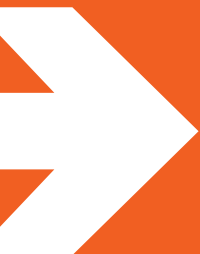


gastronomic guide of santiago de compostela





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- a cocíña global. el progreso. 2006. alimentos de españa 2006 award to the best informative continuous work (column).
- dicionario galego de gastronomía. santiago de compostela: editorial lea, 1998.
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instructions for use

The main objective of this guide is to make the information access easier for users. This is why diverse indexes sorting the info into different criteria are included at the end. It begins with a section that deals with the culinary products, uses and habits of Compostela, where the visitor will find detailed information on the meals that one will can get.

Following that section, there is a chapter referred to the routes of *tapas* (bar snacks) in Compostela, both those *tapas* of courtesy, provided for free together with the drinks and those ones to pay. In the first case, the *tapa* is simultaneously served with the ordered drink whereas the ones to pay must being ordered by the client. In this last case, there usually are menus or a board in which the available tapas and their prices are shown.

The cake shops and places serving sandwiches, which abound in any university city like Compostela, and the gourmet shoppings complete the first part of the guide.

Next, there is an alphabetic list of restaurants in which a wide info of them is offered: location, contact, cooking type, closing days, estimated prices, capacity... Expressions like “private room”, “credit cards”, “reservations”, etc., entail the existence of such services in the restaurants in question. If the expression does not appear means that such a service is not offered in that restaurant.

After the restaurants, an alphabetical list of the *tapas*, portions and sandwiches places, gourmet shops, delis or patisseries is offered.

The third part of the guide belongs to the indexes, where one will can search for an establishment following several criteria:

- © By alphabetical order
- © By areas
- © By type of cuisine
- © By medium price





the gastronomic history of a crossroads



Jorge Guitián
(Historian and gastronome)

Compostela has always been a place related to a Road. A thoroughfare, a place of arrival and a confluence of cultures and traditions that mark, since centuries, its peculiar character, the character of the natives of Santiago de Compostela, the city and, of course, its gastronomy.

Even before Compostela existed, there was a road, a thoroughfare through which users of roman routes from ancient Gallaecia travelled between Iria Flavia and the unknown Asseconia. Probably, there was a quite important village located here, a rest place where travellers spent the night and cooked, sowing a thousand-year-old tradition.

On the other hand, the natural conditions of Compostela, located in the transition between coast and inland Galicia, plus the weather of Rías Baixas and the most impetuous river towards the north, turned this place into an ideal location, regardless of the historical circumstances,

and helped to merge the products and the gastronomic traditions throughout Galicia. The city has always had a good provision of *grelos*, which have a characteristic flavour thanks to the cold weather of Ordes and Oroso, fruits and vegetables from Val da Amaia and Ulla, which has always been its natural larder, and fruits from the neighbour coasts of Noia and Arousa...

Historically, we have few culinary knowledge related to the city, however, there are some elements that can describe its gastronomic history. Since its high medieval origins, the city had an important market, one of the most popular of the country once, originally located in the old Praza do Pan or Praza do Campo (currently, Cervantes) and in the nearby streets. From then on, guilds started to settle in different parts of the city and their mark is still visible in the streets' names, such as Pescadería Vella, Carnicería or Campo do Forno.

It is probably in this medieval period when some traditional recipes emerged as we currently know them. The reasons are numerous, and together with the above mentioned traditional elements, it is important to take into account the increasing traffic of pilgrims that arrived from all parts of Europe and the settlement of the main religious orders. The first historical document concerning Compostela's medieval gastronomy is carved in stone, and is located in Pazo de Xelmírez. There we can see a person who is probably carrying a direct precedent of our current pies. Álvaro Cunqueiro believed it was cooked with lamprey, following the tradition of Baixo





Ulla (region), and it is said that he even asserted that any attentive gastronome can capture the subtle smell of the filling emerging from the stone.

Undoubtedly, Compostela owes convent baking the sweetest dish of its cookbook. Religious orders introduced in the city recipes with almonds and yolk, foreign traditions that prompted specialities such as the Tarta de Santiago (Santiago's cake), in the same way that contributed to the origin of other Galician traditional sweet dishes, such as the Almendrado de Allariz (Allariz's almond pie). However, the monastic contribution is not limited to bakery. The Franciscan Order, specifically the convent of Herbón (Padrón), probably introduced in Galicia one of the most famous products: Padrón or Herbón peppers, which bear both names. Although other theories relate their introduction in Galicia with Alonso de la Peña y Montenegro, native to Padrón and bishop of Quito (17th century), it is more acceptable to think that these peppers were brought by a Franciscan from the Mexican missions. We are not talking about a product that is purely native to Compostela, but it is true that the 20 kilometres distance that separates the city and its cultivation zone turns these peppers into a regular product in our markets and tables.

As centuries went by, the medieval market continued growing and by the time it had extended throughout the new streets of this historical city, the cattle market started to increase outside the town too. In the 19th century, it was moved to Carballeira de Santa Susana, in the heart of Parque da Alameda. There are still many people from Compostela that remember the cattle passing through centre zones such as Rúa da Senra or our current Praza de Galicia. And together with the cattle fair, many traders arrived.

It was traditionally celebrated on Thursdays when restaurants and taverns were crammed with people. Currently, Thursday is a day when many of these shops still serve some of the most popular dishes from Compostela, such as knuckle (the most popular is the one from Vilas restaurant) or tripe (the ones that are famous are those from Casa Domínguez, in Sar, or those from Paredes, in Rúa das Carretas).

During that period of magnificent fairs and markets, other elements arrived to Galicia and are nowadays an indissoluble part of its gastronomic tradition. With the arrival of traders and skimmers from Zamora and La Maragatería (León), the use of pepper and dry fish was introduced. For example, the *pulpo a feira* (octopus boiled in fairs) arises from there, as well as many traditional recipes with codfish or relevant signs in our culinary identity such as the *allada* (garlic dressing).

In the middle of 19th century, the market was relocated to its current location, in the old plot of land of the Condes de Altamira. After many structural alterations made until the last half of the 20th century, the Abastos Market of Compostela became an element of the city's identity and nowadays it is one of the most active markets of Galicia. It is a place one has to visit if passing through the city, especially on Thursday that, according to the tradition, is still a big day.

The 20th century was a period for permanent change. The introduction

of new technologies into agriculture, fishing, transport or conservation made it possible to increase the supply and also to improve the products' quality. During the last decades, we have been suffering a supply's homogenization due to the market's globalization. The positive side of this phenomenon is the appearance of products in the city that until recently were unthinkable. Today, we can get a good and fresh French goose liver, spices from Southeast Asia or the best Australian or South-African wines. Luckily, this markets' globalization did not undermine the peculiarities of Santiago's tradition, reason why we can find good bread baked in a woodfired oven, the best pies, cheese from neighbour regions and we can continue enjoying the tripe served in restaurants on Thursdays.

In the last few years, a gastronomic eclosion occurred in the city. The changes the city has undergone in the last three decades (demographic growth, growth in the University, creation of Xunta de Galicia, the autonomous government, improvement in infrastructures) have undoubtedly conditioned the appearance of a new generation of cooks and restaurants that, for the first time, put Galicia, and outstandingly Compostela, in the international gastronomic scene. The pioneer of this trend, Toñi Vicente, has her own downtown restaurant. Besides, other especially interesting references have emerged most recently and include avant-garde cookery such as Casa Marcelo or El Mercadito. These businesses live in harmony with some of the classic names of Compostela's cookery, such as Vilas, Asesino, Fornos or Camilo. The opening in 1995 of the Centro Superior de Hostalaría de Galicia (Higher Institute

of Hotel Management of Galicia), linked to the Xunta de Galicia and the University of Santiago de Compostela, was essential to turn Compostela into one of the driving forces of gastronomic creativity and innovation in Galicia. The ability to combine the innovative spirit with a thousand-year-old tradition, without coming into conflict with each other, turns Santiago into an ideal destination for those who want to look at Galician gastronomic tradition in depth without relinquishing the most recent contributions.









the menu of compostela

the atlantic diet

The Atlantic diet is defended and recommended by the world's best nutritionists as a healthy way of eating. Apart from high consumption of fresh fish and the use of fresh, carefully selected garden, farm and sea produce, it features simple cooking methods, such as boiling or grilling, which not only guarantee genuine flavour but also preserve all the nutrients.

Thanks to Galicia's particularly high fish consumption, its residents have low levels of cholesterol and less cardiovascular diseases. In addition to the renowned anti-inflammatory and anticoagulant properties of omega-3 fatty acids present in fish, there are the antioxidant effects of wine, fruit and vegetables. As a whole, according to recent studies, this diet is a powerful ally in the fight against several degenerative conditions.

Beef, along with fish, is a protein source of great quality, the same as poultry and dairy products. And this, above all, in dishes for all tastes, the result of centuries of wisdom and now present, in appetising innovative preparations, on Compostela's dinner tables.

the empanada

The pie is probably the biggest contribution of Galician traditional cookery to the gastronomic world, but not because it is original or native to Galicia, in fact, it is not; but because of the level of quality and variety that this dish can offer throughout the country. It is said, without being an exaggeration, that Galicia coats any food in breadcrumbs. Fishes, meats, vegetables, tinned food, fruits, algae... In Galicia, everything makes a good pie filling.

This dish, as we have already mentioned, is not exclusive to Galicia, as it is prepared, with some variations, in other places of Spain and Europe. In any event, they are memories of a medieval cookery whose cookbooks always include this dish, whatever its geographical origin. However, this dish did not remain as strong and varied in other places as it did in Galicia, a place where pies were regularly eaten during the High Middle Ages. One of the most representative icons of this speciality can be found in Pazo de Xelmírez, adjacent to Compostela's Cathedral, where a guest is pictured eating a pie, a pie that Álvaro Cunqueiro imaged as filled with lamprey, even though this stone representation does not reveal the actual filling. A pie is also pictured in the Pórtico de la Gloria in Compostela's Cathedral which dates back from that period too (12th century).





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However, nowadays not all pies are the same in Galicia. Apart from the different local customs revolving around this dish's preparation, we can divide the pie world in two big groups, according to the type of dough. There are pies prepared with wheat bread which are common throughout Galicia, and there are pies elaborated with cornbread, which are more common in certain coastal areas in the province of Pontevedra and in the south of A Coruña. Noia could be the capital city of corn pies.

In general terms, we can say that the corn pie is exclusively a fish pie elaborated mainly with sardines or cockles, including those prepared with a mixture of them, or both. In Barbanza, in the municipalities of Rianxo and Boiro, a very special type of cockle pie is cooked. For this pie, molluscs are fold into the dough in their shell; therefore they open in the oven and wet the dough with their natural juices. Obviously, it is necessary to exhaustively clean the cockles before eliminating the sand and folding them into the dough.

While the corn pie is elaborated in certain zones of the country, the wheat pie is common throughout Galicia. Any traveller can find in any part of the country a pie elaborated according to the location, it may have a thinner or a thicker dough, it may be simply a bread dough or a *gramada* dough (reknead) with the filling's oil, which in Galicia has as many names as the number of regions of the country: *mexunxe*, *zaragallada*, *amoado*, *guiso*, *molo*, *rustrido*, *sofrito*... and up to 20 different names collected by Fina Casallerrey and Mariano García in the book "El Libro de la Empanada" ("The pie's book").

As we said, in Galicia any food can be coated in breadcrumbs. So, with wheat dough we can find fish pies (sardines, conger eel,

codfish, lamprey...), seafood pies (crayfish, octopus, squids, razor-shells, scallops...), tinned food pies (tuna, tinned sardines...), vegetable pies (mushrooms, turnip greens...), sausage pies (*forquellas*, sausages, *androlla*...), meat pies (fillet steak, chicken, rabbit, T-bone steaks, bacon...), and sweet pies as a dessert or afternoon snack (cracklings, apples...). Despite the huge variety of pies elaborated in Galicia, in bars and restaurants we can find fish pies made mainly of tuna or codfish (normally with raisings) and meat pies made of fillet steak or *zorza* (meat preserved in wine and paprika). In Santiago, the conger eel pie elaborated in the tavern O Gato Negro has a well-deserved special reputation. Sweet pies (especially those of apple or cracklings) are more common in bakeries and cake shops.

Dish, bread and complement

Pies are both the bread and the *compango* (complement), but also play an important part in picnics in the country, beach picnics or as a meal for agricultural work, such as harvesting, threshing and other similar activities.

A pie essentially consists of two layers of dough surrounding the filling. It is baked in the oven and eaten hot or cold, depending on the type of pie and the situation in which it is consumed. In the case of corn pies, and due to the little plasticity of the dough, they usually have many parts: Instead of an inferior layer of dough and a superior layer covering the filling, corn pies are usually elaborated with small portions of

dough where filling is incorporated. They seem to be made of “remnants” and look more like a cake, instead of a pie.

In the countryside, pies are traditionally eaten with the hands, as if they were snacks. So, don't be surprised if you see someone in a restaurant eating this Galician dish in that way, because it is normally served as the first course.

seafood

Galicia is a seafood country. That's the way the people of this country want it. They love their seafood above everything, and those who are foreigners and look for quality, abundance and low prices, will find the two first elements, however, they should be careful with the prices they pay.

When an exquisite product is limited and the demand is too high, the same thing happens always: prices increase, sometimes up to unforeseen figures. And the seafood world cannot be unaware of this universal trend.

In Galicia, travellers will find two well-different kinds of seafood: the good and the unbeatable. Good seafood comes to our land from Britain, Ireland or Scotland, Galicia's brother countries, because our sea treasure is their treasure too.

But if you wish to find the taste of the real sea essence, you should seek for the Galician seafood, born, raised and captured in our Ria, in some of the cases, an in our seas in the other ones. All the experts on this subject agree that there is no seafood in the world similar to the Galician one. It is no easy for the expert to distinguish between the Galician seafood and the imported

one. There is no infallible rule: the good seafood is never cheap. In other words, the cheap seafood will be the imported one. Though it will not be the excellent quality seafood.

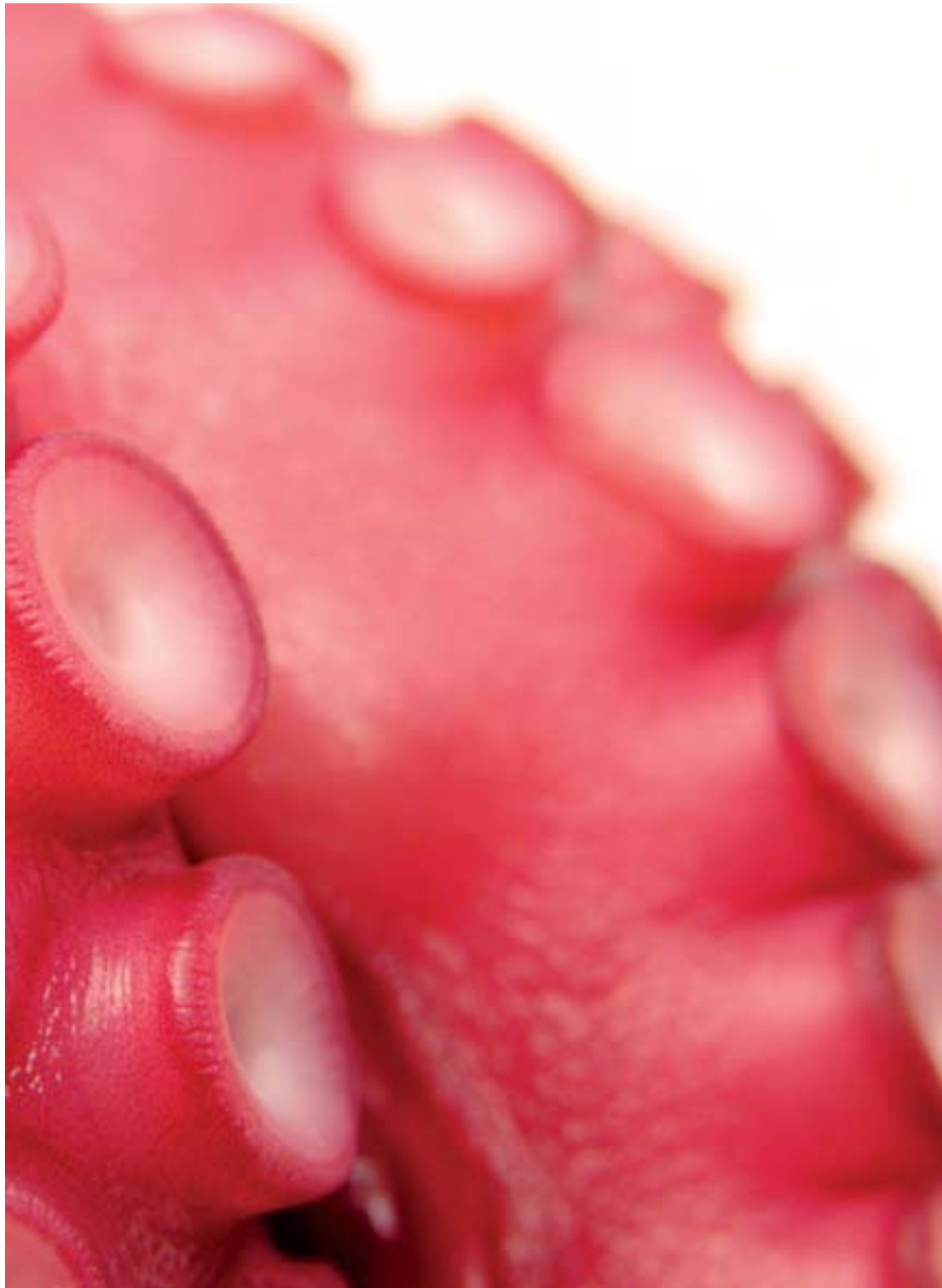
Thus, being Galicia a privileged country as long as sea products are concerned, you will not find here shrimps and species from the Mediterranean Sea -for example- and which are not also produced in our country. In Galicia you can try the best lobster, clawed lobsters, prawns, crayfish, spider crabs, crabs, barnacles, and *Santiaguiños*, (slipper lobster), the most important crustacean. Among molluscs, oysters, clams, cockles, mussels, *longueiróns*, (razor shells), scallops, *zamburiñas* (small scallops), other type of clams, stand up jointly with a number of less important species. We can also find sea urchins, which are lately more important and they are consumed, both fresh and tinned. The traditional way of cooking seafood is always the easiest one. In general terms, crustaceans are cooked using water and salt, however lobsters, clawed lobsters and crayfish are also grilled and the first two of them are prepared in salads (cooked and chopped seafood, with onion, parsley or red pepper “perhaps” and a vinaigrette prepared with olive oil, vinegar and yolk egg). The barnacles should be taken from the pot to the table, always cooked and really hot.

The clams are either prepared in the *marinera* style or just served underdone, as well as the oysters. *Longueiróns* and razor shells can be grilled as well, just like the *zamburiñas* that can also be cooked in the oven, like scallops.





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If you do want to fully enjoy the Galician seafood you have to find a place where they are cooked at the time you are eating them, and always reject those that are cooked beforehand!

The new Galician cooks, remaining faithful to the traditional flavours but also willing to find new presentations, offer new ways of preparing seafood, while preserving all their characteristics and combining them with other foods. Even though some of them are really surprising, they are not less successful.

An ancient Galician proverb assures that seafood can only be eaten during those months that have an “r”, from September through April – that is to say, the summer time is not a good season to eat high quality seafood. Even though it is not completely true, it may be right somehow.

The closing dates are a good sign that show us the seafood which we can eat at every time. During summer it is a closed season for clams, cockle, crabs, spider crabs or sea urchins. But during that season, both lobsters and clawed lobsters (July, August) can be captured as well as the crab (July through December) and seafood such as the barnacle and the shrimp can always be found. The most restrictive case is that of the Santiaguíño that can only be captured during the month of July. These closing dates and capture terms are only a guide, due to the fact that they can vary every year and according to the capture regions.

the octopus

“Galician people likes octopus”. These words were pronounced by Álvaro Cunqueiro, the Master of the Galician and Spanish Gastronomic Journalism in his book “The Galician Cook” published during the decade of the 70s of the 20th Century.

He was not wrong when he said that in every popular celebration there will always be octopus *á Feira* (boiled in Galician fairs), which is the way they cook it in the inland areas, or also “stewed” as it is traditionally cooked in the coast.

A *feira* style has its origin in the inland areas of Galicia and it is related to the cattle fairs and also to the *arrieiros* (the cattle guards) who were the ones who brought to Galicia the sweet and hot pepper, one of the key elements of this preparation that was not produced in Galicia. The olive oil is also very important and it was once abundant, in some areas in the Interior of the country (South of Lugo, in Ourense), where the octopus *á feira* is part of the culture, and today, they are trying to recover its ancient and almost unknown importance.

Today the *pulpeiras* (women who cook and sell octopus) of O Carballiño, town which belongs to the Arcos parish in this Ourense municipality, are the ones who prepare the best octopus. However, there was a time when people from Cacabelos, in the nearby Bierzo (León), did not agree with this supremacy.

