
O-Toro sashimi	11€
Sashimi trilogy	12€

The traditional Japanese way to serve tuna on a rice ball gently spiced.

Akami nigiri	3.50€
Chu-Toro nigiri	3.50€
O-Toro nigiri	4.50€
Toro nigiri with Batayoyo sauce (Butter and soy)	5.50€
Chu-Toro nigiri with asetra caviar	6€
Akami Kobu jime nigiri	4€
Umami Toro nigiri Truffle and shitake	4€

Tekamaki <i>With tuna loin</i>	10€
Negitoromaki <i>With tuna tartar and spring onion</i>	10.50€
Kimchi Uramaki and crispy nori seaweed <i>With Chu-Toro</i>	11.50€
Egg Uramaki <i>With Akami, egg yolk and salmon roe</i>	12.50€
Toro Chumaki <i>With soy, cucumber and leek</i>	12.50€
Roasted O-Toro Uramaki <i>With avocado and sesame sauce</i>	12.50€

Bread and appetizer service **2.50€**

Terrace supplement 10%

We have two tasting menus
(It's served at full table)

Regulation (EU) n° 1169/2011

In accordance with regulations, this establishment has Information available on allergies and food intolerances. Please ask our staff.

Oyster and tuna belly **20€**
With pisco sour foam and seabed

Sobrasada (cured sausage) of tuna **20€**
With monkfish medallion and white garlic pinions

Akami tartar **14€**
With quail egg yolk, crispy celery and turnip, grilled pineapple and pickled negi onion

Lightly roasted Chu-Toro tiradito **16€**
with roasted red pepper, crunchy quinoa and pomegranate-sumac dressing

Carpaccio of tuna belly **14€**
With mustard ice cream, tomato tartar and foam of Mediterranean oil

Red aguachile of tuna belly and shrimp **16€**
With kaiso algae and tobiko

Chu-Toro Tartar **18€**
With trumpet of death mousse, artichoke and ham reduction

Akami Nikkei ceviche **16€**
With citrus based marinade

Warm pickled tuna head meat **16€**
With mango and citrus carrot foam

And our cooked recipes

Tuna ear **18€**
With bone marrow and Akami tartar

Homemade tuna croquettes **10€**

Broken egg with tuna loin **18€**
And black truffle with potato creamed and pork reduction

Scorched rice with tuna stew and romanesco **22€**

Ratatouille with tuna tail **16€**
And emulsion of edamame, sisho and green curry

Tuna harmonica **14€**
With crayfish and iberian ham reduction

Tuna belly brasied **20€**
With emulsion of porcini mushrooms, glazed shallot and cream of parsnip

Harmonica with Korean glaze **18€**
With cauliflower cous cous

Deboned collar **20€**
With Lamb chops, feta cheese and hummus

Tuna cheek **18€**
With mushrooms catalonian stew

Tuna sirloin steak **24€**
With onion textures and grilled foie gras

Warm tuna head meat **20€**
With vegetables and mushrooms with clams in green sauce



Access to all the information of **Tunateca Balfegó** with your smartphone

The **bluefin tuna** has been during centuries one highlighted aliment in the Mediterranean diet thanks to its numerous properties, beneficial to health.

In its composition, it emphasizes the presence of **omega-3** fatty acids.

It's rich in minerals as selenium, phosphorus and magnesium, it provides different vitamins (A, B, B3, B9, B12, D) and constitutes an excellent proteins source with high biological value.

It's worth to mention that the high content of selenium in **bluefin tuna** is higher compared to other aliments. Having found amounts up to 17µg/g.

Numerous scientific studies prove that selenium is very beneficial for the health, since it is a microelement involved in antioxidative processes and neutralizes the harmful effect of mercury, that contrary to popular belief, in **bluefin tuna** is found in amounts well below those legally permitted by law.

The **bluefin tuna** exceeds the average protein of most fish and many meats, which makes it an optimal food for the nourishment of children and people who perform physical activity.