

Guide



# Soles Repsol

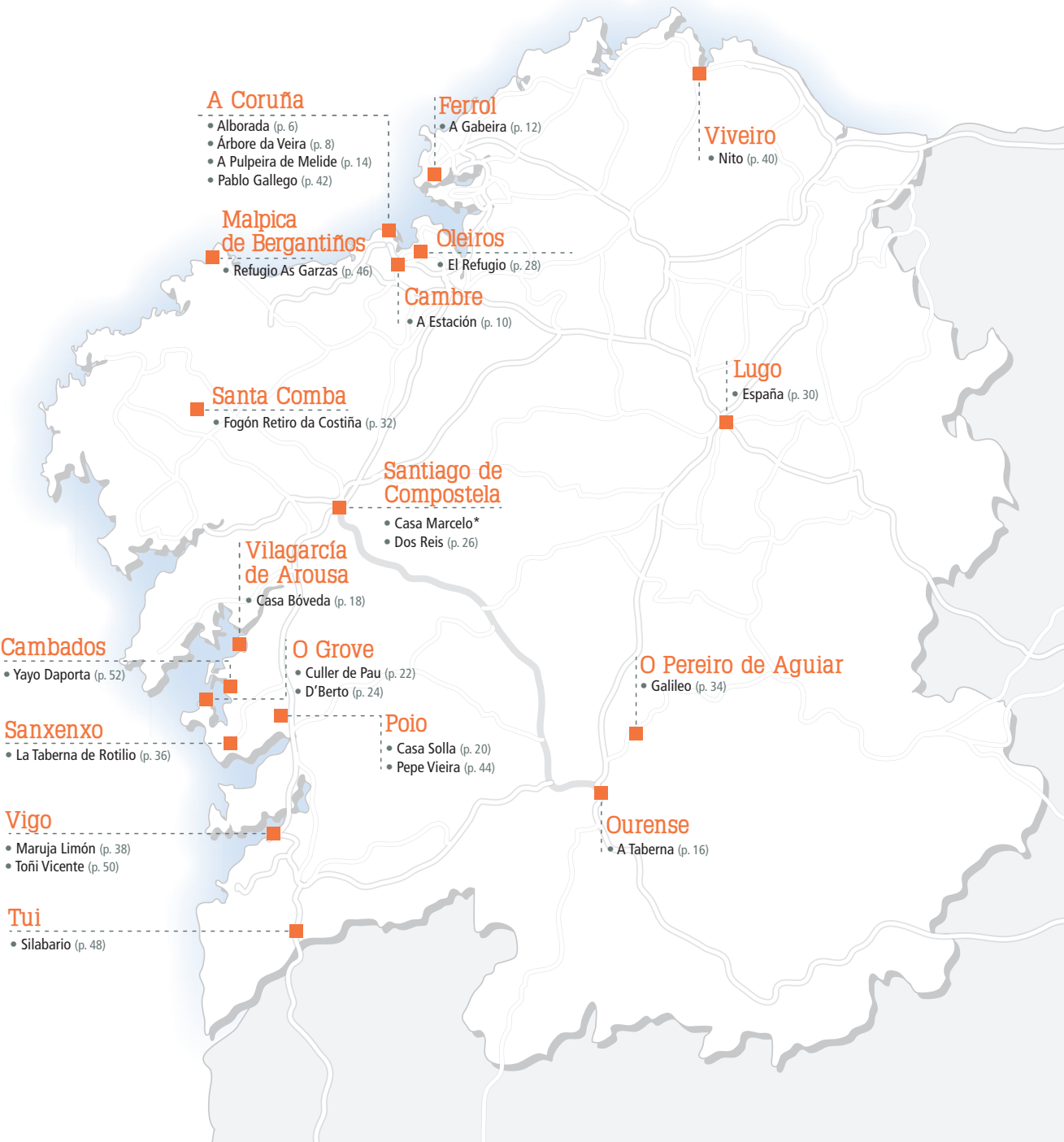
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\*Casa Marcelo (C/ Hortas, 1 - Santiago de Compostela) declined the invitation to participate in the coverage of this guide



# Presentation

Rafael Ansón | President of the Royal Academy of Gastronomy

Thanks to its geographic location and its rather unequal distribution between rain and sunshine seasons, Galicia is undoubtedly a country pampered by Nature. The abruptness and evocative nature of its coastline, the calmness of its 'Rias' and the green of its valleys had to be clearly reflected in the quality of the products generated by this land, both from sea and land, which are used to produce tasty delicacies that evoke "Galician" quality all over.