O Carballiño celebrates the *Festa do Pulpo* (octopus fair) every year born in the 1960's. The biggest Galician tribute to this national dish is the San Froilán

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Festivity in Lugo, where it is "obliged" to eat octopus inside those special stalls which are built thereto in the park of the city, and where the octopus is sold during the month of October. During this time they serve almost half a million portions. Considering that every dish takes 200 grams, it takes a total of 90.000 kilograms of octopus a year.

Nowadays, the octopus *á feira* is prepared with the fresh cephalopod (it is previously frozen in order to avoid "beating" them, in a time there were no freezers and when it was essential in order to soften the meat).

The octopus that comes to the Interior of Galicia and to the rest of Spain has been cured in the air and sun almost during the whole century. This method is still being used with the conger in Muxía. This was the only way to preserve a perishable product.

In the coast areas of Galicia where there was fresh octopus, the most common way of cooking it was stewed with potatoes and other vegetables such as peppers, onions and stew. In the Galician coast, the octopus is cooked by using exquisite recipes such as the octopus in *Mugardesa* style, from Mugardos, in the Ferrol Ria or those recipes from the Ons and Arousa Islands. The octopus *á feira* has been imposed throughout the country and it can be found both in the Interior and in the coast.

Santiago de Compostela, with one of the most important cattle fairs in Spain, which is held every Wednesday of the year, cannot ignore the octopus *á feira*. In the past, the fairs were celebrated in the Carballeira of Santa Susana where the *pulperias* are still located during two of the main festivities of the town: Ascensión and Apóstol. There is no more cattle in the Carballeira and it has

been displaced first to Salgueiriños and then to Amio where the weekly fair is now being celebrated. The *pulperia* disappeared with the fair and every Wednesday they offer their merchandise to farmers and to the different people from Compostela who come to try this food.

In Compostela they do not sell the octopus in every corner in order the consumer may eat it in the nearest bar or at home, as they do in Ourense. However, in the area of Vidán it is possible to find one of these *pulpeiras* selling octopus in the street on Saturday and Sunday.

In Santiago the good traditional octopus stores can be found in Concheiros or in Vista Alegre. The stewed octopus can be found in some traditional restaurants such as Vilas or Paz Nogueira. The octopus pie and the octopus with rice are also popular.

Octopus, salt, oil and paprika

In the fairs, the *pulpeiras* use big copper pots to cook the octopus. It was a tradition to make the fire with oak firewood, but now gas, butane or propane burners are preferred, because they are less problematic than firewood. The *pulpeira* puts every octopus in boiled water twice or three times and finally they leave it in the water. There are many myths around this tradition, almost rites responding to a single objective to preserve the animal skin and suckers; without this procedure, there is a risk that they come off.

There are also many myths concerning the cooking time. The most common one is putting in the pot a potato. Once the potato is cooked the octopus is ready. Nobody will see a pulpeira putting a potato, because the cooking time is not the same for a kilo and a half than for three quarters of a kilo. What about potatoes, do they all cook at the same time?

People from Galicia say that the octopus should be “hard” or as the Italian people say “al dente”. It is cut with scissors with the size of the thumb. It is being seasoned with gross salt, paprika (sweet, hot or the mixture of both) and with olive oil. It is always served hot with good bread to dip the sauce. The octopus is taken with a stick and it is served with a good Galician red wine. There is an ancient belief that octopus and water do not match in the stomach.

A popular mollusc

The octopus (*Octopus Vulgaris*) - seafood of the Mollusc type- (such as clams) and from the cephalopods class is set jointly with the squids and *chocos* (baby cuttlefish).

In Galicia it is known as *polbo* or octopus, which is the most common denomination in the rest of Spain, where it also named as *olagarro* (Basque Country), *pop* (in the *Levante*, Catalonia and the Balear Islands). It is also known as octopus (Great Britain), *poulpe* (France), *polvo* (Portugal), *Polpo* (Italy) and *grewöhnlicher krake* (Germany).

The octopus shape is that of a balloon with eight arms with a double row of suckers. The minimum weight of the octopus captured in Galicia is 1 kilo, and it may reach 14 kilos. However, in the market the octopuses found are between the 1 an up to 5 kilos.

In general, the octopus can be fished in Galicia, throughout the year. The Fishing Counselor (*Consellería de Pesca*) and the cephalopod area have agreed to stop during the months of May and June.

The Galician octopus is traded fresh, but it is also possible to find octopus from the Canarian Saharian Bank in Galicia, -which is mainly frozen-.

The nassa is the main fishing device used in Galicia to capture the octopus. It is like a net box that is being deposited at the bottom, where the animal lives, and is being attracted by the bait. It can enter the nassa, but it is impossible to get out. The octopus eats crustaceans, molluscs and small fishes. People from Galicia believe that they like crabs and therefore, in those places there are many octopuses, there will be few crabs.

fishes

Fish is always present in the Galician Gastronomy. This is one of the countries in the world with more fishing, and with a highest variety of fishes used in gastronomy, specially when we are dealing with traditional and popular gastronomy. The traveller can easily find a broad offer of sea products in the city centre of Compostela. Not just seafood and octopus or lampreys during the season, which we have already mentioned, but also hake, bream, ray, conger, turbot, monkfish, grouper, palometa fish, red mullet, sardines, golden shiners and sometimes multicolour *pintos* and *maragotas* (ballan wrasse)... every corner in Compostela is an “real” ocean.





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Galicia has a long fishing tradition in the seas throughout the world. Spain has the biggest float. It is common to find species from further seas as well as others from Compostela. They are all perfectly integrated in the Galician culinary traditions. The two most traditional recipes for fish in Galician restaurants are much alike. Should they offer you *caldeirada* you are going to eat fish (one or more types of fish) cooked with potatoes, onion, peppers, oil and sweet paprika. When they offer you a “Galician” fish, it is cooked with potatoes and it is served with stew, with a Galician sauce, which is composed of good oil fried with garlic’s and then sweet pepper is added. The *caldeirada* is being served with a spoon and the Galician fishes are served without juice.

In Compostela you can also try splendid grilled fishes or in pies cooked in the oven or cooked in other different ways.

Obviously we are referring to sea fish, the main products in the Galician Gastronomy, even though in the country there are exquisite trout, salmons, a variety of trout and eels coming from the Galician rivers. The trout and salmons will not be found in Galician restaurants due to the fact that the trade is forbidden in the Autonomous Region. If you really want trout you will have to get your pants wet, as it is said. A salmon can be found outside the community, but in Compostela it is not usual, nor the sea trouts and eel. The lampreys are captured in rivers and during the season they can be found in restaurants in Compostela. The eels of the Miño River are delicious and also very expensive, even in those cases you are near the river. The eel as well as the lamprey is a seasoned fish and it is only found during winter.

the lamprey

The Galician writer, Alfredo Conde, said that the *cucos* work is that of asking the lamprey to be present next year, because, and according to the Galician tradition, the *cucada* lamprey does not have any gastronomic value whatsoever, and in Galicia, all the lampreys captured after listening to the *cuco* are *cucadas*. There is another popular proverb that says that the March lamprey is for the master and that the April one is for the servant. This is just an ancestral way to express that this is a seasoned fish.

Today, Galicia is the paradise for lamprey lovers, and it shares this condition with the North of Portugal where this fish is highly valued. Outside this area, lamprey is also eaten in France, in the Garona River, where it is captured, and from where the Lamprey in Bordeaux style recipe supposedly came from. The fish is being cooked in its own blood, wine, species and vegetables. It is one of the most popular ways of serving it in Galicia. Lamprey is also eaten in Madrid and Barcelona, where the Galician took it.

Lamprey season begins with the year. The Ulla River, in the limit between the provinces of A Coruña and Pontevedra, is the first one where the capture has been authorized by the end of the first week of January. The fishing in the rivers of the South, mainly the Miño and Tea Rivers, will begin during the second half of the month. The fishing

season ends by the end of April, until the next year, with the exception of the South of Pontevedra, specially in Arbo, where the lamprey is being dried to be eaten during summer, filled with cooked eggs, ham or cooked with seasoned vegetables. This is an old custom. During the 17th century, Francisco Martinez Motiño, “main cook of the king our Lord” included in his book “Art to Cook, pastry, sweet-cracker, and canning,” the recipe of the lamprey in *cecina*, that is to say, dried and cured and then stewed with a sauce cooked with fried onion, seasoned with species, vinager, red wine and with flour. The erudite José Cornide Saavedra wrote in the 18th century that when there were many lampreys, they dried them in the same way as the conger “and it is being preserved for a long time and served with vegetables and seasoned with oil and vinegar”.

Lamprey can only be found a few months a year and it is also restricted to some areas of Galicia, the Miño and the Ulla Rivers, and the main areas for the consumption of this fish, which could be the most ancient vertebrate in the world, are located near their coast.

Lamprey is traditionally served in the influence area of both rivers and in those areas which are near the sea, and where it is fished. Therefore, Arbo and As Neves are the main places for the lamprey in the South of the Province of Pontevedra, whereas Valga and Pontecesures are the ones in the North. The north riverbank of the Ulla River, in the Province of A Coruña, Padrón, Rois and Compostela are the main places where the lamprey is cooked.

In the provinces of Lugo and Ourense, in the inland areas of Pontevedra and in the north of A Coruña, the consumption is scarcely important, and in some cases it is not known at all.

Stewed, dry, in a pie

There is a common way to cook lamprey in those areas of Galicia that we have already mentioned: using its blood, wine and vegetables, and well seasoned, something that is also very common in the north of Portugal. This Lamprey in Bordeaux style is served with white rice, a Portuguese influence perhaps, and triangles of fried bread.

Apart from this shared recipe, each area has its own specialties. We have already talked about the dry lamprey in the Arbo area that is not used in the rest of the country. In the riverbank of the Ulla, there are pies and timbales produced using this fish. There was a time when those recipes from Caldas de Reis were famous; nowadays, the ones which are well-known are those from Chef Rivera, in Padrón, this restaurant offers a lamprey-based menu. They always add a new speciality to their menu.

Compostela has also its own features as far as the “world of lamprey” is concerned. Both in the Miño and in the Ulla Regions, lamprey is served in one piece at the restaurants. It means that when the fish is big enough, there are between three and five portions served on the table. On the other hand, the restaurants from Compostela offer individual portions, and thus it is possible to taste lamprey without the presence of other people who is devoted to this fish.

The Primitive Fish

Romans were fond of lamprey. In Galicia there are many people who like lamprey while others do not, either because of its taste or just because they do not want to eat a snake-shaped fish and cooked using its blood.

Lamprey (*petromyzon marinus*) is probably the most primitive fish in the world. It first appeared in our planet 500 millions years ago, according to the experts.

Even though the most common name used is lamprey, in Galicia it is also known as *lampreia*, *chupona*, *chupona de mar* and *sete buracos* (seven holes). These names refer to the habit of being stuck to other fishes or stones and also to the seven holes that it has on each side of the head and which allow them to breathe. In Portugal it is called *lampreia* and in France *lamproie*.

It is shaped like an eel, with a black blueish colour in the upper part. The cream colour in the belly splashes in the lateral part and in the back of the animal that distinguishes it because it has seven holes in each side of the head, very small eyes and a big mouth with the shape of a funnel or sucker with several concentric rows of teeth.

Lamprey, having a length of about 20 cm, is born in the river where it lives until it is 4 or 5 years old, at that age it moves to the sea. It lives at depths of 200 to 500 meters until it reaches its sexual maturity and goes back to the river with a length of almost one meter and it weighs more than 1 kilo.

Nassas are being used to fish lamprey and they are placed in those strategic places the fishes go through. In the Miño River the *nassas* are placed in the *pesqueiras*

(stone devices in the sea that guide the lamprey to the trap). Some *pesqueiras* are so old that they are now part of the tour routes placed in the Arbo Municipality (Pontevedra).

Padrón peppers

The village of Padrón is at a distance of scarcely twenty kilometres from Compostela, the tradition says that the vessel that brought the rests of the Apostle Santiago arrived at this place and the stone where it was moored is still there. This is Camilo Jose Cela's homeland and residence of the poet Rosalía de Castro. Padrón is well-known in Spain because of its peppers, and, according to the proverb, "some of them are hot and some others don't"; the traveller should know that the peppers are actually from Herbón, a parish which belongs to the Municipality of Padrón and where the production is concentrated.

In the future, these peppers will be under the designation of origin "Pepper from Herbón", that is being registered in order to put an end to the existing fraud in this sector. The Pepper from Padrón-Herbón is a season product from the month of June through September. In Padrón the first peppers can be seen during the last days of May, even though they are very expensive. The last ones can be seen during the month of October, but there is no production during the rest of the year and the peppers which are available in the market and commercialized as if they were from Padrón, are in fact

from Murcia, Almería and even from Morocco.

So, the traveller should know that he will not find the genuine peppers from Padrón from October and until the month of May, even though they pay a visit to the bars and restaurants of the tourist areas of Compostela.

The peppers from Padrón are consumed fried and salted using gross salt. There is a debate between those who prefer frying them in one piece and those who like cutting them first, but it seems that the only difference is based on the presentation.

The peppers from Padrón are sold in every store or supermarket in Compostela during the season, as well as others from different areas of Galicia (Cambados, Vedra, Oroso) places where they are also being cultivated; these ones are a little cheaper than those from Herbón.

In Compostela, the Abastos Market is the best place to buy the Padrón Peppers, many producers from Herbón arrive there with the peppers in bulk and they pack them there. The traveller should know that the peppers are not sold by their weight, but by hundreds (a hundred of peppers is almost a quarter of a kilo, depending on the size).

grellos

There is an ancient proverb that says “Turnip, turnip greens, and *grellos* are the trinity of the Galician people” The turnip greens and *grellos* are the most typical of the Galician vegetables and this category is shared with cabbage and cauliflower.

The turnip greens and the *grellos* are vegetables coming from the same plant: the turnip, but from different phases of its evolution.

Turnip greens are the first leaves produced by the turnip, that in the traditional crops of the country can be picked in October, although it depends on the weather conditions of the area. These leaves are tender with a small stalk that joints them with the root of the plant, the “head of the turnip leaf” is used to feed the cattle.

Traditionally only the turnip greens that are totally developed and ready to be consumed are being harvested, leaving the rest of the plant.

A few weeks later the turnip begins another stage in its evolution in order to flower. Then, a type of stalk which is much thicker than the peduncles of the turnip greens (and out of which the leaves grow) appear. The *grellos* are the stalk and leaves, and they are always more bitter than the turnip greens. Both the leaves and stalks are edible, even though they can be previously peeled and also cut in a longitudinal way when they are very thick.

Should the turnip greens be used to prepare the Galician stew, the turnips leaves have other uses, apart from cooking soup.

One of the most popular dishes of the Galician gastronomy is the *Lacón con Grellos* (Foreknuckle with Grellos): foreknuckle, *chorizo*, potatoes and *grellos* cooked in the same soup where the foreknuckle was prepared. *Grellos*

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can also be served with a Galician stew, those Picadillo named “happy”: lots of pork, veal and chicken, *chorizos* and sausages and accompaniment of potatoes, chickpeas or beans depending on the area and the vegetable. The *grelos* can be substituted for the cabbage in the Galician stew, another traditional vegetable of our country.

The *grelos* are also the main ingredient for a salad that has always been prepared in Galicia, even before the template salads’ current tendency appeared: grelos cooked with hard-boiled egg and a seasoning of salt and oil. Another Galician dish is the *allada* (garlics fried in olive oil, where sweet or hot pepper is finally added, depending on our taste).

The grelos can also be part of the pie’s filling, fried with scrambled eggs or with a shellfish (prawns, for instance) or being served with fishes.

Turnip greens and *grelos* are fall and winter vegetables, even though they can be used during the rest of the year due to the existence of Galician tinned grelos, either dehydrated or frozen.

meat

Until the arrival of corn, the cows were the domestic animals of the Galician country families; cows feed from food which is not suitable for human beings, while the pig competes with man, as far as food is concerned. The arrival of cereals coming from America radically changed things and there were pigs in every Galician country home, and cows were used mainly as animals for the daily work and also produced milk and meat.

Then, after that situation, Galicia was clearly divided into two tendencies, as far as the consumption of meat is concerned. Traditionally, the rural families consume pork whereas the urban people consume veal. This division almost disappeared with the appearance of freezers in almost every home, becoming a method to preserve salt and cured products.

Galician people still consume pork, mainly during winter. This is a salted and cured meat to elaborate the Galician stew, *lacón con grelos*, *cacholas* (heads) and all types of salted pork. The festivity of the Neighbourhood of San Lázaro, Compostela, revolves around the meat of salted pork and more concretely, the *unllas* (hands), during this festivity a couple of pig’s trotters are auctioned and accompanied with *bertóns* (tender bud of cabbage), potatoes and pork sausages which are eaten in the bars and restaurants of the area.

Galicia is one of the main Autonomous Regions as far as the consumption of veal is concerned. During summer fresh pork cutlet is also consumed, mainly grilled as barbecued meat.

There is barbecued meat all over Galicia, even though it is a tradition which was imported by the Galician emigrants who came back from Uruguay or Argentina during the half of the last century. The Galician barbecued meat –being either pork or veal- corresponds to the “grilled ribs”, which was the denomination

in their countries of origin, and it comes with “creole” sausages (fresh pork sausages, well seasoned, white because they do not take pepper, and they are also of American origin) and *chimichurri*, an Argentinean sauce.

With reference to cattle, Galicia has the main protected geographic indication in Spain and one of the first ones in Europe due to the production and prestige: Galician veal, that commercializes the meat of those animals that have been sacrificed less than 12 months ago - and which were born in Galicia - by means of traditional systems and coming mainly from Galician races and their crossbreeds. This is a type of meat that will be found in many Galician and Spanish butcher shops and which are not very used in restaurants in Compostela which are inclined towards cow or ox. The Galician veal is high quality meat, either grilled or griddled, but it has high grease content. *El Pasaje* is a restaurant that offers a satisfaction guarantee as far as meat is concerned, whereas *Mesón Gonzaba* achieved a well-earned prestige thanks to their “large steaks”.

In restaurants offering home made food the roasted veal is frequently part of the offer, and it is a delicious dish with the accompaniment of potatoes roasted with the meat and sweet red pepper. The roasted veal is cooked with a special pot in the oven by using a traditional Galician method that offers great results when working with good quality materials, and the meat is cooked over a low flame.

The *carne ao caldeiro* (cauldron meat) is also very typical of restaurants, fairs and

festivities. It is a cooked veal brisket that is served with potatoes and all seasoned with the powder of pepper and a good olive oil. Pork sausages and vegetables can also be added.

The fresh pork meat has two significant stars in Compostela: the roasted ham and the *raxo* (pork loin). In the first case, we refer to ham roasted using the oven, and served with a sauce elaborated with oil and species. This roasted ham is offered both as second course and as a snack.

In the case of *raxo* (pork loin), it is pork loin cut into small pieces and seasoned, mainly with garlic and normally a little hot. It is fried in olive oil and served with fried potatoes. On the way from the airport you can find the *Raxería* of San Marcos which is probably the place that sells more *raxo* in Compostela.

You can also find in Compostela quality poultry, mainly the home-raised chicken. In the surroundings of the city, those from Vila de Cruces are renowned from O Pino or from Arzua, that can be named both as *galo de curral* (farmyard cock) or *capón de curral* (farmyard capon). During Christmas some restaurants offer the well-known *capón de Vilalba* (Vilalba capon).

The lamb and mountain kid were traditionally consumed during the festivities; nowadays, they can be found in different restaurants both in the Galician and the Castilian style. In the first case we are referring to heavier and older animals that are stewed or roasted in the oven with marinade

and species. The “coat” is essential for big festivities in the Patron Saint’s days in some areas of the city, and it is worth mentioning the O Castiñeiríño located near the exit to Ourense, where *Paz Nogueira* is one of the reference restaurants.

cheeses

The Galician is a cheese lover and, like people from France, they usually eat it after the meal. The Galician consumes it as a desert and it is served with quince jelly that goes with the different cheeses of the country creamy, tender and lightly ripped and sometimes quite acids.

The Galician cheeses are traditionally elaborated from the cow milk. This is a reality that responds to the four guarantees of origin that exist in Galicia, even though there are many cheeses that the travellers do not know, and lately there are other cheeses elaborated mixing the cow and buffalo milk.

The writer Manolo Rivas defined Galicia as the country with a million of cows, and even though there are not so many cows in the country, this is not an obstacle to produce a third of the Spanish cow milk. This is the reason why there are so many milk industries in this area working in the packaging of milk and producing a wide variety of cheese and products derived from milk.

We have already mentioned that the country has four guarantees of origin, the most popular ones being the *Arzúa-Ulloa* and the *Tetilla* Cheese. Both of them produce real tender cheeses, slightly ripened, soft dough, buttered. These are milky cheeses and are used with cocktails and after lunch or dinner and they are also used in the kitchen. *Arzúa-Ulloa* is cured

during many months, called *queixo da nabiza* that comes from the old country custom to cure them in winter and use them during the summer, due to the fact that the lack of cold will not allow them to mature those elaborated in the summer.

