

Frou Frou

Food Menu

FrouFrou

A Modern Mediterranean Table

The menu celebrates the spirit of the southern coast — from the French Riviera to the Amalfi and Aegean — where meals are abundant, instinctive, and meant to be shared. It's about fresh ingredients, sunlit flavors, and dishes that feel both familiar and surprising.

*Frou-Frou's food philosophy is "no fuss, just flair."
Every dish balances comfort and curiosity — simple ingredients treated with finesse, inspired by the seaside and market stalls of the Mediterranean.*

bread / pan

Sourdough bread
Pan de masa madre

5

jamón

Montaraz iberico pata negra
Jamón Ibérico de pata negra Montaraz

39

catch of the day / pescado del día

FROM THE FISH MARKET DISPLAY TO YOUR PLATE

Discover a fresh selection, prepared and cooked exactly
to your liking: grill, oven, fried, salt or raw

Red prawn 22 / 100g
Gamba roja

Carabinero 30 / 100g
Carabinero

Sea bream 6,5 / 100g
Dorada

Seabass 6,5 / 100g
Lubina

Turbot 9 / 100g
Rodaballo

Red sea bream 9 / 100g
Pargo

MARKET PRICE BY 100Gr

Ask your waiter about today's fresh availability and
daily additions

Take a moment to visit the Fish Market Display for a
taste of ocean-fresh experience

raw bar / crudos

Oysters fine de claire n°2 (one piece) <i>Ostras Fine de Claire n°2 (una pieza)</i>	8
Carpaccio red bream with shiso truffle sauce <i>Pargo rojo crudo con aderezo de shiso y salsa de trufa</i>	33
Red prawn crudo with alioli <i>Gamba roja cruda con alioli</i>	26
Beef carpaccio with truffle sauce and artichoke <i>Carpaccio de ternera con salsa de trufa y alcachofa</i>	24
Tuna tartar with black caviar and shiso sauce <i>Tartar de atún con caviar negro y salsa de shiso</i>	23
Beef tartar with black truffle <i>Tartar de ternera con trufa negra</i>	26

cold starters / entrantes fríos

Octopus carpaccio with bottarga <i>Carpaccio de pulpo con bottarga</i>	20
Foie grass patê with peach jam <i>Paté de foie gras con mermelada de melocotón</i>	29
Tomato salad <i>Ensalada de tomate</i>	16
Artichoke salad with truffle <i>Ensalada de alcachofa y trufa</i>	20
Nicoise salad with tuna <i>Ensalada Niçoise con atún</i>	19
Greek salad <i>Ensalada griega</i>	16
Green salad with artichoke, asparagus and avocado <i>Ensalada verde con alcachofa, espárragos y aguacate</i>	19

hot appetizer / entrantes calientes

Camembert with filo dough, black fig jam and truffle <i>Camembert en masa filo con mermelada de higo negro y trufa</i>	25
Fried calamari with yuzu alioli <i>Calamar frito con alioli yuzu</i>	20
Croquettes with iberian ham <i>Croquetas de jamón ibérico</i>	18
Escargots cooked in the classic French style <i>Caracoles cocinados a la francesa</i>	22
Mini burgers with beef cheek, quail egg and black caviar <i>Mini burgers de carrillera de ternera con huevo de codorniz y caviar</i>	24

soup / sopas

Seafood soup with lobster head, clams and seabass <i>Sopa de marisco con cabeza de bogavante, almejas y lubina</i>	28
Traditional French onion soup <i>Sopa tradicional francesa de cebolla</i>	19

to share / para compartir

Roasted chicken with baked tomatoes and morels <i>Pollo asado con acelgas, tomates y colmenillas</i>	Half - Full 25 - 42
Lamb tagine in Moroccan style <i>Tajine de cordero al estilo marroquí</i>	34
Paella with spider crab <i>Arroz de centollo</i>	39
Roasted octopus in vegetable stew and spinach <i>Pulpo asado con estofado de verduras y espinacas</i>	40
Seabass with vongole and mediterranean sauce <i>Lubina con almejas y salsa mediterranea</i>	65
Grilled turbot with Pil Pil Sauce <i>Rodaballo a la brasa con salsa pil pil</i>	120



pasta

Spaghetti nerano with zucchini <i>Espaguetis nerano con calabacín</i>	25
Linguini with black truffle <i>Linguini con trufa negra</i>	29
Seafood orzo <i>Orzo con mariscos</i>	30
Paccheri with lamb and smoked feta cheese <i>Paccheri con cordero y queso feta</i>	28

pizza

Zucchini flowers with anchovies <i>Flores de calabacín con anchoas</i>	22
Margherita <i>Margarita</i>	19
Black truffle and porcini <i>Trufa negra y boletus</i>	25

meat / carnes

Millefeuille with oxtails <i>Milhojas con rabo de toro</i>	30
Tomahawk National Beef <i>Tomahawk de ternera nacional</i>	9 / 100g
Rib Eye USA Premium <i>Entrecot (Rib Eye) de ternera premium de EE. UU.</i>	12 / 100g
Lamb chops with chimichurri sauce <i>Chuletas de cordero con salsa chimichurri</i>	39
Duck confit with spinach and baked tomatoes <i>Confit de pato con espinacas y tomates</i>	32



sides / guarniciones

French fries <i>Patatas fritas</i>	9
Robuchon mashed potatoes <i>Puré de patatas Robuchon</i>	9
Broccoli with romesco sauce <i>Brócoli con salsa romesco</i>	13
Green salad <i>Ensalada verde</i>	13

desserts / postres

Montana Blanca <i>Montaña Blanca</i>	19
Tiramisu della nonna <i>Tiramisú della nonna</i>	19
Pistachio coulant <i>Coulant de pistacho</i>	19
Seasonal fruits and berries <i>Frutas y bayas de temporada</i>	25
Turrón with pistachio sauce and hazelnuts <i>Turrón con salsa de pistacho y avellanas</i>	20
Chocolate tart with caviar <i>Tartaleta de chocolate valrhona y caviar</i>	29
Cheese platter: Parmesan, manchego, comté, smoked idiazabal <i>Tabla de quesos: Parmesano, manchego, comté, idiazabal ahumado</i>	26

VAT INCLUDED / IVA INCLUIDO
SERVICE CHARGE NOT INCLUDED / SERVICIO NO INCLUIDO

This establishment has information on allergies and allergenic substances. Regulation: (EU) 1168/2011.
Please ask our staff for information.

Este establecimiento dispone de información sobre alergias e intolerancias alimentarias. Reglamento: (EU) 1168/2011.
Solicite información a nuestro personal.

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