At this point in time, eating in any of the four provinces in the northeast of Spain transcends the cliché of seafood, pork shoulder and 'Caldeirada'. Step by step, Galician chefs have revealed the secrets of truly exquisite raw material emerging from this territory and being served to the public in preparations with increasing levels of quality. The last edition of Guía Repsol confirmed this reality and the great moment being lived by Galician cuisine.

The truth is nothing has changed in braising, boiling, roasting, bread, etc. techniques in Galicia, which continue to be as always. Because its local cuisine is as simple as life itself. Popular knowledge has supported the predominance of local products, which are always subject to light treatments so that each thing tastes as what it is. These customs are so deep-rooted that not even the most innovative chefs dare to change. Of these major food houses located in all four provinces we should highlight the select variety of fish and seafood, excellent red meat and vegetables, as well as the surprising quality of some of its wines, especially white wines with the Rias Baixas, Ribeiro and Monterrei Designations of Origin, while not forgetting the red wines from Valdeorras and Ribeira Sacra. The mild and humid climate, of Atlantic influence, is ultimately responsible for their goodness.



Many have publicised the best products of Galicia. In fact, great writers from this area have found one of their main sources of inspiration in its gastronomy: this is the case of Alvaro Cunqueiro, but also Otero Pedrayo, Castroviejo, Jorge Víctor Sueiro, Emilia Pardo Bazán and Camilo José Cela. They describe a steadfast and popular cuisine in their many unforgettable pages; a cuisine perhaps distant from the refinements that were hidden in emblematic stately homes or abbeys. The best dishes of Galician cuisine, the most successful, were never prepared by nobility or intellectuals, but by farmers, seamen and housewives. But simplicity does not prevent evidencing ingenuity of these dishes, such as the 'empanada', pot, pancakes, soup, stew, or the surprising and successful combination between pork shoulder and potatoes that, beyond the cliché, is fully consolidated in Galician taste.

What I want to highlight in the presentation of this Catalogue of great Suns of Galician Gastronomy is the evolution arising in the sense of cooking innovation, methods and styles.

While not ignoring its roots, making use of the extraordinary raw materials offered by the land and seas of Galicia, new chefs are positioning themselves in this line of innovative cuisine, creative cuisine, signature cuisine.

Even traditional recipes are being modernized and adapted to modern times. Maintaining aromas and flavours but lightening their preparations, making them healthier and creating new presentations.

In addition to this evolution of traditional cuisine, we should highlight that true cooking artists are already emerging. Naturally, they are all included in this Catalogue but, also, many others that will be awarded Suns in the upcoming years.

Tradition and history, the artistic and creative capacity of Galicians, which has been evidenced over time in all aspects of the cultural world, also had to come and has already emerged in the cuisine and gastronomy worlds.

And this modernization capacity encompasses, not only cuisine, but also production and preparation of food and beverages. Including scenarios and service.

Therefore, I believe the horizon and future of Galicia is at the doorstep of a world of excitement and hope full of Suns.

We congratulate Tourism of Galicia for bringing us, through this book, the best tables in the region and, above all, congratulate the Galician chefs for presenting exceptional recipes each day always based on top quality products, from some of the best lands and seas of Spain.

**Rafael Ansón**

President of the Royal Academy of Gastronomy



# Alborada

www.restaurantalborada.com

**Chef:**  
**Iván Domínguez**

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📍 GPS coordinates  
Lat. 43° 22' 34.0" N Lon. 8° 23' 38.5" W

## MAKING A NAME

A passion for the ingredients and elegant creations – featuring a nod to Asian cuisine and Nordic influences, resulting in flavourful, balanced dishes – these are the hallmarks of the Atlantic cuisine of Iván Domínguez. His refined technique creates a complex, contemporary cuisine that transcends the borders of Galician cooking.



## AN AFTER DINNER STROLL

**A** Coruña's promenade traces a delightful path along the sea. Each step leads to Mount San Pedro, which offers incomparable panoramic views of the city.

For those who arrive in town in the morning, gastronomy lovers can visit the fish market, upon request, or browse the stalls at San Agustín Market, located close to Plaza de María Pita, which displays the finest vegetables and fish beneath a spectacular parabolic roof built in the 1930s.