While the *Arzúa-Ulloa* cheese has the same shape than the cylindrical cheeses; the *Tetilla* Galician Cheese resembles the breast of a woman, this is the reason for this name.

The *San Simón da Costa* Cheese, produced in the Vilalba Municipality (Lugo) is a completely different product. The shape is similar to that a bullet; the colour is gold due thanks to the smoked process performed by using only birch firewood. This is a greasy cheese and the skin is really oiled. It tastes like milk, but with the subtle company of smoke.

The cheese from *O Cebreiro* (also from Lugo) has a funny shape, which resembles the hat of a cook. It is creamy, and very suitable for cooking. As in the case of the *San Simón* cheese, some cheeses are cured and thus another product is obtained, but in both cases (this is also the case of the *Arzúa-Ulloa* cheese) it is not easy to find these cured cheeses outside the production area.

Lately, in Galicia there is a production of cheese using sheep and goat milk. In the first case, the *O Rexo* cheeses are well-known and they are being elaborated in Allariz, Ourense. Near Compostela, there’s

a variety of cheese which is produced by mixing cow and buffalo milk (which comes from a farming located in the Municipality of Boqueixón near Lavacolla Airport).

In Santiago de Compostela, good cheeses with the four Galician guarantees of origin can be found in the stalls of the Abastos Market and in the Casa de los Queixos, located in the historical heart. But also, especially in the Abastos Market, you can find farmhouse cheeses, that are almost home-made and are sold without trademark.

But there is more. A Galician cheese that is not so popular due to its small production is the *requeixo*. Contrary to the curd cheese elaborated in the rest of Spain, this cheese is not elaborated with a second residual whey curd process. Galician curd cheese is exclusively elaborated with whole milk, which, depending on the zone is pasteurized or raw. In some cases, it is curdled using natural rennet and in others using temperature. It is let stand, the skin is removed and it is put into cloth bags during several hours to eliminate whey. The skin that was initially removed is added later and whipped to get a slightly lumpy cream. Normally, the *requeixo* is consumed as a dessert and served with honey or sugar, but some drops of red wine or cognac can also be added.

Only three zones in Galicia sell *requeixo*. One of them has an industrial origin, and the other two cases are cooperatives. The cooperatives of A Capela (near Ferrol) especially stand out as they elaborate *requeixo* with raw milk, as well as the cooperatives from As Neves, in the south of the province of Pontevedra,

on the border with Portugal, crossing the River Miño.

A Capela's *requeixo* has a superior amount of whey compared to As Neves'. Therefore, the first one is a *requeixo* that has to be eaten "with a spoon" and the latter "with a fork". In the case of As Neves' *requeixo*, it is not only served with sausages, salads, etc.

In Santiago, A Capela's *requeixo* can only be found in the Abastos Market and in Hipercor, while As Neves' is present in other places, such as A Cesta da Saúde.

sweets

Compostela's sweet speciality par excellence is the *Tarta de Santiago* (Santiago almond cake), whose origins are undefined, because the first reference to this dish dates from 1577, and it is included in a text about the foods that students from the University gave teachers upon graduation. The cake's recipe was published many years after. The recipe first appeared in an unpublished manuscript in 1835.

The genuine *Tarta de Santiago* is elaborated only with almonds (minimum, 33 per cent of the total weight), sugar (minimum, 33 per cent) and eggs (minimum, 25 per cent). It can also have grated lemon rind, sweet wine, spirit, brandy and other spirits, as well as ground sugar as topping. It does not contain flour. This is the quantitative composition required by the future protected geographical indication (pending) for the *Tarta de Santiago*.





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The pie can be “covered”, though it is not so common. In this case, it has a puff pastry base; so, the composition also needs flour, butter, salt and milk.

It is not unusual that a popular and traditional Galician sweet dish is elaborated with a product that is not cultivated in our land: the almond. The truth is that there is no region in Galicia that does not have one or many traditional sweet dishes elaborated with this product: From the *Almendrados de Allariz* (Allariz’s almond pie), A Mariña’s *colineta* (A Mariña’s plate with sweet delights) in Lugo, A Guarda’s *anguilas de mazapán* (A Guarda’s marzipan roll) to Vilalba’s bread roll.

The almond import was documented in the Later Middle Age, when the almond travelled by sea from the Spanish Levante to Galicia, where it was used for medical purposes or was consumed by the wealthiest after-lunch, until the 19th century when it became popular.

Compostela’s average restaurants always offer the *Tarta de Santiago* as dessert, which can also be bought in many shops located in tourist areas of the city. These shops offer the different products in the door so that people can try them. The authorized cake shops of the city offer pies produced using traditional methods, and these pies compete with the industrial ones that are offered massively.

However, the traveller will find more than the *Tarta de Santiago* in Compostela’s patisseries. All patisseries of the city offer the typical “truffles”, which are actually very compact round sponge cakes that have crystallized fruits and a chocolate topping. This is undoubtedly a delicious snack.

Other popular dishes are the *russian pie*, which also has almonds, and the *Saint Honoré*. Another favourite dish is the puff-pastry stuffed with creme.

At the height of the carnival time, you can also find in some restaurants the typical *filloas* (Galician crepes) which are traditionally eaten with sugar or honey; but they are also offered with a cream, skin or chocolate filling. Cake shops in the city, and some bakeries and traditional stores, offer at carnival time the *orellas* (portions of a dough made of flour and eggs that are fried on the fry pan).

Compostela is also famous for its cheeses, which Galicians eat as a usual dessert, normally served with quince jelly; a combination that can be found in many restaurants of the city and is always recommended. *Arzúa-Ulloa* and *Tetilla* cheeses are the most appropriate to serve with quince and bread, making up a dessert that is very appreciated in Galicia.

Two convents of Compostela offer sweet dishes made on the premises. One of them is San Paio de Antealtares Convent, adjacent to the Cathedral, and the other is Belvís Convent. In the first one, they elaborate almond pies, *Tartas de Santiago*, pastries and puff pastry cakes. Belvís’ nuns elaborate cookies, and for Christmas they bake seasonal dishes. A premise in Compostela (A un Paso do Ceo) offers sweet dishes that come from

convents throughout Europe, as well as other products elaborated in convents (food, clothes, perfumes...).

Other typical foods in Compostela are the *Pedras de Santiago* and the *Croquiños do Apóstol*, dried fruits covered with chocolate that can be found in numerous premises. It is also very advisable to try the *marrón glasé* elaborated with Galician chestnuts in the province of Ourense, or with mirabelles, small plums native to the German Black Forest. These plums have been cultivated in the south of the province of Pontevedra for more than 70 years and are sold in syrup or jam (in season: July and August). These fruits are also used to elaborate spirit and liqueur. Galician honey, whose quality is extraordinary, also deserves recognition among the sweet dishes of this land.

However, one of the most traditional sweet dishes of the city is chocolate, which in days gone by was elaborated in many workrooms and even in homes by master chocolatiers. Compostela's traditional chocolate, consumed *a la taza* (in a cup), can be found in many shops of the city, from the traditional grocer's shops to the most exquisite cake shops.

wines, spirits and liqueurs

In the last few years, we have become so used to listening that Rías Baixas wines are among the best white wines of the world that we tend to believe this and forget to pay attention to the rest of the wines native to Galicia. These wines, whose quality is increasing, claim our

preference and their presence in the menus of the best restaurants.

Galicia is a country of white wines, a country whose white wines are among the best of the world. Undoubtedly, travellers will also find splendid red wines as the continuous work performed by oenologists is getting the best of our vineyards and wineries. It is all about preserving the tradition by enriching it with the latest technological advances and customizing the production.

As regards white wines, Galicia is the only zone that produces these wines in Spain. In this zone, the variety of grapes used is possibly better known than the name of origin. For example, the *Albariño* variety, which is popular throughout the world, but in **Rías Baixas** (designation of origin) expresses all its capacities. The *Godello*, another variety native to Galicia, is starting to make an impact. These wines have received in the last few years the best Galician awards, both national and international. As in the previous case, the variety is better known than the origin name (*Valdeorras*), which is undeniably the best. In the world of red wines, the same thing happens with the *Mencía* and the *Ribeira Sacra*, variety and origin name respectively. The *treixadura*, a similar case, is the main variety of *Ribeiro's* white wines.

Rías Baixas is basically a white wine from *albariño's* variety. But while in O Salnés (northern zone of the origin name) the monovarieties predominate, in the south (O Rosal and O Condado) a small percentage of other varieties (*Loureira*,

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Treixadura...) is added to the albariño, and this results in wines that are less acid and more soothing. A variety for all tastes.

However, *Rías Baixas* is not only about white wine. Red wine has always been present in the zone of this origin name. The wine from espadeiro variety achieved fame, and even the poet Ramón Cabanillas ("Diante dunha cunca de viño espadeiro") sang to it. Rubiós parish church, in the municipality of As Neves, is a true island of red wines in a sea of white wines: all grapes protected by designation of origin are red, and it is a winery located in that parish church.

Contrary to *Rías Baixas*, ***Ribeira Sacra***, whose main production is red wine, cultivates mencia as the main variety, together with other native varieties such as *Brancellao*, *Sousón* and *Mouretán*, which offer memorable red wines.

But *Ribeira Sacra* also offers white wines elaborated with varieties that travellers already know: *Albariño*, *Godello*, *Treixadura*, and others such as *Dona Blanca* and *Torrontés*. This is the only actual wine-growing designation of origin in the province of Lugo and is shared with Ourense's.

Ourense is Galicia's great vine-growing province. Apart from *Ribeira Sacra*, it also has *Monterrei*, *Ribeiro* and *Valdeorras* designation of origin. Only *Rías Baixas* (totally in Pontevedra) is completely unrelated to this province.

Monterrei is the Galician designation of origin with less popularity as well as the smallest one. However, it produces some of the best white wines in Galicia and distinguished red wines in the wine-producing scene within the

autonomous community. Located in the eastern part of the province, its weather is more continental than oceanic, which has a positive influence on vine cultivation and fruit ripening, resulting in singular wines: they are the only Galician wines in which acidity does not stand out.

Valdeorras is the birthplace of *Godello* variety. This variety was happily recovered in the last years and is offering some of the best white wines of Galicia and obtaining awards in the latest series of *Catas de los Vinos de Galicia* (Tasting of Galician Wines), organized by the Xunta de Galicia, as well as important awards in the rest of Spain and international competitions.

This origin name also produces red wines, mainly with Mencia variety.

Finally, Ourense and Galicia have the ***Ribeiro*** designation of origin, the second one among Spanish names according to consumers' level of knowledge. As in the rest of Galicia, *Ribeiro* produces splendid white wines (*Treixadura* variety is the most important one), and also great red wines, which in the last few years have shown clear signs of improvement and are making progress in the market.

Ribeiro is also the birthplace of the only natural sweet wine of Galicia: the *Tostado*, elaborated with naturally sun-dried grapes. Until a few years ago, the *tostado* was almost a memory of the past, it had a small

production for home consumption, but some wineries showed interest in these wines and have appeared again in the market, although they have a reduced production and high prices.

Apart from the five origin names above mentioned, Galicia also has the **“Vinos de la Tierra” (“Wines from the land”) from Barbanza and Iria** (approved at the beginning of 2007) and **“Vinos de la Tierra” from Betanzos**, which are traditional in this zone of Coruña.

Water and beer

Galicia, a thermal country, offers a broad variety of mineral water that can be found on the table of any restaurant as the perfect complement of a good meal.

It is important to point out that in the province of Ourense one of the few sparkling mineral water of the world is bottled. This water is consumed with the same gas that emerges from the ground, as most of the sparkling mineral water sold goes through a process that adds carbonic gas.

The Galician sparkling mineral water is finely fizzy and thanks to its features is comparable to the best of this segment.

And even though Galicia is a country that consumes more wine per capita than beer, (contrary to the rest of Spain), the only Galician brewery, founded a century ago, offers high quality products that are very appreciated both in the Galician market and in many parts of Spain, as well as in many countries where they are present.

Spirits

With the marcs resulting from wine elaboration, Galicia produces the best spirits of Spain and the only wines recognized by the European Union through the Regulatory Council of Geographical Names of Galicia Traditional Spirits and Liqueurs. Many Galician wineries produce spirits and liqueurs with their brand.

Some of the most common specialties are **white spirit, herbal spirit and coffee liqueur**, but we can also find others that are prominent too, such as **brown spirit, morello cherry liqueur, spirit, mirabelle liqueur and coriander liqueur**.

White spirit is the result of grape marc distillation, with the characteristic flavour of this product and an alcohol content superior to 40°. When herbs are macerated, the result is a herbal spirit, that turns into liqueur when adding sugar. If caramel, instead of sugar, is added to the herbal spirit, the result is the brown spirit.

Coffee liqueur is the result of coffee maceration in spirit, adding sugar and, in some cases, herbs and fruits. This liqueur can also be elaborated with Blue Mountain coffee from Jamaica, which is one of the most expensive of the world. Naturally, the price of this coffee liqueur is higher.

While spirits, herbal liqueurs and coffee liqueurs are typically from the southern part of Galicia, mainly from the province of Ourense, in the northern part of the country, on Lugo's coast and in the northern part of A

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Coruña, spirits and morello cherry liqueurs are elaborated by maceration.

In Pontevedra's zone of O Rosal, mirabelles, whose distillation is quite recent, is a variety of plum from the German Black Forest that could perfectly adapt itself to this zone. The fruity white spirit is obtained with mirabelles, and this kind of spirit is sold as such and also used to elaborate, by maceration and adding sugar, mirabelle liqueur.

It is also important to name the coriander liqueur, elaborated in the same zone of O Rosal, but not so popular in Galicia. Besides, liqueurs-creams based on spirits have been recently elaborated and are similar to the well-known Irish creams.



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gastronomy tourism

gastronomy forum

The Gastronomy Forum has been a groundbreaking cuisine congress in Europe since 1999. After five biennial editions in Catalonia, as of 2008 it will alternate between Girona (odd years) and Santiago de Compostela (even years), offering its original combination of events open to the public, professional congress, products fair and an extensive programme of stage and visual arts for the city. Organised by Pep Palau, Jaume von Arend & Associats, and promoted by Turismo de Santiago and the municipal Department of Economic Promotion and Tourism.

More information:

www.forumsantiago.com

'santiago de compostela, you'll want more'

From November to March, Santiago is an attractive winter gastronomy destination. Santiago Tourism's programme 'Santiago de Compostela, You'll Want More' offers discounts in hotels, weekend packages including flight and an original gastronomy programme throughout the city. Each month is devoted to a Galician product (seafood, lamprey, mushrooms, Carnival cuisine, octopus...), which is featured in workshops imparted by leading chefs, thematic menus in numerous restaurants and trips to sample the product at its point of origin.

More information:

www.santiagoturismo.com/fs

holy week: 'passion flavours'

For a fortnight, Santiago de Compostela will be full of processions, religious services and concerts in churches, along with a delicious gastronomic initiative: ÁgPassion Flavours. Áh Restaurants, cafeterias, bars, cake shops and bakeries offer special menus based on the best products and recipes of seasonal Galician gastronomy: Lenten menus, vigil tapas, Capuchin coffees and ice-cream sundaes corresponding to the different brotherhoods, traditional cakes and sweets, and loaves of bread bearing seasonal motifs.

More information:
www.santiagoturismo.com

mercado de abastos

The Mercado de Abastos is a place for buying and for admiring, but it also enables you to sample in situ the products on offer. Apart from visiting the stands featuring molluscs, fish, meat, cheese and vegetables, freshly brought from the sea and the farm, visitors can also go to the Churro Manía Punto Kente bar and, for a reasonable price, have the products they just bought cooked, enabling them to savour all of their freshness straightaway.

Rúa das Ameas, s/n (no number). Open Monday to Saturday, from 7 am to 3 pm. The busiest time is between 11 am and 12 noon, and the best days Thursday and Saturday.

gastronomy tour

The tour goes around traditional grocers shops -Rúa do Vilar, Casa de los Quesos, Orfas and Caldeirería streets, Praza de Cervantes and Acibechería- and visits the very genuine and popular Mercado de Abastos (Food Market). Thanks to the guides

explanations, you will gain an in-depth knowledge of Galicia's gastronomic culture and the Atlantic diet, as well as the secrets of the most typical foods and cooking methods. The visit ends with a tasting of 100% Galician products.

Information and bookings:
Compostur - Santiago de Compostela
Official Tour Operator
Tel: 902 190 160
info@santiagoreservas.com

gastronomy trip

From Santiago de Compostela, you can discover some of Galicia's most genuine flavours and attractions, in luxury vehicles accompanied by a professional guide. The one-day trip around the Rías Baixas includes a trip to traditional sea farms and wineries, tastings and gourmet menu (optional). Minimum 4 persons.

Information and bookings:
Compostur - Santiago de Compostela
Official Tour Operator
Tel: 902 190 160
info@santiagoreservas.com



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going out for tapas and portions in compostela

According to the Compostelan tradition, in the bars, each drink goes together with a *tapa*, a little snack which usually the establishment offers to clients for free. In the old times, these *tapas* accompanied basically wines and beers although, from some time ago, they are also offered with sodas, mineral water, etc., and are served in the previous hours of lunch and dinner.

The tradition are still alive but coexists already with places where the *tapa* is to pay although, in these cases, it deals with more sophisticated elaborations. The free courtesy *tapa*, is served by the waiter after the drinks whereas the ones to pay must be ordered by the client.

Together with the tapas, there are portions, bigger than the *tapas* and always to pay that the client must order. Usually, bars and cafeterias have lists on the tables and bars, or boards on the wall in which the pay *tapas* and portions are offered with their prices.

to the south of the cathedral

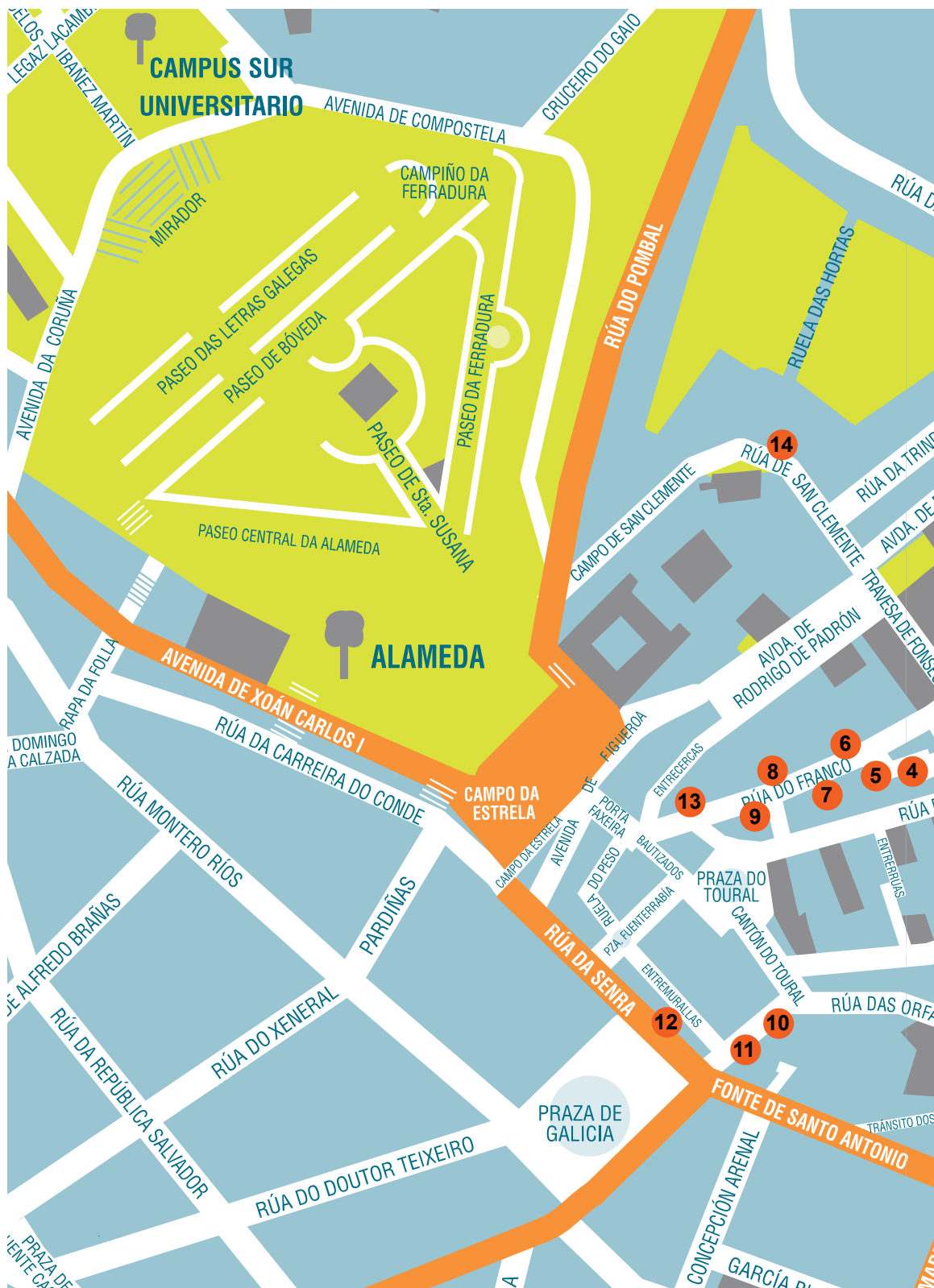
Walking to the south of Obradoiro Square, we enter Rúa do Franco, where in the Middle Ages the free men (*francos*) arriving to Compostela from lands far away were settled. It was a street of taverns and still is so, although with modern touches. These one together with Rúa da Raíña street form what usually is known by

“*calle de los vinos*” (wines street), since both are full of drink-and-food places in which visitors can satisfy their desires of tasting the best delicacies and drinking the most delicious wines.

