

RESTAURANT-SHOP EL ABASTO

A family run restaurant and shop with over one hundred years experience.

Our aim is offer our clients authentic Spanish dishes. All our sausages and chorizos are prepared on the premises.

The Mula Brother's priority is to offer excellent food based on quality products and expertise.

*Avenida de San Javier, 40
La Aparecida - Cartagena*



Teléfonos: 968 55 40 00 – 968 16 55 88

SALADS

1- <i>House Salad</i> (Lettuce, tomato, onion, sweetcorn, beetroot, carrot, tuna and olives).....	2,50 €/person
2- <i>Special Salad</i> (Lettuce, tomato, onion, sweetcorn, beetroot, carrot, tuna, egg, asparagus and olives).....	3,00 €/person
3- <i>Salad "Murcia" Style</i> (Tomato, onion, tuna, egg and picual olives).....	7,50 €/plate
4- <i>Tomato with Olives</i>	2,40 €/person
5- <i>Tomato and Salted Tuna Fish</i>	3,40 €/person
6- <i>House Salad with Salted Tuna Fish</i>	3,50 €/person

STARTERS

7- <i>Ham and Fresh Cheese</i> Small/large plate.....	8,00 € / 12,00 €
8- <i>Ham and Semi-Cured Cheese</i> Small/large plate.	8,00 € / 12,00 €
9- <i>Ham and Cured Cheese</i> Small/large plate.....	9,00 € / 13,50 €
10 - <i>Mixed Cold Meats of the House</i> Small/large plate.....	6,50 € / 8,50 €
11- <i>Marinated Pork Loin</i>	3,50 €/person
12- <i>Onion Blood Sausage (homemade)</i>	1,15 €/unit
13 - <i>White and Red Sausage Grilled</i>	1,25 €/unit
14 - <i>Lean Meat Grilled</i>	3,50 €/person
15- <i>Chopped Grilled Bacon</i>	3,50 €/person
16- <i>Chopped Grilled Pork</i>	3,30 €/person
17- <i>Grilled "Chorizo" (normal, semi or super spicy)</i>	2,30 €/unit
18- <i>Picadita Spanish (lean, bacon, pork loin, sausage and chorizo)</i>	4,50 €/person
19- <i>Grilled Fresh Cheese</i>	2,30 €/unit
20- <i>Squid Rings Fried in Batter (Roman Style)</i>	4,50 €/person
21- <i>Tripe with Chickpeas</i>casserole / dish.....	5,10 € / 7,80 €
22- <i>Pig's Trotters Stew</i> casserole / dish.....	5,00 € / 7,70 €
23- <i>Michirones</i> casserole / dish.....	5,00 € / 7,70 €
24- <i>Snails</i> casserole / dish.....	5,50 € / 8,80 €
25 - <i>Vegetables on the Grill</i> Small/large plate.....	7,00 € / 9,00 €
26- <i>Ham o Chicken Croquettes</i>	1,20 €/unit
27- <i>Potatoes Roasted in the Oven (to be ordered)</i>	1,15 €/unit

SOUPS AND STEWED

28- Chicken Soup with Meat balls.....	4,20 €/unit
29- Consome with Meat balls	3,50 €/unit
30- Turkey Stew of Meatballs	10,50 €/ration
31- Oxtail Stew (with potatoes).....	14,50 €/ration
32- Egg and Potatoes.....	4,20 €/ration
33- Gazpacho (In Summer).....	3,50 €/unit

MEATS

34- Roast Lamb (to be ordered on Saturday and Sunday)	15,50 €/ration
35- Roast Goat (to be ordered).....	22,50 €/ration
36- Roast Chicken (to be ordered).....	9,00 €/ration
37- Roast Piglet (to be ordered).....	s / m
38- T-Bone Steak Grilled with Potatoes (by weight).....	27,00 €/ration
39- Entrecote Steak Grilled with Potatoes (by weight)....	25,50 €/ration
40- Veal Sirloin Steak with Potatoes.....	26,00 €/ration
41- Pork Sirloin Steak with Potatoes.....	10,50 €/ration
42- Lamb Chops with Potatoes	13,00 €/ration
43- Kid Chops with Potatoes and Tender Garlic.....	18,50 €/ration
44- Grilled Chicken Breast with potatoes	9,00 €/ration
45- Fillet of Pork Grilled with Potatoes.....	8,30 €/ration
46- Veal Steak with Potatoes	8,50 €/ration
47- Rabbit / Chicken with Garlic and Potatoes.....	10,00 €/ration
48- Rabbit / Chicken with Tomato and Potatoes.....	10,00 €/ration
49- Leg of Lamb Fillets with Potatoes.....	10,00 €/ration