## At the stove

The proximity of local markets and farms is the essence of Alborada: obtaining the best ingredients at just the right moment. Seasonal or short-term products feature heavily in this cuisine, freeing it from the constraints of a recipe or menu. This is joined by a light touch with the ingredients, enhancing them without the need for modern techniques that add meaningless sophistication.

Iván Domínguez seeks flavour and champions the use of frying pans and saucepans, in search of the excitement of risk and spontaneity in a cuisine that harkens back to a warm simmering stew and a magnificent classic technique.



## Order in!

There is an emphasis on local ingredients like the 'galo celta' (a local breed of chicken) and blue fish often thought of as humble, such as the sardine and bogue. These feature heavily in a selection of culinary offerings which also includes such notable dishes (some made using seawater) as hake in pil pil sauce, lobster salad and chicken soup with truffles, all accompanied by bread from the chef's own recipe.

## Right at home

The space was designed by a+pi arquitectos studio. Based on chestnut wood, steel and glass, the décor lends Alborada a cosy contemporary atmosphere. By day, the sea views from the tables provide a wonderful complement. By night, the lighting is soft and romantic. After the meal, the wine cellar attached to the restaurant beckons diners to enjoy a nice wine, coffee or liqueur while taking in the ocean view from the terrace. Another option is a short walk to Augamar Restaurant, in the marina building, for a different view of San Antón Castle.





# Árbore da Veira

www.arboredaveira.com



## MAKING A NAME

Árbore da Veira offers a comprehensive culinary journey. Luis Veira has followed a unique philosophy in designing an unusual dining concept in A Coruña, featuring a signature cuisine that is Atlantic, natural, creative and continuously evolving. Yet he also does not ignore deeply rooted traditions, local products and seasonal ingredients, which he carefully shepherds from start to finish.



## AN AFTER DINNER STROLL

Árbore da Veira is sure to whet your appetite for a visit to several of the city's markets, including the markets of Lugo and San Agustín, near María Pita Square.

After your meal, you won't want to miss the opportunity to stroll down the promenade that runs along Orzán Bay, offering a panoramic view of the city and the immense ocean. You will also discover such natural wonders as Mount San Pedro. Cultural treasures include the Tower of Hércules and San Antón Castle.

End your day by exploring the cobbled streets of the old city, visiting a few of the favourite tapas spots. This is the perfect chance to discover A Coruña at its most charming.



## At the stove

Hard work lies at the core of the restaurant's daily activity. But it is well worth it. From market visits to the 'pass', this young, innovative team enjoys it all. They play with slow, low-heat cooking techniques, and with technology, distilling flavours and offering almost impossible textures. The search for visual impact is ongoing, as are the desire to preserve the essence of the product and the care with which it is prepared.

## Order in!

At Árbore da Veira there are no must-have dishes, only must-have ingredients. This is especially true of the fish and seafood, purchased at the market of Lugo. Spider crab, langoustines, sardines, cocochas, Galician beef tendon, citrus fruits...these are the products Luis feels comfortable with. But seasonality is the true hallmark of the restaurant's two set menus: Raíz (Root) and Árbore (Tree). Both journeys begin with appetizers and end with an artful display of petit fours, after-dinner sweets elevated to a higher level.

The wine cellar features close to 200 Galician, Spanish and international selections. Each and every one is carefully tended and served at the ideal temperature and oxygenation level, and in the proper glass.

## Right at home

Beginning with the 'hidden' door, everything about this restaurant makes diners feel at home: warm wood on bare tables; objects, textures and textiles that convey comfort; and a soft light that compels you to discover more.

A large sofa provides an inviting place to sample the appetizers which welcome diners, preparing them for what is to come. Next, a solid table made of tempered wood and any number of painstakingly created details, including custom tableware and exotic decanters, convey the comfort necessary to enjoy this experience.

## Chef: Luis Veira

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# Estación

www.nove.biz

## MAKING A NAME

An accessible cuisine that demonstrates great respect for tradition, while also leaving room for more elaborate, modern dishes. This is the idea at the heart of A Estación, where chefs Beatriz Sotelo and Xoán Crujeiras offer a menu that emphasises quality and local products.

**Chef:**  
**Xoán Crujeiras**  
**Beatriz Sotelo**

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📍 Coordenadas GPS  
Lat. 42° 17' 27" N Lon. 8° 20' 54" O



## At the stove

The two chefs complement each other in their creative process, each contributing their own personality and ideas. Feminine and masculine, sea and mountains...between the two there is common ground, making its presence felt in the restaurant's menu. The kitchen exudes traces of traditional cuisine and the highly innovative discoveries they choose to incorporate into their dishes.