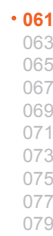
Fief in the past of those dirty and uncertain origin wines sought anxiously by the traveller and grumbling about them the next day because of the headache, the current places of these streets and other ones nearby where the food and drink are also good, offer high quality wines under the Galician designations of origin and others from outside the land as well as plentiful *tapas* and portions.

When visitors go out from the Cathedral, after visiting our Lord Saint James, so fond of cheering the spirit and of course the belly, immediately find the entrance of the wine cellar **O Beiro**, one of this kind of places which opened in Compostela. In O Beiro, visitors can quench the thirst with a wine of the land but also with others from beyond our frontiers because the wine offer is long and selected. Wine can be mainly accompanied by cheeses and pork cold meat.

In the same street, a few steps down, visitors enter the realm of the most classic places of the zone. In the middle of the street, there is a place named **Los Caracoles**, that make visitors remind the Florentine tavern “The Three Snails” in which Leonardo da Vinci worked as a waiter and where he opened his own establishment later together with Sandro Boticelli: The Three Frogs of Sandro and Leonardo. Here, the speciality of the house is the



1. O Beiro 2. Los Caracoles 3. Trafalgar 4. O Gato Negro 5. O Orella 6. Abellá 7. Taberna do Bispo 8. Xantares



snails, which give the name to the place, served in *Albariño* wine.

Walking to the south, visitors can stop in a bar with an epic name: **Trafalgar**. Epic is the work of whom cannot bear spicy food to face front to the speciality of the house: the “*tigres rabiosos*”, mussels in spicy tomato sauce served with drinks if visitors do not warn before that cannot bear the spice. In that cases, there will always be a piece of empanada or spanish omelette to substitute these mussels. The *tigres* are also served in portions.

Almost opposite Trafalgar, there is the most searched tavern by tourists or visitors in Compostela: **O Gato Negro**. Its fame goes beyond all the possible frontiers, so visitor seems forced not to leave the city without passing by this tavern in which wine is still served in *tazas* (clay) of wine. Taste it if you wish but, then, go ahead with brand wines. In O Gato Negro, one will find different portions where the most remarkable one is the conger pie.

Keep walking with Pole Star behind the back and just getting out of O Gato Negro, one will find another emblematic place in the city: the **Orella**. Here, the clays and cheap wine are forgotten long time ago but you get anyway the traditional boiled pig's ear *tapa* that is the place flag during decades. If one wishes, give it a last touch with a pinch of hot paprika can which is always on the bar. And, if one is for more, order a portion... or a sandwich, that is also served on bread.

One leaves Raíña and arrives to Rúa do Franco where **Abellá** is located, other classic place with the traditional “*pinchos de cocodrilo*”. No, don't be afraid that it is not saurian but

pork meat accompanied by a home-made “*chips*” potatoes.

Almost opposite Abellá, one of the most modern places of the area is located although is already a classic one in Compostela: **A Taberna do Bispo**, the first bar of the city which added a wide offer of *tapas* and snacks, some classic and other innovative ones. In the Bispo (the Compostelan people use to cut the name out) one can find appetizers, small sandwiches, snacks, toasts...

And just a few steps ahead, one find **Xantares**, with cold snacks and hot *tapas* so popular that in certain moments won't find easily a place either far or near the bar.

One goes ahead and leaves O Franco to arrive to the Rúa do Vilar where one will find a classic bar, **Negreira**, that in Santiago almost everybody knows by their second name: “**O Patata**”. The nickname is given by the habit of the place of accompanying the drink with a beautiful potato. Stewed potato, just that, but what a taste! It is worthy to try it but watch the heat.

In the very Toural Square, **Galeón Toural** offers a wide range of *tapas* and portions.

We are near the historic city limits through the Rúa das Orfas, where **El Yunque** (one of the last places which opened in a local of functional and modern ornamentation where until not long time ago there was

a hardware store with the same name) offers classic *tapas* with a current touch: stuffed Spanish omelette, roasted cold ham in thin slices on a piece of bread.

Next to it, **Lizarrán** is located, specialized in Basque *tapas* and snacks and it belongs to a franchise with presence in all Spain.

Few metres away, the **Tapería Senra** is one of the most crowded places anytime because of the plentiful *tapas* accompanying the drinks. Already in the morning, some great *tapas* are served with the coffee (spanish omelette, small sausage sandwiches, pies) following this way in the wine hours.

And it is almost time to turn back to the north, to the Catedral area (the starting point), but we must stop again in the Rúa do Franco, in the tavern of the restaurant **El Pasaje**, where probably the best keg beers of Santiago are poured, that one can take with portions of sausages, fishes or shellfish.

Before arriving to the end of the route, one we can stop in the **San Clemente**, where they will offer a *tapa* to choose but one get one or two more according to the generosity of the waiter: rice, *empanada*, mussels, *salpicón* (chopped seafood with onion, tomato and pepper)...

Already back in Obradoiro Square, the **Enxebre**, in the Hostal dos Reis Católicos, offers portions in a terraza viewing outside the city, to the east, where every evening one can see the sunset.

around the abastos market

There is no doubt that the Catedral is the most relevant monument of Santiago de Compostela, becoming the centre of a historic and monumental zone incomparable in beauty, extension and monumentality.

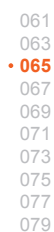
However, for a gastronomy enthusiast, Compostela has a unrepeatable monument: the Abastos Market. The building and walls are already a monument in itself and at the same time by the variety and quality of the products that there can be found, arrived from market gardens and farms closer to the city, from the harbors and shellfish areas of all Galicia or from the remotes seas and production areas.

After a unhurried visit to this monument of the gastronomy such as the Abastos Market, the traveller can visit some of the most significant places of a *tapas* area which goes along to the north until Santa Clara zone, these ones remarkable due to their *tapas* and snacks, some times of courtesy, served with drinks for free and others to pay, mainly as a portions.

The traveller can begin the route just next to the Abastos Market, in another old Compostelan square, the Pescadería Vella, where **Casa Pepe** is located, with a great provision of wines and plentiful of courtesy *tapas* which can be completed with portions. It is a small place but has a cozy room in the basement and, in the summertime, a *terraza* in the same square.

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Finished this first stage of these *tapas* route but without leaving Pescadería Vella where we come back, we enter one of this hidden alleys of the Old Santiago to meet the realm of the mushrooms (*pleutorus ostreatus*), the **Gamela**, where the speciality are the grilled portions of this mushroom accompanied by the most different food.

And, as already said, we come back to the Pescadería Vella in order to stop in the **Cabalo Branco**, hidden in a square corner where always find shade and fresh air apart from the very plentiful and assorted *tapas*.

Just opposite the entrance of *Cabalo Branco*, one of the narrow alleys of Compostela leads the traveller to the Praza de Cervantes and from there, begins to go down along the Acibechería to find **O Filandón**. The entrance is a wine shop and traditional products and the back part of the place is a bar where can taste the specialties of the house: wines, *tapas* and portions.

Opposite this place, the **Iacobus** open its doors, initially specialized in coffees (belongs to a franchise) but converted in a Basque *tapas* place.

Leaving the Rúa da Acibechería, where the *Camino de Santiago* and its troop of pilgrims runs along, one enters Rúa da Troia, where a building which was the students hostel that Pérez Lugín immortalized in his novel "*La Casa de la Troya*" and undertook later for film industry by Rafael Gil with actors as renowned as Arturo Fernández or María Isbert, is situated.

Facing the house, now a museum reproducing faithfully the ancient hostel, **Bierzo Enxebre** offers its specialties from El Bierzo and Galicia in portions, standing out the sausages

and tinned food and vegetables which can be well accompanied by a wine from that beautiful land between León and Galicia.

Not so far, one gets **Los Sobrinos del Padre** where the octopus is remarkable, both in sandwiches and in portions.

After a little slope, helping to burn up some of the calories gained in the last stops, one gets the **Bodeguilla de San Roque**, a place which was the first wine cellar of Santiago de Compostela in a time that even there was not the designations of origin. *La Bodeguilla* has one of the best wine cellars of Compostela, with wines for its offer of cheese, sausages and cooked plates portions.

And, at the end of the route, visitor walks to the north passing between the convents of Carmen and Santa Clara, works of the Compostelan baroque until getting **El 13**, a place not fit for superstitious people who won't enjoy, if they don't want, its inside *terrazza* in which taste its wines accompanied by pork cold meats or cheeses.

From here, San Domingos de Bonaval park, one of the quietest and most surprising ones of the city, is a stone's throw away. Visitor can recover from the overindulgence in food and drink there or, if he prefers, visit the two museums limiting this park: the one of the O Pobo Gallego (ethnographic), located in an ancient convent of baroque architecture, or the Centro Gallego de Arte Contemporáneo (CGAC) (Galician Contemporaneous Art Centre),

located in a modern building designed by the Portuguese architect Álvaro Siza, also author of the current appearance of the park.

the urban expansion area: el ensanche

Santiago de Compostela is not Moscow but also has its own Praza Roxa (Red Square) where *Ensanche* is around, the expansion area of the city born in the middle of 20th century, with a town planning and architecture typical of the development policy of those times, which the current local administration tries to become more familiar with diverse works such as, precisely, the restoration of this Praza Roxa.

The “*Ensanche*” is an area widely populated of residential buildings, commercial places, road traffic and people living, working or passing by it.

A big part of the Compostelan shops is situated in this area of the city where abound taverns, bars, cafeterias and restaurants in which satisfy the culinary need of the neighbours and foreigners.

From the Praza Roxa to the south, along the Rúa San Pedro de Mezonzo, bishop to whom is adscribed the composition “*Salve Regina*” and leaving at the right the *Casas de Ramírez* (a small housing development previous to the urban growth of the area), we are getting near to a modern making place, the **Latino** which, in spite of its appearance of a modern and functional bar, offers good *tapas* and famous sandwiches, the first for free and the other ones don’t.

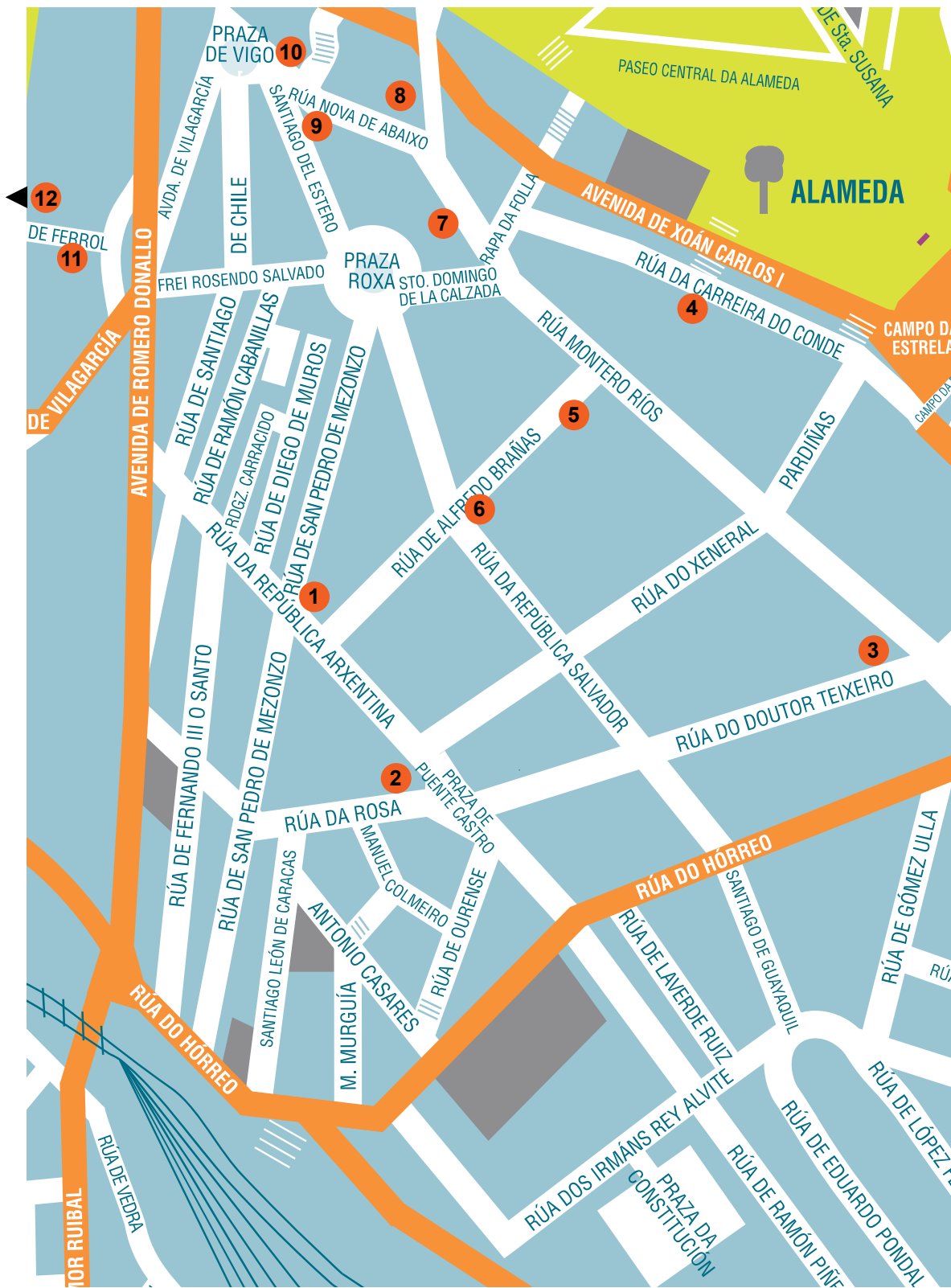
From the Latino and going around the Peleteiro school, a truly institution among the teaching centres of the city and which will leave its place for a modern mall, visitor will get near to the most famous bars of the zone, the **Avión**, located facing a estate development of splendid chalets previous to the making of the *Ensanche*: La Rosaleda.

In the Avión, the courtesy *tapas* is always surprising. Tripe, lentil soup, stewed meat, Galician stew... only one but plentiful, absolutely home-made. And Friday... small crabs.

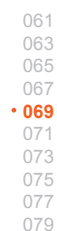
We turn back to the north and get close to the Praza de Galicia, link between the old part and the *Ensanche*, stopping before in the **Miami**, one of the old gathering places in Santiago which still preserve the old structure of a bar, with a little counter and a big table area. The drink always goes with three traditional *tapas*: Russian salad, home-made chips and chips with allioli or vinagrette. Short time ago, as it happened that opposite the Miami, crossing the road, the Cuban consulate was located, what made of the street Doutor Teixeiro some kind of “*estrecho de la Florida*” (strait of Florida).

Going around the old town, we get near to the **Abrigadorio** located facing the most urban park of Compostela: the Alameda. Going through the doors of the Abrigadorio, a tavern of rural appearance with a basin in which wine is refreshed with water moved by the waterwheel presiding over the place unfolds before the eyes. In the Abrigadorio is still served the “*vino de la casa*” together with branded other ones, sausages, cheeses and different *tapas*, all of them to pay.

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1. Latino 2. Avión 3. Miami 4. Abrigadoiro 5. Mesón Caney 6. Ferro 7. Cibeles 8. La Viura 9. Iacobus



Behind the Abrigadorio, there is one of the five-star hotels of the city, the Araguaney. In the ground floor, acceding through a little gallery, open its doors **Mesón Caney**, one of the most selected *tapa* places, both its offerings quality (small sandwiches, toasts, *tapas*) and the kind of customers that come together. There is no lack of Arabian specialities, essential there due to the Palestinian origin of the owner.

Another place of famous quality of the zone is situated few metres away: the **Ferro**. The place has a central bar-counter with two different access. From a side, *tapas* and portions bar and from the other one, take-out meals. The Ferro also has a *terraza* in the sidewalk, since is located in one of the recently restored streets, reducing the space destined to the road traffic in favour of the pedestrian, resulting that there is no parking lots.

From the Ferro, we go down again to the Praza Roxa to following go up one of the most stepped slopes of the city with a long waterfall in the middle, leading us to the **Cibeles**, a classic café of the *Ensanche* where two or three courtesy *tapas* are offered with drinks.

Got strengths back, the street steeps again but, this time helping us, going down where we find an atypical place in the city named **Terras da Rioxá**. A place where the La Rioja products are almost the absolute features, so the wines of this designation of origin can be accompanied by *tapas* and portions made of typical-of-La Rioja products, tinned food included.

The slope finish in a classic corner of the zone of Santiago, where some time ago, an emblematic café was located (Tío Gallo) and, currently is the **Iacobus**, one of the several places with the same name all over the city (it is franchise). In this case, it is specialized in *tapas*, portions and meals.

Few metres away from the Iacobus, **Raíces Galegas** is located. It is a little establishment with traditional *tapas* but also offering portions and sandwiches.

Leaving the traditional *Ensanche* and entering the expansion city areas which constitute the recent building estate development, we find **A Colleita**, with a good list of *tapas* and bar snacks.

In the same street, getting far away from the *Ensanche* towards Conxo (in the past, was a independent municipality finally annexed to Compostela, we arrive to the **Barrigola**, which has a good offer of *tapas* and bar snacks. It is also a restaurant if we are still hungry. And, then we turn back and walking a little almost straight we are again in the starting point: the Red Square... the one of the *Ensanche* of Santiago de Compostela.

san lázaro, the entrance of the camino

If visitor arrived Compostela as a pilgrim, walking or not, along the road that comes from France, it is inevitable that he entered the city by San Lázaro neighbourhood, which in the last years is becoming a referent of the contemporaneous architecture of Santiago, with the Pazo de Congressos y Exposiciones (Palace of Congresses and Exhibitions) and a wide complex of modern buildings that provides space to some offices of the *Xunta de Galicia*.

These new buildings brought to the neighbourhood a relevant number of government employees and workers that caused the opening of many bars and restaurants that, in the morning and midday offer a basic service to the workers in that zone, and at night continue offering their specialities to everyone in Compostela.

In the same street, visitor will find four establishments that represent the different kinds of places with *tapas* specialities, from the most modern ones to those ones in a more classic style. And in the surroundings of this street, next to a quiet square, we will get the fifth *tapas* place of the zone.

Entering Compostela by the French Way, the first *tapas* place that we can found is **Bodega de San Lázaro**, that goes in the same way that the one that is named before this one, in San Roque which was the first cellar in Compostela when these kind of places took some time to become usual. A good wine selection and cooked *tapas*, not for free, although, some snack will be always offered to us in order to accompany our drink.