RICES

50- Rice with pork meat and pork chops (to be ordered)..	10,00 €/ration
51- Rice with vegetables (to be ordered)	10,15 €/ration
52- Rice with rabbit (to be ordered).....	10,25 €/ration
53- Rice with chicken (to be ordered).....	10,00 €/ration
54- Mixed Rice (to be ordered).....	10,75 €/ration
55- Rice with seafood (to be ordered).....	10,75 €/ration

FISH

- 56- Grilled Hake with Potatoes.....13,50 €/ration
57- Emperor Grilled with Potatoes14,50 €/ration

DESSERTS

- 58- Calatrava Cake (homemade)..... 3,80 €/ration
59- Custard with Biscuits (homemade)..... 3,50 €/ration
60- Rice Pudding (homemade)..... 3,50 €/ration
61- Cheese Cake (homemade)..... 3,90 €/ration
62- Grandmother's Cake
(homemade: chocolate and biscuits) 3,70 €/ration
63- Chocolate Cake..... 3,70 €/ration
64- Whisky Ice Cream Cake..... 4,50 €/ration
65- Cake of Canada (Countess)..... 3,60 €/ration
66- Lemon Soufflé..... 3,80 €/ration
67- Arrope Calabazote (Spanish)..... 4,50 €/ration
68- Lemon Ice Cream..... 5,00 €/ration
69- Orange Ice Cream..... 5,00 €/ration
70- Coconut Ice Cream..... 5,50 €/ration
71- Lemon Sorbet..... 5,00 €/ration
72- Frozen Bonbon Cup..... 5,00 €/ration
73- Catalan Ice Cream..... 5,00 €/ration
74- Turrón Ice Cream..... 5,00 €/ration
75- Ice Cream kids..... 3,75 €/ration
76- Watermelon or Melon..... 2,70 €/ration
77- Fresh Pineapple..... 3,75 €/ration



Venta El Abasto La Aparecida



@VentaAbasto



ventaelabasto@gmail.com



www.elabasto.es

RIOJA

<i>Marqués de Cáceres Crianza</i>		15,00
<i>Ramón Bilbao Crianza</i>		15,50
<i>Ramón Bilbao Crianza 3/8</i>		9,00
<i>Viña Pomal Crianza</i>		15,00
<i>Muga Crianza</i>		29,00
<i>Muga Reserva</i>		45,00
<i>Ederra Crianza</i>		13,00
<i>Viña Paceta 3/8</i>		8,50
<i>Baigorri Crianza</i>		19,50
<i>Azabache Joven</i>		12,00
<i>Obalo Crianza</i>		23,00
<i>Rioja Vega Crianza</i>		15,00
<i>Luis Cañas Crianza</i>		19,50

RIBERA DEL DUERO

<i>Lagar de Isilla Roble</i>		14,00
<i>Lagar de Isilla Crianza</i>		22,00
<i>Legaris Crianza</i>		28,00
<i>Legaris Roble</i>		15,00
<i>Protos Roble</i>		16,50
<i>Torre Golbán Crianza</i>		18,50
<i>Convento Oreja Crianza</i>		26,00
<i>Fuente Espina Crianza</i>		16,50
<i>Viridiana Roble</i>		13,00

BULLAS

<i>Salto del Usero Monastrell</i>		15,00
<i>Almudí Crianza</i>		17,00
<i>El Borde</i>		24,50

VECLA

Barahonda Organic Barrica



JUMILLA

Juan Gil Crianza



Juan Gil Roble



Alceño 4 Meses Roble



Alceño 50 Barricas Premium



Numun Selección Crianza



El Tiempo Que Nos Une



Alceño 150 Aniversario



BLANCOS

Nuviana Blanco



Oro de Castilla 100 % Verdejo D.O. Rueda



Legaris 100% Verdejo D.O. Rueda



José Pariente 100% Verdejo D.O. Rueda



Mar de Frades 100% Albariño D.O. Rias Baixas



Val Do Sosego Albariño D.O. Rias Baixas



Cinco Islas Albariño D.O. Rias Baixas



ROSADOS

Peñascal



Lambrusco



Nuviana Rosado



ESPUMOSOS

Marina Alta Espumoso Moscatel 100%



CAVAS

<i>Codorniu Bach Extrisimo</i>		11,50
<i>Anna B Blancs Codorniu 70% Chardonnay</i>		20,50
<i>ARS Collecta Blanc de Noirs</i>		33,50
<i>Prima Vides Codorniu Brut</i>		12,50
<i>Juvé&Camps Reserva Cinta Púrpura</i>		19,50
<i>Cava Moet Chandon Brut Imperial</i>		70,00
<i>Cava 1551 Benjamin</i>		6,50


SIDRA

<i>Sidra El Gaitero</i>		7,00
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