

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 dia

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

Fish of the day

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

Fine de claire oyster N°2 <i>Ostra Fine de Claire N°2</i>	8
Carpaccio red bream with shiso truffle sauce <i>Carpaccio de Pargo con salsa shiso</i>	33
Red prawn crudo with alioli <i>Crudo de gambas rojas 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</i>	26

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

Salads / Ensaladas

Tomato salad <i>Ensalada de tomate</i>	16
Artichoke salad with truffle <i>Ensalada de alcachofa y trufa</i>	20
Niçoise salad with tuna <i>Ensalada Nicoise con atún</i>	19
Cauliflower salad with goat cheese <i>Ensalada de coliflor con queso de cabra</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** 25
Camembert en masa filo con mermelada de higo y trufa
- Fried calamari with yuzu alioli** 20
Calamares fritos con alioli de yuzu
- Iberian Ham croquettes** 18
Croquetas de jamón ibérico
- Escargots cooked in the classic French style** 22
Caracoles al estilo francés
- Mini burgers with beef cheek, quail egg and black caviar** 24
Mini hamburguesas con carrillera de ternera, huevo de codorniz y caviar negro

soup / sopas

- Seafood soup with vongole and sea bass** 28
Sopa de marisco con almejas y lubina
- Gazpacho with tomatoes and strawberry, stracciatella and cucumber** 15
Gazpacho de fresa con tomate, stracciatella y pepino

to share / para compartir

- Roasted chicken with morels and baked tomatoes** *Half - Full* 25 - 42
Pollo asado con acelgas, tomates y colmenillas *Medio - Entero*
- Lamb tagine in Moroccan style** 34
Tajine de cordero al estilo marroquí
- Paella with spider crab** 39
Paella con centollo
- Roasted octopus with potato** 40
Pulpo asado con patata
- Seabass with vongole and mediterranean sauce** 65
Lubina con almejas y salsa mediterránea
- Grilled turbot with pil pil sauce** 120
Rodaballo a la parrilla con salsa pil pil

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 de Pescado y Marisco</i>	30
Paccheri with lamb and smoked feta cheese <i>Paccheri con cordero y feta ahumado</i>	28

pizza

Zucchini flowers with anchovies and burrata cheese <i>Flor de calabacín con anchoa del cantábrico y burrata</i>	22
Margherita <i>Margarita</i>	19
Black truffle and porcini <i>Trufa negra y porcini</i>	25
Diavola <i>Diavola</i>	22

meat / carnes

Millefeuille with oxtails <i>Milhojas con rabo de toro</i>	30
Tomahawk National Beef <i>Tomahawk nacional</i>	9 / 100g
Rib Eye USA Premium <i>Ribeye americano categoría superior</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>Pato confitado con espinacas y tomates</i>	32



sides / guarniciones

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

desserts / postres

Montana Blanca	19
Tiramisu della nonna <i>Tiramisu della nonna</i>	19
Pistacchio coulant <i>Coulant de pistacho</i>	19
Seasonal fruits and berries <i>Frutas y bayas de temporada</i>	25
Turrón ice cream with pistachio sauce and hazelnuts <i>Helado de turrón con salsa de pistacho y avellanas</i>	20
Chocolate tart with black caviar <i>Tarta de chocolate con caviar negro</i>	29
Cheese platter: Parmesan, Manchego, Comte, smoked Idiazabal <i>Tabla de quesos: Parmesano, Manchego, Comte, Idiazábal 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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