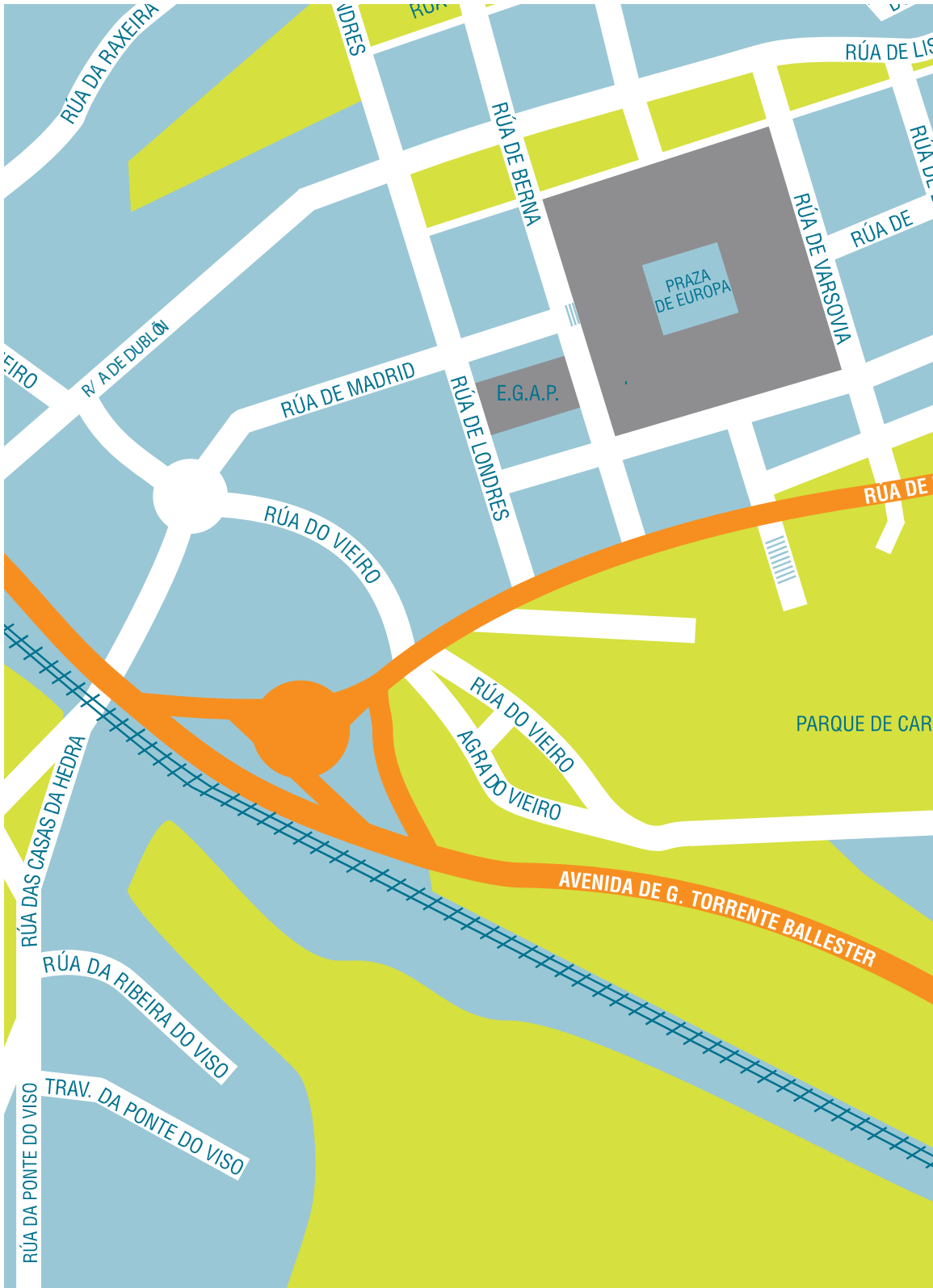
In the same sidewalk and a few meters after, **Dehesa de Santa María** opens its doors, an unusual place because it offers products derived from Iberian pig, which are not typical of Compostela, even though nowadays they already are in any place of Spain. This establishment belongs to a Extremaduran franchise and this is what determines its specialities, even offering Extremaduran wines in its wine menú. They are probably the only one that can be found in the city.

Visitor continues going to the centre of the city and in a few steps he arrives the **Caminante**, a little bar with a modern design where it is not easy to find an available table because there are many government employees that gather there in the morning for breakfast. As restaurants have a menu or a house speciality, the Caminante has its "*tapa de la casa*" (*tapa* of the house), perfectly explained and valued (at euros) in its menu.

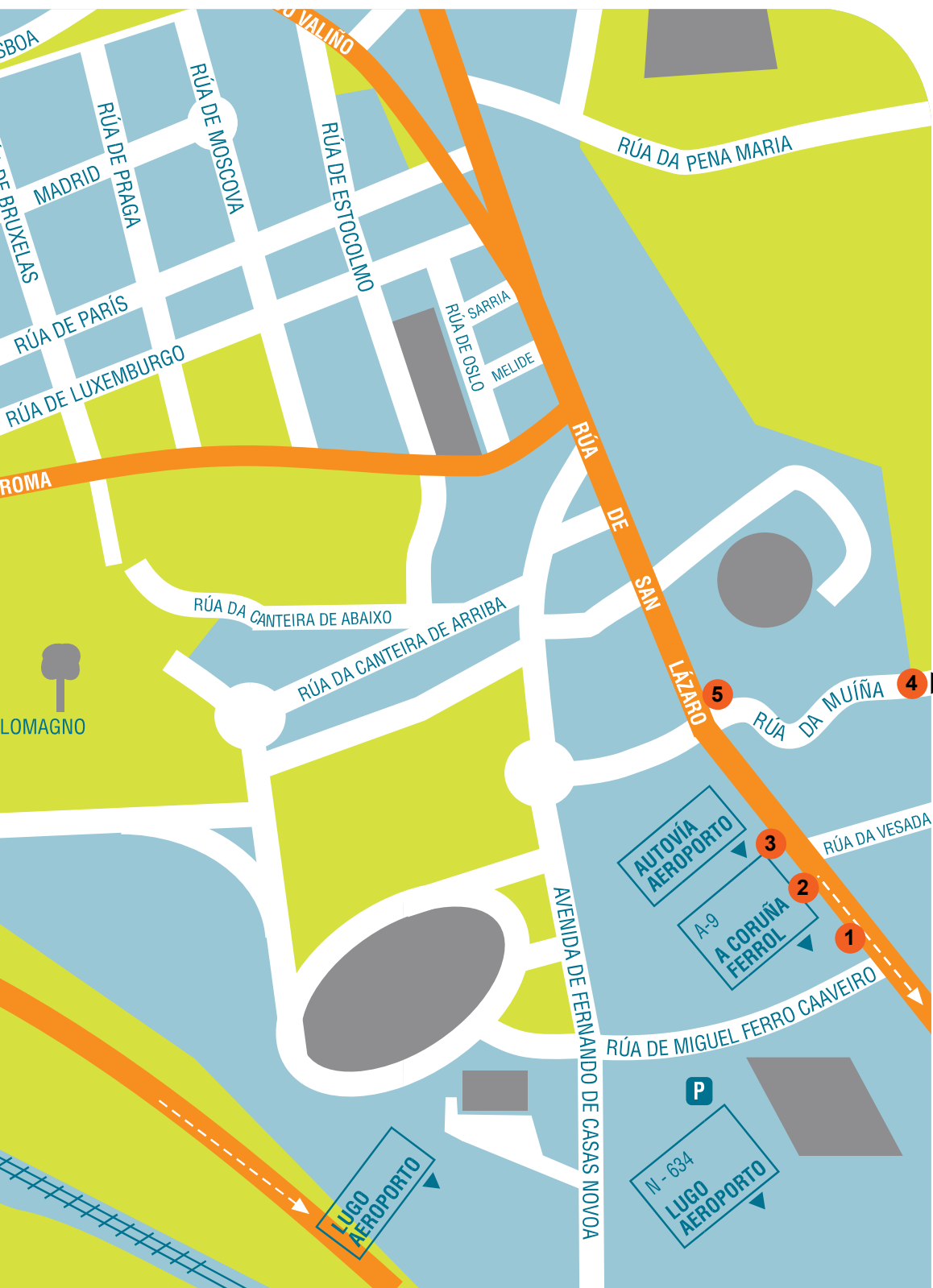
We have to cross the street and walk a little stretch along A Muíña street until getting to a small and quiet square, because it is far from the crowded, named in same way named neighbourhood, where is located **Adega da Muíña**, a modest place that offers a little designation of origin wine list and huge *tapas* to accompany the drink, as long as not increasing the prices. Some people would think that it is being served a portion, for example, mussels and noodles, but it is a simple courtesy *tapa*.

We get back to San Lázaro street and we finish our *tapas* route in this neighbourhood in the **Mesón de Lázaro**, that offers us again a little wine list and its selection of cooked *tapas* and portions to pay, but always counting on a courtesy *tapa* to accompany our drink.

At the end of this route, visitor goes on to the centre of the city, where new emotions are waiting for him.



1. La Bodeguilla de San Lázaro 2. Dehesa de Santa María 3. Caminante 4. Adega de Muíña 5. Mesón de San Lázaro



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bocadillos

In an university city like Santiago de Compostela, it cannot lack in a culinary scene a wide range of places that offer reasonable meals with very adjusted prices, since it is well-known that students economy was never very comfortable.

For this reason, in Compostela we will also find a wide offer of sandwiches, in some cases truly remarkable.

The Compostelan sandwich par excellence is made of ham roasted into the oven with

a marinade always with oregano and served usually with bread soaked in the resultant sauce of the roast. It can be accompanied by cheese, for example, but there is not need at all.

The Spanish omelette, that in all Galicia gets an extreme quality, is also regular for the Compostelan sandwiches as well as the fried squids ones. Besides, sausages (ham, *chorizo*...), cheese, omelettes with several stuffings, tinned food and a wide variety of food take part of the sandwich offer. And we can not forget the *empanada*, the sandwich par excellence, that we will find in many places.

Among the most curious specialities is the pig's ear sandwich, that is served in the **Orella**, also popular due to its *tapas* also made of pig's ear, but it is equally good the sandwich of octopus, speciality in **Los Sobrinos del Padre**.

As in any part of the world, in Compostela can be find hamburguers, even though the most part of this offer is a local kind. In centre of the city, it only exists a burger place owned by a multinational company.

In the last times the kebab came to Compostela, although none of the several places with this Eastern speciality deserve a special mention.

And as a final curiosity, it is need to say that the best vegetable sandwich in Compostela is cooked in a clinic, the **Polyclinic A Rosaleda**, where this traditional sandwich gets a thickness of several centimeters beacause of the consecutive slices of panloaf, lettuce, tomato, onion, asparagus, cheese, ham, boiled egg and mayonnaise.





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gourmet shopping

The visitor who goes along the street of the ancient town will find there a lot of souvenirs shops and, among them, the ones that sell massively *Tarta de Santiago*, wine and Galician liquors and some other products like cheese or sausages from this country. There is no doubt that this kind of stores cover the needs of some travellers, but those ones interested in knowing better have all along the city other kind of establishments, more oriented to the local clients than to the tourist, that will surely satisfy their gastronomic curiosity.

People interested in Galician gastronomy can find in Compostela almost any speciality of our region.

A fundamental reference point for the gastronomic shopping will always be the Abastos Market, located in the old town since the middle of the 19th century. The Abastos Market as an artistic monument, is the second more visited building of the city, after the Cathedral. Visitor will find there the best fishes, shellfish, and meats of Galicia together with others arrived from remote places; fruits and vegetables cultivated in the market gardens near to the city and the ones collected in the most exotic places. Cheeses, sausages, bread, wines and liqueurs, anything that visitor think will surely be in the Abastos Market. There are everything in the market, so there is a plenty of stands of some Galician culinary elements very requested by the people: wooden dishes for octopus, clay cups and jars for wine, wooden and clay *viradeiras* for turn over the spanish omelette...

Traditionally, the big day in the Compostelan market is the Thursday but the Tuesday and Saturday market are very relevant too.

Visitor will find traditional shops in the rest of the city preserved practically like in the first half of the 20th century as the **Carro** and **Recouso** grocery stores and modern delicatessen shops. In all them, one will find high quality products native from the different regions of Galicia.

Tartas de Santiago, cheeses, Galician wines, white and herbal spirits, coffee and morello liqueur, *chorizos*, *lacones*... are any of the traditional products of our region that the visitor searches for. In Compostela will also find traditional chocolates and other news, Galician liqueurs not very known as the coriander or mirabelle ones (small plums native from the German Black Forest cultivated in O Rosal), mirabelle spirit, tinned mirabelle, *marrón glasé* made in Ourense with Galician chestnuts, chestnuts in syrup, in natural juice, jam or pureé of chesnut, tinned or dehydrated *grelos*, tinned fishes and shellfishes of our *rías*, tinned or dried seaweed of the Galician coasts... even tinned stinging nettle produced in Galicia, all this goods will found curious people on the shelves of the most selected shops of Compostela.

Apart from food and drinks, visitor can also buy some elements in Compostela as wooden dishes for the octopus, clay cups and jars for the wine or clays to make the *queimada* that will find in the small shops of the Abastos Market and other household item places of the city together with books of Galician cuisine.





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the abastos market

As we told before, after the Cathedral, the Abastos Market is the second place more visited by tourist arriving to the city. And with good reason.

Located in the same place since the middle of 19th century, the market is the more relevant supply point of the city and where one can find everything from the market gardens near to Compostela to the products of remote places.

Situated in a stone building formed by eight wings similar to religious buildings, the market keeps inside the best of Galician lands and seas.

Here, visitor can find fruits and vegetables coming from family farms of the suburbs of the city, cultivated artesanally and sold directly by the own growers, who occupy the outside stands, also offering cheeses, rabbits, corral chickens, eggs...

In the inside of the market, the offer of fishes and shellfish of the day arrived from the Galician fishmarkets compete with a big variety of meats, prevailing beef and pork, poultry, lamb, kid and even exotic meats. It don't lack, of course, the salty pork meat used for the Galician stew as well as hams and *lacones* and all kind of sausages from the traditional as the *androllas*, *botelos*, *chorizos*... to the manufactured ones.

The cheeses have also a relevant representation inside the market, prevailing the ones with designation of origin of the region and, mainly, the ones of *Arzúa-Ulloa* and *Tetilla*. But there also are artesanal cheeses.

Bread, always relevant in Galicia and with a high quality, has a privileged presence in the market, since one can find bread from Compostelan bakeries and other parts of the country: Galician wheatbread, cornbread, made of *ferraxe* (mixture of wheat and rye) as well as special breads with walnuts, dry raisins...

As we said before, there is a plentyful offer of fruits and vegetables outside the market coming from market gardens near to Compostela increased with the stands of the inside of the market, supplied, mainly, of products arrived from big producing areas.

In the outside stands of the market, one can also find household items like wooden dishes for octopus or clay cups and jars for wine as well as the typical sharpeners and umbrella stands.

The Abastos Market of Compostela is a place to buy and admire but also allows taste in situ the adquired products there. The bar located inside the market cooks in the very moment any food bought there charging a little amount by the service. Imagine the privilege of buying at the market some shellfish, by instance, and eat it there some minutes after. Imagine... or better live it!









food of tested quality

In the Compostelan establishments, visitor will find tested quality food under any of the 18 Designations of Origin and Protected Geographic Indications which Galicia has.

wines

Rías Baixas. Designation of Origin internationally well-known by its white wines quality elaborated with grapes of the variety *Albariña*. In the Salnés subarea, wines have only one variety, whereas in O Rosal and O Condado some little amounts of other varieties as the *Loureira* are added to. Although less known, there also are red wines with this designation of origin.

Ribeiro. The *Ribeiro* produces white as well red wines, having produced a relevant renewal in the produced varieties, growing outstandingly the wines quality. Recently, the *Tostado do Ribeiro* was retaken, a wine elaborated with grapes dried naturally which, for decades, was the star of the region and was forgotten during some time.

Valdeorras. This designation of origin was known during a long time by the

quality of the red wines elaborated with the *Mencía* variety but, currently, white wines elaborated with the *Hodello* variety are very remarkable and have a high quality.

Ribeira Sacra. A designation of origin located between the Ourense and Lugo provinces. It is said that its wines were appreciated by roman emperors. Nowadays, the red wines elaborated with varieties such as *Mencía* and *Mouretón* have a relevant prominence although whites are also produced.

Monterrei. It is the smallest and less known of the Galician designation of origin. Located in the eastern limit of the province of Ourense with some more continental than atlantic features, it produces the only Galician wines with a low acidity. Both white and red ones have a high quality.

Vinos de la tierra. (Wines of the land). Galicia has three producing areas of *vinos de la tierra*: Betanzos, Barbanza and Iria, Val do Miño-Ourense.

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cheeses

Arzúa-Ulloa. The cheeses under this designation of origin are made of cow milk. In the market, the soft-pastry cheeses are the most common, having a six-day minimum maturing. However, the named *queso de nabiza* is also under this designation of origin and have a six months minimum period of maturing.

Tetilla. This designation-of-origin cheeses get the name because of their shape reminding a breast. It is made of cow milk and have a seven days minimum period of maturing.

San Simón da Costa. Made of cow milk, this cheese is bullet-shaped, with a yellow-ocher-coloured rind, always greased. The cheese is smoked with birch wood, giving it a special feature.

Cebreiro. This designation-of-origin cheeses are remarked by their shape similar to a chef hat. It is made of cow milk and their pastry is granular, soft, glutinous and melting on the palate.

meats

Ternera Gallega. The *Ternera Gallega* protected geographic indication covers beef meats of 12-months specimens maximum, born and grown in Galicia. It deals with animals of Galician native breeds and their crossbreeds. It is the most relevant protected geographic indication of the whole Spanish meats.

Lacón galego. The *lacón galego* is elaborated from the pork shoulder and knuckle, salted and cured a minimum of 30 days. Those ones under the protected geographic indication

come from selected breed animals. The *lacón* is used for the Galician stew, in the famous *lacón con grelos* and other specialities.

spirits and liqueurs

The Regulatory Council of the Traditional Spirits and Liqueurs of Galicia covers the Galician *orujo* spirit (distilled from grape remains), the only Spanish one with designation of origin recognized by EU as well as the traditional herbal spirit and coffee liqueur.

other products

Mel de Galiza. The Galician honey has an extraordinary quality and it is under the protected geographic indication *Mel de Galicia*, offering multifloral, chesnut, eucalyptus, bramble and heather honey.

Patata de Galicia. The Galician potatoes have a well-deserved fame in all Spain by their quality. The *Patata de Galicia* protected geographic indication covers the *Kennebec* variety, a multipurpose potato offering the top results either fried, boiled or baked.

Pan de Cea. The Cea bread, belonging to the province of Ourense, is the only one in Spain under a protected geographic indication. It is made into wood-fire ovens and according to the traditional and artesanal methods of the region.

Agricultura Ecológica. The products coming from the ecological agriculture cultivated in Galicia are also under the Regulatory Council of the Ecological Agriculture in Galicia.

Mexillón galego. It is the first and only sea product in achieving the protected designation of origin in all Europe. Galicia is the second producing region of mussels of the world and their quality is well-known, both fresh and tinned.





recipes

cafetocaldo

Restaurant

Casa Marcelo

Ingredients for 4 people

- 750 cc of water
- 40 g of dry vegetables
(carrot, leek, onion, celery, etc.)
- 2 g of dry tuna
(typical in the japanese cuisine)
- Salt
- 250 cc of virgin olive oil
- 1 tablespoon of Vera paprika
- 1 clove of garlic
- ½ onion
- Vinegar

For this recipe, we need a very clean old style metal coffee maker. As they are cheap, it is better to buy one for the soups.

Prepare a teaspoon of smoked paprika oil. For this, heat olive oil until it begins to fry lightly onion chopped into not very small pieces.

It is important not to heat oil too much. Add garlic. When vegetables are fried and flavoured oil, remove from stove. Add paprika, stir, immediately add the vinegar and remove from stove. Let settle and decant. Filter and put aside.

Fill in coffee maker lower container with water. Put the dry vegetables in the filter together with the dry tuna. Close winding the upper part around.

To impress our guests, put a gas or alcohol stove in the middle of the table and leave there our “*Cafetogastro*” some minutes, just the time for this delicious soup be ready. We can also prepare it in the kitchen and then put in the table.

Pour immediately on little glasses with some drops of paprika oil.

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cannelloni with spider crab, shrimp sauce, and parmesan cheese

Restaurant

Azabache

Ingredients

For the cannelloni

- 1 spider crab (1 k)
- 100 g of onion
- 100 g of carrot
- 100 g of tomatoes
- 50 g of flour
- 50 g of weak flour
- 50 ml of Albariño white wine
- 50 ml of brandy for cooking
- 12 preboiled crepes

For the shrimp sauce

- 10 tiger shrimp
(size 21/30 per 800 g box)
- 50 g of onion
- 50 g of carrot
- 20 ml of brandy for cooking
- 50 g of high quality rice
- Olive oil of 0,4 % level of acidity
- 50 ml of custard for cooking
- 120 g of Parmesan cheese in one portion

Elaboration of cannelloni

Boil spider crab alive with bay leave begining with cold water 15 minutes per kilo and 60 g per water litre.

Once boiled, open when cold and remove all meat putting aside the obtained soup.

Make a fried sauce with butter, onion, carrot and tomato in this order, everything very

chopped. Put spider crab meat in, brandy and white wine and leave sauce to reduce during a minute on a high heat. Add salt and, at the end, flour to obtain a smooth mixture and let warm.

Put the preboiled cannelloni into hot water to hydrate them during 10 minutes (not boil because they are yet) and cool in ice water.

Smooth cannelloni pastry out and stuff each one with spider crab mixture and wrap.

Put cannelloni in oven plate previously buttered, pour shrimp sauces over them and cover with parmesan cheese slices.

Broil until browned on top.

Shrimp sauce

Fry onion and carrot chopped into cubes lightly, add shrimps and flambé with brandy.

Cover with water and add the rice when begins to boil.

Once everything boiled, mash in food mill, soft with custard.

Parmesan cheese

Cut into slices of piece of parmesan cheese with vegetables peeler.

codfish salad

Restaurant

El Pasaje

Ingredients

- Boiled egg
- 2 carrots
- Caviar of sea urchin
- Codfish loin
- Mayonnaise
- Custard

Elaboration

Confit codfish with oil.

Mix mayonnaise and custard.

Spread mayonnaise in the plate, put codfish in slices and cover it with caviar and grated carrot.

