

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 <i>Gamba roja</i>	22 / 100g
Carabinero <i>Carabinero</i>	30 / 100g
Seabass <i>Lubina</i>	6,5 / 100g
Turbot <i>Rodaballo</i>	9 / 100g
Red sea bream <i>Pargo</i>	9 / 100g

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 the ocean



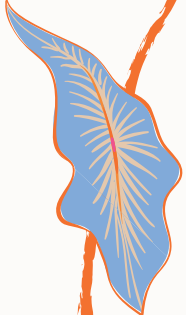
raw bar / crudos

Red prawn crudo with mediterranean sauce <i>Gamba roja con salsa mediterránea</i>	27
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

cold starters / entrantes frios

Octopus carpaccio with bottarga <i>Carpaccio de pulpo con bottarga</i>	20
Foie grass patê with peach jam <i>Pâté 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>	21
Greek salad <i>Ensalada griega</i>	16





hot appetizer / entrantes calientes

- Camembert with filo dough, black fig jam and truffle** 25
Camembert en masa filo con mermelada de higo negro y trufa
- Fried calamari with yuzu alioli** 20
Calamar frito con alioli yuzu
- Croquettes with iberian ham** 18
Croquetas de jamón ibérico

soup / sopas

- Seafood soup with lobster head, clams and seabass** 28
Sopa de marisco con cabeza de bogavante, almejas y lubina



to share / para compartir

- Roasted chicken with baked tomatoes and morels** *Half - Full* 25 - 42
Pollo asado con acelgas, tomates y colmenillas
- Lamb tagine in Moroccan style** 34
Tajine de cordero al estilo marroquí
- Roasted Octopus in vegetable stew and spinach** 40
Pulpo asado con estofado de verduras y espinacas

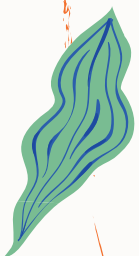


Main courses / Principales



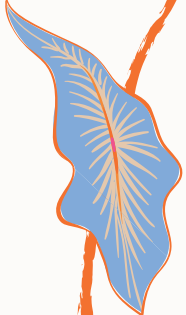
Spaghetti nerano with zucchini <i>Espaguetis nerano con calabacín</i>	25
Linguini with black truffle <i>Linguini con trufa negra</i>	29
Seabass with clams and Mediterranean sauce <i>Lubina con almejas y salsa mediterranea</i>	65
Tomahawk National Beef <i>Tomahawk de ternera nacional</i>	9 / 100g
Rib Eye USA Premium <i>Entrecot (Rib Eye) de ternera premium de EE. UU.</i>	14 / 100g
Lamb chops with chimichurri sauce <i>Chuletas de cordero con salsa chimichurri</i>	39

sides / guarniciones



French fries <i>Patatas fritas</i>	9
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
Pistacchio coulant <i>Coulant de pistacho</i>	19
Seasonal fruits and berries <i>Frutas y bayas de temporada</i>	25
Turron with pistacchio 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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