Ending with grated egg. Dress with sherry vinegar and high-quality virgin olive oil.

hake loins with grelos

Restaurant

Ruta Jacobea

Ingredients for 2 people

- 4 hake loins of 125 g each one
- ¼ glass of white wine
- 300 g of scalded turnip greens
- 25 g of breadcrumbs
- 150 g of sliced potatoes (*cachelos*)
- ½ litre of fish fumet
- 2 tablespoons of olive oil (0.1 % of acidity)
- 0.15 g of pure saffron
- 40 g of onion
- Salt

- 1 clove of garlic
- Parsley
- 1 peeled tomato

Elaboration

Fry onion, garlic and tomato lightly in a casserole with oil. Add wine and reduce on a low heat during 5 minutes. Following, add breadcrumbs, fish fumet, parsley, salt and saffron. Stir well until obtain a smooth mixture and put aside. Put hake loins, potatoes and turnip greens into an oven plate. Garnish with sauce and bake during 12 minutes at 170°. Sprinkle with fresh parsley and serve in the same plate.

grilled octopus

Restaurant

O Dezaseis

Elaboration

Boil octopus in the regular Galician style (20 minutes boiling and 5 settling). Let warm to make a perfect longitudinal cut in every tentacles. Toast with oil both sides in the grill. Set in the dish and accompany with *cachelos* (boiled sliced potatoes).

Cover with *allada*, previously prepared. (Brown garlic in oil, add sweet paprika and a splash of vinegar).

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polenta, caruncho and squids

Restaurant

Pedro Roca

Ingredients

- 200 g of polenta
- 500 g of *carunchos* (corn truffle)
- 500 g of clean squids
- 1 bunch of spinaches
- 1 onion
- 2 cloves of garlic
- Olive oil
- Salt

Elaboration

Prepare polenta according to the box instructions.

Once boiled, put into individual circular baking tin and let harden.

Melt onion and garlic in the olive oil. Add cleaned and chopped *carunchos*, let boil slowly about 20 minutes, whip and put aside.

Wash spinaches, sauté into a frying pan with a teaspoon of olive oil and drain.

Cut cleaned and peeled squids in julienne. Add salt and sauté them lightly in olive oil.

Montage

Remove polenta from baking tin, make slices between 1-2 cm, brown in olive oil and drain well.

Put on each slice *carunchos* purée and sautéed squids on it.

Crown with spinaches.

crispy scallops in albariño wine

Restaurant

Toñi Vicente

Ingredients for 6 people

- 12 scallops
- 1 little onion
- 20 ml of olive oil
- 10 ml of Albariño wine
- 100 g de Iberian cured ham
- 100 g of English bread
- A pinch of paprika, salt, and parsley

Elaboration

Wash scallops, remove corals and put aside.

Chop onion very thin and sauté it until white and transparent. Add a pinch of paprika and white wine. Adjust the seasoning if necessary and put aside.

Cut english bread very thin into rectangles and toast in oven. Cut the ham into thin slices and put onion in middle of two papers. Toast it in griddle with some heavy thing on it.

Sauté scallops in frying pan until browned and undercooked. Blanch corals, putting quickly in boiling water. Chopped them up, filter and add some drops of parsley oil.

Presentation

Put a basis of onion on the plates and interleave scallops, ham and bread. Decorate with corals sauce.

Parsley oil

Blanch a parsley branch, cool and chop up with 10 ml of oil in termomix.

baked turbot

Restaurant

Camilo

Ingredients for 4 people

- 1 turbot, 2 k
- Onion
- Garlic
- Parsley
- Tomato
- Potatoes
- Fish sauce
- Oil
- Salt

Elaboration

Put chopped onion, garlic and parsley and a splash of tomato sauce on an oven plate. Add a splash of olive oil.

Put washed turbot on it and salt. Place into oven at 180°.

When onion is medium cooked, add fish sauce and keep cooking it. Before fish is done, put on plate some sliced potatoes (can be lightly fried before place into oven).

boletus, snap beans and clams soup-salad

Restaurant

El Mercadito

For boletus soup (8 people)

- 1 kg of boletus, variety *edulis* or *erytropo* (must be dry, better if young)
- 150 g of snap beans already whitened
- 24 clams, variety *babosa*
- Shallot, piper, butter and salt
- 1.6 l of vegetable sauce

The soup

Clean boletus with a brush and remove gills. Separate stem from cap.

Chop stems and sauté it with butter and shallot on medium heat. Add the vegetable sauce and bring to boil. Let settle 20 minutes. Chop it in the turmix and adjust the seasoning if necessary.

The clams

Put abundant water on a pot and bring to boil. Add clams until bubbling but not wait to open them totally. Remove shells and place as a bed on a plate.

Sauté boletus caps and cover bed clams with them. Add the snap beans and finally pour soup on it.

Note: Toasted bread or caramelized onion are a great side dish.

If boletus belongs to *erytropo* variety, they have to be well-cooked (70°C).

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stewed beff hock

Restaurant

Vilas

Ingredients (for 4 people)

- 1 beef hock
- 400 g of small potatoes
- 250 cc of white wine
- 1 head of garlic and onions
- Salt
- Oil

Elaboration

Marinate beef hock with white wine, garlic and salt during six hours.

Following, heat a splash of oil in a pot. Brown meat and onions. When browned, add marinated sauce. Cover and let boil slowly.

When is medium-cooked, add potatoes. Put into oven. Take out of oven when potatoes are done and serve. (Recommended eat it just cooked).

mousse of berries

Restaurant

Ana

Ingredients

- 12 eggs
- 200 g of sugar
- 100 g of raspberries
- 100 gramos de gooseberries
- 100 g of cowberries

Elaboration

Separate egg whites from yolks and froth yolks and sugar up.

Whip egg whites to a stiff froth and add yolks.

Put berries on pastry and baked during 5 minutes at 180°C.

Sprinkle with sugar and then brown.



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list of restaurants in alphabetical order

This list of restaurants in alphabetical order contains the main info (address, phone number...) as well as the services offered by each one of them. In all restaurants of this list speak English and Spanish besides the rest of languages indicated.

a barrola

Traditional cuisine. Shellfish restaurant.

Address: Rúa do Franco, 29

Phone number: 981 577 999

Web: www.restaurantesgrupobarrola.com

E-mail:

info@restaurantesgrupobarrola.com

Prices under 40 euros.

Closed Monday (during winter season).

Credit cards.

Nearby parking.

Terraza (outside area fitted out for drinks and meals).

Reservations.

Capability: 50

Smoking allowed.

Spoken languages: English, Portuguese and Italian.

Menu available in German, English, Spanish.

A Barrola is located in the most crowded street of Compostela. It receives a lot of tourists and local visitors that get attracted by a living sea food offer at the entrance of the restaurant and also by its *terrazza* which is in the very ancient town. In the last times,

there is no artist visiting Compostela and no visiting *A Barrola*.

a caldeira de pedro boteiro

Traditional cuisine. Grill.

Address: Rúa de San Pedro, 22

Phone number: 981 576 355

Prices Under 30 euros.

Opened seven days a week.

Credit cards.

Parking.

Reservations.

Smoking and No-Smoking rooms.

Menu available in Galician.

Amazing gilled meat, rice.

a casa dos martínez

Market cooking, traditional with touches of signature cuisine.

Address: Rúa do General Franco, 7

(Praza Baltar). Padrón

Phone number: 981 810 577

E-mail:

acasadosmartinez@yahoo.es

Prices under 40 euros.

Closed Sunday to Wednesday nights and all day Monday.

Credit cards.

Reservations.

Capability: 24

Smoking allowed.

Spoken languages: Catalanian.

Menu available in Spanish.

Enrique Castillo took to Padrón the vision of his birth place cuisine, Catalonia, and he added to it the traditional Galician cuisine, entering changes and new combinations, always protected by the quality of Galician products.

a curtidoría

Traditional cuisine.

Address: Rúa da Conga, 2-3

Phone number: 981 554 342

Web: www.acurtidoria.com

E-mail: info@acurtidoria.com

Prices under 40 euros.

Closing Sunday.

Credit cards.

Terraza.

Reservations.

Capability: 100

Smoking and No-Smoking rooms.

Café & restaurant that offers a great quality of daily plates, good prices and even menu service.

a tulla

Traditional cuisine. Vegan menu.

Address: Ruela de Entrerrúas, 1

Phone number: 981 580 889

Prices under 20 euros.

Closed Sunday, Monday and Tuesday nights.

Credit cards.

Nearby parking.

Terraza.

Reservations (not for the *terrazza*).

Capability: 30

Smoking allowed.

Spoken languages: English.

Menu available in Galician and Spanish.

a viña de xabi

Traditional with touches of signature cuisine.

Address:

Rúa de San Pedro de Mezonzo, 5

Phone number: 981 940 071

Prices under 25 euros.

Closed all day Sunday.

Credit cards.

Nearby parking.

Reservations.

Capability: 24

Smoking allowed.

Spoken languages: English.

Menu available in Spanish.

It is remarkable due to its selection of wine and its cuisine does justice to it. Big size portions.

ana

Innovative cuisine.

Address: Rúa do Olvido, 22

Phone number: 981 570 792

E-mail:

anarestaurante1@telefonica.net

Prices under 35 euros.

Closed Sunday nights and during the second fortnight of August.

Credit cards.

Private area.

Terraza.

Capability: 35

Reservations.

Smoking and No-Smoking rooms.

Menu available in Spanish.

It is located in a big house from 18th century and it is probably one of the most beautiful restaurants of Compostela and oddly, all the staff is composed by women.

asador castellano

Castilian cuisine, roasted meats.

Address: Rúa Nova de Abaixo, 2

Phone number: 981 590 920

Prices under 50 euros.

Closed Sunday nights and all day Monday (during winter season).

Sunday in July and August.

Credit cards.

Private areas.

Nearby parking.

Capability: 110

Smoking and No-Smoking rooms.

Spoken languages: English and French.

Menu available in English, French and Spanish.

As its name says, it is a in steak house in Castilian style, specialized in lamb and suckling pig.

asesino

Traditional cuisine.

Enderezo: Praza da Universidade, 16

Teléfono: 981 581 568

Web:

www.restaurantegonzabaasesino.com

E-mail:

asesino@restaurantegonzabaasesino.com

Prices under 40 euros.

Closed Sunday.

Credit cards.

Private area.

Nearby parking.

Terraza.

Reservations.

Capability: 50

Smoking allowed.

Spoken languages: Italian and English.

Menu available in Spanish, French and English.

It is oldest restaurant of Santiago, where Ramón María del Valle Inclán itself had his own table. For years, the sisters owning the restaurant selected clients on their will, creating a genuine myth about the place. Currently, it is run by professional restaurateurs.

azabache

Traditional with touches of signature cuisine.

Address: Avenida do Burgo das Nacións, s/n (Hotel NH Obradoiro)

Phone number: 981 558 070

Web: www.nh-hoteles.com

E-mail: nhobradoiro@nh-hotels.com

Prices under 30 euros.

Opened seven days a week.

Credit cards.

Private areas.

Parking.

Reservations.

Capability: 200

No-Smoking.

Spoken languages: English.

Menu available in Galician, Spanish, English and French.

It is a hotel restaurant placed in the very Compostelan university campus.

barrigola

Traditional cuisine.

Address: Avenida de Ferrol, 54

Phone number: 881 978 880

Prices under 20 euros

Closed all day Sunday.

Credit cards.

Terraza.

Reservations.

Capability: 50

Smoking allowed.

Spoken languages: English.

Menu available in Spanish.

One of the most presents of the city which is born at the same time that the housing development surrounding of Conxo neighbourhood.

bierzo enxebre

Bierzo and Galician cuisines.

Address: Rúa da Troia, 10

Phone number: 981 581 909

Web: www.bierzoenxebre.com

Prices under 20 euros.

Opened seven days a week.

Credit cards.

Nearby parking.

Terraza.

Reservation.

Capabily: 60

Smoking allowed.

Spoken languages: French, English and German.

Menu available in German, English, French, Italian, Portuguese, Spanish and Galician.

In the place where times ago was Prada a Tope, continues the offer of products from Bierzo and a way of cooking based in the tipycal cuisine of this part of Leon, always counting on it is located in the heart of Galicia.

bocalino

Traditional cuisine.

Address:

Rúa da República Argentina, 11

Phone number 981 566 482

Web: www.restbocalino.com

E-mail: elbocalino@mundo-r.com

Prices under 20 euros.

Closed Sunday nights.

Credit cards.

Private area.

Nearby parking.

Reservations.

Capability: 114

Smoking and No-Smoking rooms.

Spoken languages: French and Italian.

Menu available in French, Italian, German, English and Spanish.

Besides of its traditional cuisine, Bocalino is well-known due to its fondues.

boga

Creative cuisine.

Address: Rúa dos Feáns, local 3 B

Phone number: 981 592 227

Web: www.restauranteboga.com

Prices under 25 euros.

Closed Sunday and Monday nights.

Credit cards.

Nearby parking.

Reservations.

Capability: 60

Smoking allowed.

Spoken languages: English and German.

Menu available in Spanish.

calderón

Traditional with touches of signature cuisine.

Address: Rúa da Carreira do Conde, 8

Phone number: 981 554 356

Web: www.calderoncatering.com

E-mail: siro@calderoncatering.com

Prices under 50 euros.

Credit cards.

Private area.

Nearby parking.

Capability: 35

Smoking and no-smoking rooms.

Spoken languages: English.

Menu available in Galician, Spanish, English and French.

Besides to its menú, it offers, each day, plates made according to the market demanded. Traditional cuisine in a modern elaboration.

caney

Traditional with touches of signature cuisine. International specialties.

Address: Rúa de Alfredo Brañas, 5

Phone number: 981 559 603

Web: www.araguaney.com

E-mail: melia@araguaney.com

Prices under 25 euros.

Closed Christsmas and New Year eves.

Credit cards.

Parking.

Terraza.

Reservations.

Capability: 70

Smoking and No-Smoking rooms.

Spoken languages: English.

Menu available in English, French, Spanish and Galician.

Caney is the restaurant of the Hotel Araguaney (five stars), in which ground floor it is locaed, even though it has an independent entrance from the street. It offers a Galician and Contemporaneus cuisine menu that also touches international cooking, emphasizing in particular in Arabian gastronomy due to Palestinian origin of its owner. It organizes gastronomic days.

carretas

Traditional cuisine.

Address: Rúa das Carretas, 21

Phone number: 981 563 111

Web: restaurantesanclemente.com

E-mail: sanclemente@terra.es

Prices under 50 euros.

Closed Sunday.

Credit cards.

Private area.

Nearby parking.

Reservations.

Capability: 180

Smoking and No-Smoking rooms.

Spoken languages: English and German.

Menu available in Galician, Spanish, French, English, German, Italian and Portuguese.

A few steps from Obradoiro Square, it is located Carretas that is a classic restaurant of Compostela. It has a good offer of sea food, fish and Galician meats.

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casa camilo

Traditional cuisine.

Address: Rúa da Raíña, 24

Phone number: 981 584 593

Pices under 35 euros.

Opened seven days a week.

Credit cards.

Private areas.

Nearby parking.

Terraza.

Reservations.

Capability: 120

Smoking and No-Smoking rooms.

Spoken languages: English.

Menu available in English, French, German and Spanish.

In the center of the most traditional wine area of Santiago (Franco-Raíña) Camilo is a right value opposite to the lot of restaurants in the same area that center their offer in the tourist people.

casa marcelo

Innovative cuisine.

Address: Rúa das Hortas, 1

Phone number: 981 558 580

Web: www.casamarcelo.net

E-mail: escribe@casamarcelo.net

Prices under 60 euros.

Closed Sunday, Monday, Tuesday, Wednesday at midday and from October, the 1st to March, the 30th.

Credit cards.

Nearby parking.

Reservations.

Capability: 30

Smoking allowed.

Spoken languages: English and French.

No menú.

1 star in the Michelin Guide.

Marcelo Tejedor, owner and cook of Casa Marcelo, is currently one of the fundamental references of the New Galician Cuisine transmitting his knowledge through the *Nove Group*, founded in 1992 and reach its presidency in 2007. The cooking of Marcelo has a strong basis on the Galician tradition and the high quality of sea, vegetable and farm goods of the Abastos Market of Santiago de Compostela where he goes everyday shopping personally. However, the cooking of Marcelo is full of the creative spirit and even rebel of this Galician cook, educated together with cooks as relevant as Jacques Maximin or Juan Mari Arzak, searching for the perfection in his work.

Casa Marcelo is also peculiar in Compostela and Galicia, since offers only one menu without a list in which clients taste the consecutive courses taking out the kitchen that is opened to the dining room.

casa ramallo

Traditional cuisine.

Address: O Castro, 5. Rois

Phone number: 981 804 180

Prices under 30 euros.

Closed every night, all day Monday and from December, the 24th to January, the 7th.

Credit cards.

Terraza.

Capability: 75

A classic restaurant that makes traditional cuisine based on the great quality of its products. It is a referent in Compostelan region in the lamprey season.

casa rosalia

Traditional cuisine.

Address: Rúa do Franco, 10

Phone number: 981 568 441

E-mail:

casarosaliavinosytapas@mundo-r.com

Prices under 25 euros.

Opened seven days a week.

Credit cards.

Nearby parking.

Terraza.

Capability: 80

Smoking allowed.

Spoken languages: English and French.

Menu available in Galician, Spanish, French, German, English and Italian.

Menu of the Galician traditional cuisine and specialities from several regions of Spain.

casal do cabildo

Tavern style cuisine.

Address: Rúa de San Pedro, 18

Phone number: 981 583 057

Web: www.casaldocabildo.com

E-mail:

casaldocabildo@casaldocabildo.com

Prices under 20 euros

Closed Sunday afternoon and all day Monday.

Credit cards.

Private areas.

Reservations.

Capability: 150

Smoking and No-Smoking rooms.

Menu available in Galician and Spanish.

The most ordered meal by clients is the "Tabla tierra-mar": vegetables, sea food and meats at the same time on a wooden plate.

chef rivera

Traditional with touches of signature cuisine.

Address: Enlace Parque, 7. Padrón

Phone number: 981 810 413

Web: www.chefrivera.com

E-mail: chefrivera@terra.es

Prices under 45 euros.

Closed Sunday and Monday nights except during August, when it does not close. open.

Credit cards.

Private areas.

Parking.

Reservations.

Capability: 70

Smoking and No-Smoking.

Spoken languages: English, French and Italian.

Menu available in Spanish.

Xosé Antonio "Chef" Rivera is the great reference cook of the whole Compostela region regarding to lamprey. In its season, he prepares a menu composed only of this fish, adding every year new recipes. In his wine cellar, a magnificent collection of Port wines is very remarkable.

cien islas

Chinese and Filipino cuisines.

Address: Avenida de Vilagarcía, 2

Phone number: 881 976 390

Prices under 15 euros.

Opened seven days a week.

Credit cards.

Nearby parking.

Reservations.

Capability: 80

No-Smoking.

Spoken languages: English and Tagalog.

Menu available in Spanish and English.

crêperie cre-cotté

Crêperie

Address: Praza da Quintana, 11

Phone number: 981 577 643

Web: www.crecotte.com

Prices under 20 euros

Closed Sunday nights.

Credit cards.

Private area.

Nearby parking.

Terraza in summertime.

Reservations.

Capability: 80

Smoking and No-Smoking rooms.

Spoken languages: English and French.

Menu available in Galician, Spanish, English, French and German.

Salty and sweet crepes, salads and some more specialities for a place that is located in Quintana Square which is one of the most emblematic squares of Compostela.

de carmen

Traditional with touches of signature cuisine.

Address: Rúa das Arribadas, 9

Phone number: 981 943 858

Prices under 30 euros

Closed Sunday night and all day Monday.

Credit cards.

Terraza.

Reservations.

Capability: 50

Smoking allowed.

Spoken languages: English.

Menu available in Spanish.

It is one of the last restaurants appeared in Compostelan culinary scene but it is gaining its place due to the most remarkable of an short but effective menu: its rices. It also has the

attractive of being the first restaurant in a new neighbourhood.

de profundis

Traditional with touches of signature cuisine.

Address: Campiño de San Francisco, 3

Phone number: 981 581 634

Web: sanfranciscohm.com

E-mail: comercial@sanfranciscohm.com

Prices under 30 euros.

Opened seven days a week.

Credit cards.

Private area.

Nearby parking.

Reservations.

Capability: 45

Smoking and No-Smoking rooms.

Spoken languages: English and French.

Menu available in Spanish and English.

The restaurant of the Hotel Monumento San Francisco is placed in a great atmosphere and it has an offer of traditional cuisine elaborated with contemporaneous criteria.

domínguez

Traditional cuisine.

Address: Rúa de Sar, 102

Phone number: 981 565 477

Prices under 25 euros

Opened seven days a week.

Private areas.

Reservations.

Capability: 35

Smoking allowed.

Menu available in Spanish.

It is one of the traditional restaurants in Compostela with home-made food, where are remarkable the tripe and the Galician stew. It will probably get closed in two years because of its owners retirement.

don gaiferos

Traditional cuisine.

Address: Rúa Nova, 23

Phone number: 981 583 894

Prices under 40 euros.

Closed Sunday and Monday nights except during July and August.

Credit cards.

Reservations.

Capability: 66

No info about smoking.

Spoken languages: English.

Menu available in Spanish and English.

In the seventies, when this restaurant opened its doors, it was a true event for Compostela. Now, after these splendor years, Don Gaiferos continues making traditional and ingredient-oriented cuisine in one of coziest restaurants of Santiago.

el estanco del hórreo

Traditional cuisine.

Address: Rúa do Hórreo, 26

Phone number: 981 563 808

E-mail: rest.elestanco@gmail.com

Prices under 30 euros

Closed all day Sunday in low season and Sunday and Monday nights in high season.

Credit cards.

Private areas.

Nearby parking.

Reservations.

Capability: 200

Smoking allowed.

Menu available in Galician, English, French, German and Spanish.

The Galician traditional cuisine composes the main part of its menu, where its rices with shellfish and its *paellas* are remarkable.

el mercadito

Innovative cuisine.

Address: Rúa das Galeras, 18

Phone number: 981 574 239

Web: nove.biz/ga/el-mercadito

E-mail: elmercadito@gmail.com

Prices under 45 euros.

Closed all day Sunday and Monday night.

Credit cards.

Private areas.

Nearby parking.

Reservations.

Capability: 70

Smoking allowed.

Spoken languages: English, Portuguese and French.

Menu available in Spanish and Galician.

The restaurant of Gonzalo Rei is one of the most recent incorporations to the Galician new cuisine in Santiago de Compostela. Member of the *Nove* Group which gathers some of the best Galician creative cooks, El Mercadito offers an imaginative cuisine and strongly tied to the everyday products of the market. A chance of taste the New Galician Cuisine with affordable prices.

el pasaje

Traditional cuisine.

Address: Rúa do Franco, 54

Phone number: 981 557 081

E-mail: info@xanelaagasallo.es

Prices under 45 euros

Closed Sunday nights.

Credit cards.

Private areas.

Nearby parking.

Terraza

Reservations.

Capability: 200

Smoking and No-Smoking rooms.

Spoken languages: English and Italian.

Menu available in French, English, German, Spanish and Galician.

It is a succesful place but not one of the most famous. Its success is due to the supreme quality of its fish plates and to a simple way of cooking its meat plates, specially the grilled ones. It is remarkable its baked white seabream based upon an old sea recipe from Fisterra and also it is the beef and ox plates, as well as its banana and walnut cake.

el rincón de gurpegui

Navarran and Galician cuisines.

Address: Rúa de Frei Rosendo Salvado, 15

Phone number: 981 598 178

Web: www.rincondegurpegui.com

E-mail:

gurpegui@rincondegurpegui.com

Prices under 30 euros

Closed Sunday nights from October to May and all day Sunday from July to September.

Credit cards.

Private areas.

Nearby parking.

Reservations.

Capability: 50

Smoking allowed.

Spoken languages: English.

Menu available in Spanish, French and English.

A restaurant of traditional style influenced by Basque and Navarran cuisines. It organizes gastronomic days with elver, lamprey, codfish, northern tuna, suckling pig and suckling lamb.

el submarino

Traditional cuisine.

Address: Rúa do Franco, 49

Phone number: 981 58 44 28

Prices under 30 euros.

Closed Tuesday and Sunday nights.

Credit cards.

Nearby parking.

Reservations.

Capability: 22

Smoking allowed.

Menu available in Spanish.

A little classic in the most touristic street of Compostela.

entrerrúas

Traditional home-made cuisine.

Address: Ruela de Entrerrúas, 2

Phone number: 981 586 108

Prices under 15 euros.

Closed Monday nigts.

Credit cards.

Terraza.

Capability: 21 (plus 42 in the *terrazza*)

Smoking allowed.

Spoken languages: English, German and Italian.

Menu available in Galician, Spanish, English, German and French.

This little restaurant that offers home-made food is located in one of the most remotest little squares in the ancient part of Compostela, between Rúa do Vilar and Rúa Nova. It is usually visited by the workers in the area. Its *terrazza* is one of the most requested in Santiago during summertime.

fornos

Traditional cuisine, shellfish restaurant.

Address: Rúa do Hórreo, 24 baixo

Phone number: 981 581 234

Web:

www.restaurantemarisqueriafornos.es

Correo e: administracion@restaurantemarisqueriafornos.es

restaurantemarisqueriafornos.es

Prices under 45 euros.

Closed Sunday.

Credit cards.

Private areas.

Nearby parking.

Reservations.

Capability: 100

Smoking and No-Smoking rooms.

Spoken languages: English.

Menu available in English, French,

German and Italian.

The most remarkable speciality of the house is the shellfish, that can be accompanied by some other proposal from the traditional cuisine.

góndola I

Italian and Greek cuisines.

Address: Rúa de Santiago del Estero, 7

Phone number: 981 598 348

Web: www.restaurantesgondola.com

Prices under 40 euros.

Closed Monday.

Credit cards.

Private areas.

Nearby parking.

Terraza.

Reservations.

Capability: 90

Smoking and No-Smoking rooms.

Spoken languages: English, French and German.

Menu available in Galician, English, German, French and Spanish.

A restaurant specialized in Italian cuisine. It also offers Greek specialities.

gonzaba

Mixture of traditional Galician and Basque cuisines.

Address: Rúa Nova de Abaixo, 17 (into the commercial gallery)

Phone number: 981 594 874

Web:

www.restaurantegonzabaasesino.com

Correo e:

gonzaba@restaurantegonzabaasesino.com

Prices under 35 euros.

Closed Sunday.

Credit cards.

Nearby parking.

Reservations.

Capability: 60

Smoking allowed.

Spoken languages: Italian and English.

Menu available in Spanish.

A popular tavern in Compostela due to its meat plates, specially its T-Bone Steaks.

green

Traditional cuisine.

Address: Rúa de Montero Ríos, 16

Phone number: 981 580 976

Prezo: menos de 35 euros.

Prices under 35 euros.

Closed Sunday nights.

Credit cards.

Private areas.

Parking.

Reservations.

Capability: 75

Smoking allowed.

Spoken languages: English.

Menu available in French, English, Galician and Spanish.

I'ncontro

Italian cuisine.

Address: Avenida de San Lázaro, 102

Phone number: 981 588 825

Prices under 25 euros.

Closed all day Sunday.

Credit cards.

Nearby parking.

Terraza.

Reservations

Capability: 40 (plus the *terrazza*).

Smoking allowed.

Spoken languages: French and Italian.

Menu available in Italian and Spanish.

la tacita d'juan

Traditional cuisine.

Address: Rúa do Hórreo, 31

Phone number: 981 562 041

Web: www.latacita.com

E-mail:

latacita@latacita.com

Prices under 45 euros.

Closed Sunday.

Credit cards.

Private area.

Nearby parking.

Reservations.

Capability: 120

Smoking and No-Smoking rooms.

Spoken languages: English.

Menu available in Spanish, English and French.

Traditional cuisine with excellent fish plates, seafood and Galician stew that is known in the whole city.

los sobrinos del padre

Traditional cuisine.

Address: Rúa da Fonte de San Miguel, 7

Phone number: 981 583 566

Prices under 20 euros

Closed Monday except in July, August and September

Terraza

Reservations (except in summertime)

Capability: 40 (plus 30 in the *terrazza*)

Smoking allowed

Spoken languages: French and Italian

Menu available in English and Spanish

A small restaurant located in the north part of the old town not very crowded by tourist. Its main speciality is the octopus.

madam ragú

French and Asian cuisines.

Address: Avenida de Ferrol, 17

Phone number: 881 976 741

Web: www.madamragu.com

Prices under 30 euros.

Closed Sunday nights and all day Monday.

Credit cards.

Nearby parking.

Terraza in summertime.

Reservations.

Capability: 50

Smoking allowed.

Spoken languages: English and French.

Menu available in Spanish.

It is one of the last opened restaurants in Compostela and it has an offer based on French and Oriental cuisines.

mediterráneo

Specialized in rices.

Address: Avenida de Ferrol, 7

Phone number: 981 523 005

Prices under 25 euros.

Closed all day Monday.

Credit cards.

Nearby parking.

Terraza.

Reservations.

Capability: 43

Smoking allowed.

Spoken languages: French, English, German and Catalanian.

Menu available in Spanish.

Rice specialities inspired on Levant style and also in far Mediterranean countries as Greece, Italy and Turkey.

mesón do pulpo

Traditional tavern cuisine.

Address: Rúa de Vista Alegre, 57

Phone number: 981 586 416

Web: mesondelpulpo.com

E-mail: info@mesondelpulpo.com

Prices under 25 euros

Closed all day Saturday.

Credit cards.

Private areas.

Reservations.

Capability: 100

Smoking allowed.

Menu available in Spanish.

A traditional Compostelan place where eat octopus.

o celme do caracol

Traditional with touches of innovative cuisine.

Address: Rúa da Raíña, 22

Phone number: 981 571 746

Prices under 35 euros

Closed Monday nights, except in summertime.

Credit cards.

Reservations.

Capability: 120

Smoking and No-Smoking rooms.

Spoken languages: English, Italian and French.

Menu available in Galician, Spanish, Italian, French and English.

A new restaurant in the most classic area of Compostela. It offers classic Galician traditional cuisine but it also has touches of innovating and personal reinterpretative cuisine.

o'botillo

Traditional cuisine.

Address: Sixto, 4. Santa Lucía

Phone number: 981 539 834

Prices under 25 euros.

Closed all day Monday.

Credit cards.

Private areas.

Parking.

Reservations.

Capability: 130

No-Smoking.

Menu available in Spanish.

This restaurant is located in the suburban area of Compostela, in the road to Ourense. It is remarkable in its menu the meat specialities and *botillo* sausage.

o desvío

Traditional cuisine.

Address: Rúa de Muros. Estrada Santiago-Noia km. 5. Roxos.

Phone number: 981 537 044

Prices under 30 euros.

Closed all day Monday.

Credit cards.

Private areas.

Reservations.

Capability: 130

Smoking and No-Smoking rooms.

Menu available in Spanish and English.

Magnificent meat specialities and Galician fishes.

o dezaseis

Traditional cuisine.

Address: Rúa de San Pedro, 16

Phone number: 981 577 633

Web: www.dezaseis.com

E-mail: correo@dezaseis.com

Prices under 30 euros.

Closed all day Sunday.

Credit cards.

Nearby parking.

Terraza.

Reservations.

Capability: 200

No-Smoking.

Spoken languages: English and French.

Menu available in English, French, Italian, German and Galician.

The simple way to cook its traditional cuisine made this restaurant was recommended even by The New York Times.

o picho da cerca

Traditional with touches of signature cuisine.

Address: Rúa de Virxe da Cerca, 27

Phone number: 902 405 858

Web:

www.pousadasdecompostela.com

E-mail:

info@pousadasdecompostela.com

Prices under 30 euros.

Closed Sunday.

Credit cards.

Nearby parking.

Reservations.

Capability: 50

Smoking and No-Smoking rooms.

Spoken languages: English.

Menu available in English and Spanish.

o rodicio da barcia

Traditional cuisine and Brazilian Rodizio.

Address: Estrada Santiago-Bertamiráns.

A Barcia

Phone number: 981 537 372

Prices under 40 euros.

Closed Sunday and Monday nights.

Credit cards.

Private areas.

Parking.

Terraza.

Reservations.

Capability: 350

Smoking and No-Smoking rooms.

Spoken languages: English.

Menu available in English, French, German, Spanish and Galician.

Brasilian rodizio and traditional cuisine, basically meat and fish plates.

It is located next to an old mill on the Sarela riverside.

o tamboril

Traditional cuisine. Rices.

Address: Rúa da República Arxentina, 5

Phone number: 981 565 485

Prices under 30.

Closed all day Sunday.

Credit cards.

Private area.

Nearby parking.

Reservations.

Capability: 35

No-Smoking.

Menu available in Galician.

Its rices are specially remarkable.

o triángulo das verduras

Vegetarian cuisine.

Address: Praciña das Penas, 2

Phone number: 981 576 212

Prices under 15 euros.

Closed all day Sunday and Monday nights.

Nearby parking.

Reservations.

Capability: 50

Smoking allowed.

Languages: English.

Menu available in Galician.

Right now it is the only totally vegetarian restaurant of Compostela, using preferably biological products.

paz nogueira

Traditional cuisine.

Address: Rúa do Castiñeirño, 14

Phone number: 981 591 436

Prices under 35 euros.

Closed Sunday nights.

Credit cards.

Private areas.

Parking.

Reservations.

Capability: 100

Smoking and No-Smoking rooms.

Menu available in Spanish.

Paz Nogueira is in Compostela since almost ever as a local restaurant that, in the last years, became one of the referents to Compostelan people.

pazo de adrán

Traditional with touches of signature cuisine.

Address: Adrán, 4. Teo

Phone number: 981 570 000

Web: www.pazodeadran.com

E-mail: pazo@pazodeadran.com

Prices under 40 euros.

Opened seven days a week.

Credit cards.

Private areas.

Parking.

Terraza.

Reservations.

Capability: 52

Smoking allowed.

Spoken languages: English.

Menu available in Spanish, Galician and English.

Located in a rural area closer to Compostela, the *Pazo de Adrán* is a hotel with restaurant where traditional cuisine and innovation are linked. It is surrounded by an extensive land and has an ancient dovecot turned into a wine cellar.

petiscos

Traditional cuisine.

Address: Rúa de Aller Ulloa, 7

Phone number: 981 57 53 68

E-mail: petiscos@telefonica.com

Prices under 15 euros.

Closed Sunday nights and all day Monday.

Credit cards.

Nearby parking.

Reservations.

Capability: 40

Smoking allowed.

Menu available in Galician, French, English and German.

Variety of *tapas* and portions besides of meat and fish grilled plates.

raxería san marcos

Tavern style cuisine.

Address: Rúa de San Marcos, 50 (estrada do Aeroporto).

Phone number: 981 561 931

Prices under 30 euros

Closed Tuesday and during September.

Credit cards.

Parking.

Capability: 150

Smoking and No-Smoking rooms.

Spoken languages: French, Italian and German.

Menu available in French, English and German.

At first, it was a popular tavern but its instalations grew afterwards. *Empanada*, octopus and *raxo* (pork loin) are the specialities.

restaurante vilas

Traditional cuisine.

Address: Avda. Rosalía de Castro, 88

Phone number: 981 591 000

E-mail:

restaurante_vilas@yahoo.es

Prices under 45 euros.

Closed Saturday nights and all day Sunday.

Credit cards.

Private areas.

Nearby parking.

Reservations.

Capability: 55

Smoking and No-Smoking rooms.

Menu available in Spanish and English.

Vilas is one of the most classic restaurants of the city born as a family restaurant and whose ownership was passing from one generation to generation of the same family. The beef hock and stewed octopus is very famous as well as the shellfish of the day. Paco Vilas is proud of the wide photo gallery with the personalities who have eat in the restaurant: Mick Jagger, John Paul II, The Kings of Spain, Fidel Castro...

retiro da costia

Traditional with touches of signature cuisine.

Address: Avenida de Santiago, 12

Santa Comba

Phone number: 981 880 244

Web: www.retirodacostina.net

E-mail: info@retirodacostina.net

Prices under 55 euros

Closed all day Wednesday and Sunday nights.

Credit cards.

Private areas.

Parking.

Capability: 30

Reservations.

No-Smoking room. Each table has a side smoking and chatting room.

Credit cards.

Menu available in Spanish.

On the road to Finisterre, O Retiro da Costiña is a must stopover for the lover of the good cooking in a area of limited culinary charmings.

ruta jacobea

Traditional cuisine.

Address: Lugar da Lavacolla, 42

Phone number: 981 888 211

Web: www.rjacobea.com

E-mail:

restaurante@rjacobea.com

Prices under 35 euros

Opened seven days a week.

Credit cards.

Private areas.

Parking.

Terraza.

Reservations.

Capability: 200

Smoking and No-Smoking rooms.

Spoken languages: English.

Menu available in Spanish, Galician, French and English.

Although it is located closer to the airport than to the city, it is well-known by its rice specialities and the quality of the products used.

san clemente

Traditional cuisine.

Address: San Clemente, 6

Phone number: 981 565 426

Web www.restaurantesanclemente.com

E-mail: san.clemente@terra.es

Prices under 40 euros.

Closed all day Monday.

Credit cards.

Nearby parking.

Terraza.

Reservations.

Capability: 150

Smoking and No-Smoking rooms.

Spoken languages: German and French.

Menu available in Spanish, Galician, English, French, German, Italian and Portuguese.

One of the most known *tapas* places in the city is the entrance of the restaurant.

toñi vicente

Creative cuisine.

Address: Avenida de Rosalía de Castro, 24

Phone number: 981 594 100

Web: www.tonivicente.com

E-mail:

restaurante@restaurantetonivicente.com

Prices under 60 euros.

Closed all day Sunday.

Credit cards.

Private area.

Nearby parking.

Reservations.

Capability: 35

Smoking allowed.

Spoken languages: English and French.

Menu available in Spanish, French and German.

1 star in the Michelin Guide.

Toñi Vicente was spearhead of the New Galician Cuisine when the conditions for the development of this one was very precarious. She cleared, with a great effort, the creativity ways in the Galician cuisine, the ways by which the new cook generations go a decade later.

Toñi's cooking exudes feminine creativity and sensibility, elegance and, above all, good taste. Among her great creations, the most remarkable is basically the marinated sea bass, a true emblem of the restaurant. It is a delight which one must taste.

tránsito dos gramáticos

Traditional with touches of signature cuisine and season food.

Address: Rúa do Tránsito dos Gramáticos, 1

Phone number: 981 572 640

Web:

www.transitodosgramaticos.com

E-mail:

hotel@transitodosgramaticos.com

Prices under 30 euros.

Opened seven days a week.

Credit cards.

Terraza.

Reservations.

Capability: 40 (plus 40 in the *terrazza*)

Smoking allowed.

Spoken languages: English, Italian and Portuguese.

Menu available in Spanish and English.



a**b**cchdef

gh**i**jkllm

nñ**o**pqrst

uvwxyz...



list of tapas and portions places in alphabetical order

a colleita

Avenida de Ferrol, 9

Located in a growing tapas and terrazas zone, A Colleita offers one of the most complete tapas and portions list of the new part of the city, where Galician products under designation of origin are mixed with other more cosmopolitan snacks, salads and plates that can be accompanied by a short but well-selected wines list.

a gamela

Rúa da Oliveira, 5

It is one of that best kept secrets that every city has. The drink is accompanied by a little tapa, courtesy of the house, but the special offer of this traditional tavern are the mushrooms, that are served in the most varied portions and, during the summer season, can be tasted in the little terraza settled in the Ruela de Sae se Podes (Go out, if you can Alley).

abellá

Rúa do Franco, 30

A traditional place in the Rúa do Franco, usually crowded in rush hours at midday and evening, where regular clients go to enjoy eating the Alligator tapa (that is, in fact a little portion of pork and French fries, even though its name can confuse) that is the main identity mark of this house.

abrigadoiro

Rúa da Carreira do Conde, 3

For many Compostelan people, this is the essential reference for going out for tapas in the new town. In a very wide place that, in spite of its location, counts on a traditional and rural atmosphere and decoration. A good selection of portions is offered in order to accompany an equally interesting wine list.

adega da muíña

Rúa da Muíña, 56

A few steps from Rúa de San Lázaro, where are located the most places in the area, it is worthy to visit Adegas da Muíña due to the splendid tapas, courtesy of the house, that are served with the drinks, even though they seem to be portions. It also offers sausage and cheese portions as well as plates.

avión

Rúa da Rosa, 6

A little bar located next to the bus stop in Rúa da Rosa, where the waiting can be accompanied by one of its famous free tapas. There are well-known in the whole city the small crabs that are served on Fridays, but it is equally worthy, for example, its Galician stew.

barrigola

Avenida de Ferrol, 54

A restaurant that, not in dinning time, works as a tapas place and that, despite has recently opened, it already has a large number of regular clients in the neighbourhood: young people, clients from the nearby hotel that get attracted by the low prices and its portions menu.

bierzo enxebre

Rúa da Troia, 10

This restaurant with specialities from Bierzo has one of the most demanded terrazas in the ancient town where its sausages, tinned food and portions can be tasted or choose the daily plates. During the winter season, it has a wide inside room where one can taste its specialities seated at the bar. It also has a rural inspired room.

cabalo branco

Praza da Pescadería Vella, 5

It has a little terraza, in the shade the whole day, one of the most requested in Compostela in the summertime (summertime). It is one of the classic places in the Abastos Market area, where drinks are usually accompanied by two or three different tapas.

caminante

Rúa de San Lázaro, 90

A little place that, at breakfast, is usually crowded with Government employees. It offers cheese, tinned food and typical tapas of the region, like raxo. It also has the tapa of the house: toasted bread with allioli sauce and grilled raxo medallion.

casa pepe

Cantón de San Bieito, 5

Either in its little bar or in its cozy basement, fitted out as a cellar where pork cold meats are hanging from ceiling, one can taste drinks accompanied by cheese and sausage. It also has a little selection of portions.

cibeles

Montero Ríos, 37

It is a good representative of the most classic

café in the new town, in a more modern style that the ones in the ancient town. In this case, it is remarkable the variety and abundance in its tapas that are served with drinks, usually they are two or three different kind.

dehesa de santa maría

Rúa de San Lázaro, 96

It belongs to a same way called franchise, from Mérida (Badajoz) since 1998. It basically offers Iberian pork products (ham, pork tenderloin, chorizo and blood sausage) and tinned food, cheese and paté. In the wine list, there always are Extremaduran wines served with a snack, courtesy of the house.

el 13

Rúa de Santa Clara, 13

It is a little place in the Basquiños area that it is worthy to search. Drinks are accompanied by a tapa of cheese, pork cold meat or some home-made casserole. It can be tasted inside this place or, in the summertime, in the comfortable back terraza.

el pasaje

Rúa do Franco, 54

A tavern located in the ground floor of the same restaurant also called so. Drinks are accompanied by some tapa, courtesy of the house, (good French fries) and it also offers portions. It has the best keg beer of Santiago.

enxebre

Costa do Cristo, 1

The best option to enjoy portions in the very Obradoiro Square, inside the Hostal dos Reis Católicos. The offer goes from the most conventional products (Padrón peppers, empanada) to the most elaborated plates, depending on the season.

ferro

Rúa da República de El Salvador, 20

This is another classic tapas place in the Ensanche (urban expansion area) where it is difficult to find an available table in rush hours. Its wide offer of sausages, pork cold meat and elaborated plates in which quality is tested, reveals itself as a real temptation and it can be tasted in portions or as take-out meals.

galeón toural

Cantón do Toural, 4

A wide place in the very old part of the city ornamented as an ancient galleon. It has a full offer of portions, assorted dishes, etc

iacobus

Rúa de Santiago del Estero, 9

It is located in the place where once the old Tío Gallo was (a real classic among the cafés of the city). A. The Iacobus adapts here the successful formula that this franchise was being developing in its old-town places and has a varied selection of portions and tapas.

iacobus

Rúa da Acibechería, 5

It belongs to a Compostelan cafeteria chain. It suffered an important change not long time ago until become a portion-and-

tapa place, with a little bar in the San Sebastian style. Nevertheless, Galician elaborations are still ruling.

la bodegailla de san lázaro

Rúa de San Lázaro, 104

It is the little sister of La Bodegailla de San Roque (Northern ancient town). This establishment goes on the same rules: a good cellar with Galician wines and from other designations of origin besides portions of pork cold meat, cheese, tinned food and elaborated plates.

la bodegailla de san roque

Rúa de San Roque, 13

The oldest cellar in that part of the city has faithful clients that visit it due to the quality and variety of its wine service as well as it is excellent value for money. It has a great offer in portions as the chicken and mango salad that it is already a classic tapa in the city.

la viura. terras da rioxa

Rúa Nova de Abaixo, 10

A placed specialized in Rioja wines, of which offers more than fifty kinds together with Galician wines and other ones of other Spanish designations of origin. The tapas and cold and hot portions are based on products from La Rioja and tinned mushrooms and vegetables. Well poured keg beers.

latino

Rúa de República Arxentina, 26

The entering of Latino, a popular place in the Ensanche, in this guide of tapas places is basically due to its great patatas bravas (potatoes in hot and spicy sauce) portions. However, its good sandwiches must not be laid aside, specially the fried squids ones.

lizarrán

Rúas das Orfas, 25

It belongs to a franchise which has establishments all over Spain and whose speciality lays on a wide offer of hot and cold snacks, along its bar or offered to the visitors by the waiters as they left the kitchen.

los caracoles

Rúa da Raíña, 14

Besides the usual offer of these kind of family restaurants in the area of Franco-A Raíña, this place is remarkable (as its name says) due to its speciality in snails in Albariño wine, that is really something in Compostela.

los sobrinos del padre

Fonte de San Miguel, 7

It is remarkable because of the octopus, served either as portions or sandwiches.

mesón caney

Rúa de Alfredo Brañas, 5

A “must” for those who love good tapas and exclusive atmospheres. Montados (small sandwiches), pulgas (Small Arabian sandwiches), tablas (assorted plates served in woden dishes) and portions of Arabian specialities (hommus, falafel, kebbe, fatush, mashawi kebab...) are its strong point.

mesón de lázaro

Rúa de San Lázaro, 73

Drinks will be always accompanied by a snack but one can also order cheese and pork cold meat, assorted toasts, cold and hot sandwiches and also assorted cooked portions.

miami

Rúa do Doutor Teixeira, 6

Some time ago, Compostela was a city of endless gatherings in cafés. The Miami is one of the last vestiges of that period and it continues like then, offering with drinks a wide selection of cold and hot tapas, in particular, home-made chips, Russian salad and potatoes with allioli sauce or vinagrette.

negreira (o patata)

Rúa do Vilar, 75

This tavern of traditional style, that remains exactly in the same way that decades ago, is known in the city by offering with the drinks stewed potatoes as a tapa. This is the origin of its nickname.

o beiro

Rúa da Raíña 3

One of the first cellars in Compostela. Good wine selection.

o filandón

Rúa da Acibechería, 6

Located in the last few meters of the Camino de Santiago, it combines the tapas and portions place, always crowded, with the sale of traditional products on the back part of the place.

o gato negro

Rúa da Raíña, s/n

It is, together with Trafalgar, Orense or Negreira, one of the few survivors of the old tavern style of the Rúa do Franco area, nowadays practically disappeared. They are remarkable the conger pie portions, sardines and pork liver with onion sauce. It still has the classic clays for wine of the house although it is better to order a real brand wine.

o orella

Rúa da Raíña, 21

During decades, the pork's ear was its first tapa and everybody could fit it by adding spicy paprika. The pork's ear can be also served as portions and sandwiches. Besides, it has a portions list to accompany the snack.

raíces galegas

Rúa Nova de Abaixo, 36

The Rúa Nova de Abaixo is one of the essential centres of tapas places in the Ensanche and, here, Raíces Galegas is the place with a most traditional offer where it is not use to lack pork's ear and empanada.

san clemente

Rúa de San Clemente, 6

San Clemente is popular among Compostelan people because with the drink, you get a first cold tapa, in the conventional style and a second one, usually hot in which one can choose among several options. Many times, you can also get a third tapa.

taberna do bispo

Rúa do Franco, 37

In the wine zone of O Franco, the Taberna do Bispo was the first one offering a bar snacks in the San Sebastian style which

has barely tradition in the city but that is gaining fans.

tapería senra

Rúa da Senra, 4

A place strategically located between the ancient town and the Ensanche. There, drinks are accompanied by a Spanish omelette snack and a second tapa, usually hot, that frequently changes.

trafalgar

Travesa do Franco, 1

The house speciality are the Tigres Rabiosos (Angry Tigres), mussels with hot and spicy tomato sauce, that are popular among its faithful clients for decades, who continue gathering in this classic place in the wine zone of the city.

xantares

Rúa do Franco, 40

It is another classic place in the Rúa do Franco with an always crowded bar of clients that enter attracted, among other things, by the abundance of tapas served with drinks and that can go from the traditional olives or cold lacón to some cooked plate.

yunque

Rúa das Orfas, 27

A place recently opened located in one of the access street to the ancient town. Modern and functional decoration. Courtesy tapas (Spanish omelette, roasted ham, meatballs).

abcchdef

ghijklm

nñoprst

uvwxyz...



list of sandwich places in alphabetical order

coruña

Rúa da Raíña, 17
Hot sandwiches, Spanish omelette.

el dubrés

Rúa da Acibechería, 8
Bar-supermarket, speciality in Spanish
omelette sandwiches.

la gigante

Rúa de San Pedro de Mezonzo, 46
Everything big size: 24-cm hamburguers,
38-cm sandwiches, 30-cm hot dogs.

latino

Rúa da República Arxentina, 26
Roasted ham, squids.

o rei do bocadillo

Avenida de Rosalía de Castro, 23
Everything. Roasted ham, squids.

orella

Rúa da Raíña, 21
Assorted sandwiches, speciality in
ear's pig.

raíces galegas

Rúa de Santiago del Estero, 36
Assorted sandwiches.

rosa street

Rúa da Rosa, 12
Hot and cold sandwiches, good
hamburguers.

abccchdef

ghijklm

nñoprst

uvwxyz...



list of gourmet shops and grocery stores in alphabetical order

a colleita

Rúa de San Pedro, 7

High quality products in a growing gastronomic area.

a cesta da saúde

Rúa de Ramón Cabanillas, 10

This establishmet sells ecological products only.

a un paso do ceo

Rúa de San Miguel dos Agros, 3

It only sells products (food, clothes, parfums, etc.) from monasteries of whole Spain and also imported.

a troia. pan artesán

Rúa da Troia, 8

Bread, *empanadas*, cookies, pastries and sweets. Jewish sweets by order.

almirez

Rúa do Doutor Teixeiro, 34

Rúa da Senra, 27

Wine, tinned food and Galician products. Take-out food and catering.

bazar casa sole

Rúa da Caldeirería, 46

Wooden dishes for octopus, wine cups and jars.

cepeda

Praza de Cervantes, 9

An classic grocery store.

churume

Área Central

Probably the best *empanadas* in Compostela.

carro

Cantón do Toural, 6

A traditional grocery store with a good offer of wine, tinned food and liquors.

couceiro

Praza de Cervantes, 6

Specialists in Galician and Portuguese books, with an old book selection. On-line purchase. (www.librariacouceiro.com).

establecimientos álvarez

Rúa do Preguntoiro, 33

Wine cups and jars. *Queimada* clays.

follas novas

Rúa de Montero Ríos, 37

A wide offer of guides and gastronomic books.

galería sargadelos

Rúa Nova, 11

Crockery made by prestigious pottery of *Sargadelos* and *O Castro*.

gallaecia liber

Rúa de Ramón Cabanillas, 8

Good offer of gastronomic books.

jamardo

Rúa da República Arxentina, 16

Traditional grocery store, with home-made products. Exotic and Caribbean products.

la casa de los quesos

Rúa dos Bautizados, 10

A very little establishment in the ancient town filled with flavour and aromas: cheese, home-made butter, *chorizo* (highly-seasoned pork sausage), wine...

mercado de abastos

Rúa das Ameas, s/n (no number)

An essential visit for any gastronomy fan, where is possible to find everything.

o beiro

Rúa da Raína, 3

First cellar created in Compostela. Wine, cheese and sausages.

perlas de arousa

Rúa do Hórreo, 64

Tinned food and wine.

recouso

Rúa da Caldeirería, 7

Handcraft chocolates, tinned food, wine and Galician liquors.

seco

Rúa de San Pedro de Mezonzo, 3

Área Central, 21

Great variety of sausages and tinned food.

valladares

Rúa da República de El Salvador, 10

Wide variety of Galician products.

a b c c h d **e** f

g h **i** j k l l m

n ñ o **p** q **r** s **t**

u v w x y z...



list of patisseries in alphabetical order

el coral

Rúa do Doutor Teixeira, 32

Phone number: 981 562 010

It has one of the most attractive display window of the patisseries of the city.

herrma

Rúa de Alfredo Brañas, 7

Phone number: 981 598 765

Área Central

Phone number: 981 575 002

Sweet and salty specialities. Puff-pastry.

la canela

Rúa de Fernando III O Santo, 20

Phone number: 981 887 696

Argentinian specialities.

mercedes mora

Rúa do Vilar, 50

Phone number: 981 565 724

Frei Rosendo Salvado, 11

Phone number: 981 938 862

Santiago almond pie, puff-pastry, creative sweets.

tábora

Rúa da República Arxentina, 3

Phone number: 981 563 141

Santiago almond pie, ring-shaped pastry, crème roll, puff-pastry cake and crème.





index by areas



ancient south part hortas-carretas galeras

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ancient north part bonaval san pedro concheiros

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conxo santa marta a rocha

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**restaurants
in the municipality of
Santiago de Compostela**

source: Cehosga and Turismo de Santiago

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a barrola II	rúa do franco, 41	981 576 662	
a caldeira de pedro boteiro	rúa de san pedro, 32	981 576 355	
a casa da tortilla	rúa de estocolmo, 217	981 937 059	
a charca	rúa do franco, 32	981 582 652	
a colleita	avenida de ferrol, 9	981 940 950	
a concha de santiago	lugar da lavacolla	981 888 201	
a curtitoria	rúa da conga, 2 - 3	981 554 342	
a despesa da troia	rúa da troia, 9	981 554 546	
a galería	rúa do xeneral pardiñas, 3	981 560 099	
a gramalleira	Rúa dos forniños (a pulleira, n. 550 – km 60)	981 581 486	
a lareira	rúa do vilar, 11	981 576 228	
a nosa terra	rúa das casas reais, 38	981 576 300	
a parada	avenida do mestre mateo, 19	981 521 269	
a roda	rúa de rodríguez de viguri, 7	981 587 050	
a taberna de pancho	rúa das cancelas, 94	981 585 459	
a taverna do ensanche	rúa de santiago de chile, 12	981 590 788	
a terraza do 42	rúa do franco, 50	981 585 975	
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a viña de xabi	rúa de san pedro de mezonzo, 5	981 940 071	
a vosa casa	avenida de figueroa, 1	981 573 834	
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abellá	rúa do franco, 30	981 582 981	
abril ares	rúa de abril ares, 6	981 575 878	
adega da muíña	rúa da muíña, 56	981 560 952	
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airas nunes	rúa do vilar, 17	981 582 516	
alejandro	centro comercial área central, local 32gh	981 564 447	
algalia 45	rúa da algalia de arriba, 45	981 571 158	
algueirada	lugar do eixo de arriba - santa lucía	981 817 499	
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anexo vilas	avenida de vilagarcía, 21	981 598 387 / 981 59 86 37	
ángel	rúa de san clemente, 6	981 583 392 / 650 372 972	
ankara	rúa nova de abaixo, 1	981 597 744	
araguaney	rúa de alfredo brañas, 5	981 559 600	
arca da vella	rúa de san clemente 30	981 564 498	
argentina	avenida de rosalia de castro, 12	981 586 071	
arriero	rúa da raíña, 9	981 585 587	
as cancelas	rúa do 25 de xullo, 35	981 580 266	
as mimosas	lugar da ponte de roxos, s/n	981 537 597	
as redes	rúa da raíña, 17	981 576 822	
asador castellano	rúa nova de abaixo, 2	981 590 357	
asesino	praza da universidade, 16	981 581 568	
auditorio de galicia	avenida do burgo das nacións, s/n	981 570 809	
azabache – hotel nh obradoiro	avenida do burgo das nacións, s/n	981 581 634	
balboa	rúa da ponte da rocha, 8	981 521 598	
barazal	rúa da raíña, 2	981 581 037	
barbantes	rúa do franco, 3	981 581 077	
barrigola	avenida de ferrol, 54	881 978 880	
berenguela	rúa de miguel ferro caaveiro, s/n	981 569 400	
bicoca	rúa de entremuros, 4	981 583 898	
bierzo enxebre	rúa da troia, 10	981 581 909	
boa vista	rúa de san pedro, 32	981 584 997	
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boga	rúa dos feáns, local 3b	981 592 227	
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botafumeiro	rúa da acibechería, 16	981 584 439	
braseiro	rúa dos basquiños, 83	981 582 702	
brasería marcos	rúa de san lázaro, 97	981 573 220	
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canguro	rúa de brión, 5	981 597 002
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carballeira	rúa do vilar, 41	981 562 380
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casa bar agustín	rúa do tambre, 185 (meixonfrío)	981 583 879
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casa camilo	rúa da raíña, 24	981 584 593
casa carballeira	rúa do castiñeiríño, 72	981 525 648
casa carollo	rúa de san lázaro, 43	981 558 922
casa de amancio	vilamaior, 9 – lavacolla	981 897 086 / 617 628 083
casa de miguel	rúa do restollal, 70	981 597 004
casa elisa	rúa do franco, 36	981 583 112
casa felisa	rúa da porta da pena, 5	981 582 602
casa grande do bachao	santa cristina de fecha, s/n (monte do bachao)	981 194 118
casa lorenzo	sabugueira, s/n (a labacolla)	981 888 326
casa manolo	praza de cervantes, s/n	981 582 950
casa marcelo	rúa hortas, 1	981 558 580
casa otero	rúa de entremuros, 7	981 583 735
casa ourense	rúa do hórreo, 172	981 592 831
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casa román	rúa de san pedro de mezonzo, 26	981 599 522
casa román II	rúa de san pedro de mezonzo, 28	981 599 522
casa rosalia	rúa do franco, 10	981 582 952
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chaves	rúa do cardeal payá, 5	981 581403
china ming	avenida de romero donallo, 25	981 593 673
choliñas	rúa da estrada, 28	981 522 658
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damajuana	rúa algalia de arriba, 45	981 585 907
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el franco	rúa do franco, 28	981 582 457
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el portal	rúa do franco, 44	981 583 947
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el rápido	rúa do franco, 22	981 584 983
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enxebre	praza do obradoiro, 1	981 582 200
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estocolmo	rúa de amor ruibal, 25	981593272	
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firs	rúa nova de abaixo, 10	981 592 525	
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gambrinus	doutor maceiras, 21	981 520 499	
garcas	lugar de mourentáns, 2 (lavacolla)	981 888 225	
garum	praciña das penas, 1	981 062 631	
gasthof	centro comercial área central, local 217	981 560 408	
geiser	avenida de rosalia de castro, 100	981 590 618	
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góndola II	diego de muros, 1	981 596 446	
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gonzález	rúa das galeras, 32	981 582 427	
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green	rúa de montero ríos, 16	981 580 976	
hermo	lugar da susana, 22 (a susana)	981 539 637	
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la codorniz	rúa de alfredo brañas, 15	981 594 173	
la comida	rúa de concepcion arenal, 8	981 571 075	
la criolla	rúa de montero ríos, 10	981 586 940	
la estrada	rúa da estrada, 56	981 594 382	
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la marmita	rúa de alfredo brañas, 7	981 592 041	
la pajuleira	rúa de sánchez freire, 85	981 524 523	
la posada del romaño	lugar do romaño, 11	981 563 812	
la tacita de juan	rúa do hórreo, 31	981 562 041	
la tagliatella	rúa de frei rosendo salvado, 10	881 939 822	
la tita	rúa nova, 46	981 582 432	
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libeliña	rúa de frei rosendo salvado, 18		
libredón	praza do obradoiro, 1	981 582 200	
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los caracoles	rúa da raíña, 14	981 561 498	
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maracanán	rúa nova de abaixo, 6	981 596 206	
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maría castaña	rúa da raíña, 19	981 560 137	
marite	avenida de rodrigo de padrón, 11	981 584 905	
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mesón cardama	avenida do cruceiro da coruña, 58	981 570 490	149
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o bo xantar	rúa da torreira, 18	981 563 311
o cantón	avenida de lugo, 2	981 594 939
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o cesto	rúa dos pelamios, 40	981 563 574
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o faladoiro	rúa de mallou de abaixo, s/n	981 580 057
o formigo	rúa do franco, 45	981 565 154
o gato negro	rúa da raíña, s/n	981 583 105
o maracaná	lugar do monte da vila (a peregrina)	981 571 635
o mariñeiro	rúa da rosa, 31	981 599 414
o picho da cerca	rúa da virxe da cerca, 26	981 569 350
o piorno	rúa do franco, 50	981 585 975
o pote	rúa nova de abaixo, 7	981 596 068
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o rodicio	lugar da barcia, 19	981 537 372
o sótano	rúa do franco, 8	981 562 450
o tamboril	rúa da república arxentina, 5	981 565 485
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oasis	rúa nova de abaixo, 3	981 597 338
o'botillo	lugar do sisto, 4 (santa lucía)	981 539 834
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orella	rúa da raíña, s/n	981 582 459
oroña	rúa do home santo, 49	981 580 876
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o'tanguero	lugar de ponte san lázaro, 10	981 587 026
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parrillada argentina	avenida de rosalia de castro, 12	981 586 071
parrillada mallo	rúa da ponte do romaño, 65	981 580 880
parrillada o cabazo	rúa das carretas, 15	981 576 487
parrillada otero	costa san marcos, 12	981 564 807

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pizza hut	avenida de romero donallo, 13	981 592 211
pizza móvil	centro comercial área central, local 11	981 560 909
pizza móvil II	rúa de san pedro de mezonzo, 13	981 596 300
pizza polo	rúa das casas reais, 27	981 585 656
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san caetano	lugar dos salgueiriños, 14	981 565 049
san carrodio	avenida do cruceiro da coruña, 16	981 560 401
san clemente	rúa de san clemente, 6	981 565 426
san clodio	rúa de san pedro, 26	981 584 997
san cristof 2	lugar de formarís (a en festa)	981 895 795
san francisco	campiño de san francisco, 3	981 581 600
san jaime	rúa da raíña, 4	981 583 134 / 981 572 257
san lázaro	rúa do valiño, 2	981 584 344
san martín	avenida de rosalia de castro, 124	981 521 584
san paio	lugar da lavacolla	981 888 205
san roque	rúa do hospitaliño, 7	981 583 750
sant yago	rúa da raíña, 12	981 582 444
santa isabel	rúa das galeras, 15	981 575 964
santa lucía	lugar de piñeiro do eixo (santa lucía)	981 549 401
santiago dos	praza de camilo díz baliño, 5 (estación autobuses)	981 587 065
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