The menu features local, seasonal ingredients from cooperatives and small producers. This lends their cuisine its marked seasonal nature. You may even find different menus during a single season.

## Order in!

A Estación is synonymous with showcasing Galician products. The menu always includes fine fresh fish, beef and *Galiña Piñeira* chicken. Highlights among the seafood include razor clams. Must-try dishes are *Galiña Piñeira* chicken cannelloni and baked monkfish with creamy rice and octopus.

## Right at home

The restaurant name translates to 'The Station', giving a clue to the building's original use: as a train station. What was once the station buffet and storage area is now a cosy, welcoming space. At night, the lighting makes it even more romantic.

A Estación has a spacious, bright dining room with twelve tables. There is also a smaller reserved space with another six.

In summer, when the weather is nice, diners can enjoy the magical garden, which still contains the old train track.

## AN AFTER DINNER STROLL

**V**isitors can relax and enjoy the river walk along the Mero River, located near the restaurant. The area is populated with a variety of well-preserved native tree species.

For a little more culture, there is an archaeological museum in the centre of Cambre. It contains pieces from an ancient Roman site discovered in the town. Opposite the museum is Santa María Church, dating from the 12th century. It is one of the most representative examples of the Galician Romanesque style. The surroundings are also wonderful, with a large landscaped area offering different views of the church.





# A Gabeira

www.nove.biz

## Chef: Miguel Campos

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✉ restaurante.agabeira@gmail.com

📍 Coordenadas GPS  
Lat. 43° 29' 49" N Lon. 8° 16' 25" O



### MAKING A NAME

A Gabeira is a required stop on the road between Ferrol and Doniños (A Coruña). The restaurant's doors have been open since 1923 and Miguel Campos, the fourth generation at the helm, offers diners a modern version of the most traditional Galician cuisine: a high quality, fresh selection created 'for his city'. Flavourful market cuisine with aspects that evoke the establishment's 90-year history, presented in 21st-century style.



### At the stove

Each day, Miguel visits Magdalena Market (Ferrol) to select the best ingredients, preparing them in such a way that their essence is always preserved. But the A Gabeira kitchen staff work as a team. The chef, cooks and kitchen assistants utilize their efforts, expertise and experience to create a menu that changes throughout the year. And diners offer the finishing touch with their suggestions. A selection of dishes prepared with the care and experience forged by tradition, while still keeping an eye on new culinary techniques.

### Order in!

A Gabeira receives daily deliveries from the fish market at Cedeira. Seasonal seafood, with goose barnacles taking pride of place; fresh fish, especially turbot, along with sardines and horse mackerel in the summer; and vegetables make up the essentials. The restaurant offers an extensive menu made with 80% local products. It changes five times a year. Of course, there is always a selection of classics available, for those who want to enjoy their specialties again and again. Highlights include the famous rape a la cedeirasa (Cedeira-style monkfish). A menu suitable for all audiences, with dishes and products to satisfy every palate, young and old alike.

The wine cellar merits special mention. The chef's personal contribution, it boasts almost 400 selections, with a large collection of designer wines and special editions of Galician, Spanish and international designations of origin.

### Right at home

A public area with solid wood and substantial granite and red stone floors welcomes diners. They then pass by a large open kitchen with enormous windows before entering one of the two spacious dining rooms. There is space for 60 people. Beginning in the spring, the restaurant seats 30 of them in a covered outdoor dining area that completes the culinary experience.

## AN AFTER DINNER STROLL

**T**his is the perfect chance to explore an unforgettable route running from Covas to Ferrol (7 kilometres). The close to 5 kilometres that make up Es-melle, Vilar and San Jorge beaches lead to the pine wood at Doniños, the ideal spot to take a walk and let your meal go down. Be sure to head down the valley to Doniños Lake afterwards and visit the sand flats of the same name.

You also won't want to miss Cape Prior, which offers incredible views of the blue Atlantic and Cariño Beach. Then head along the coast to San Felipe Castle and visit the centre of Ferrol. If the day is clear, this is a wonderful opportunity to head out to the entrance to the ria to enjoy the spectacular panoramic view of A Coruña, the Sisargas Islands, the outer port and much more.





# A Pulpeira de Melide

## MAKING A NAME

Is it possible to be creative with a dish as traditional as *pulpo á feira* (octopus and potatoes dressed with olive oil and paprika)? If we are talking about Pulpeira de Melide, the answer is definitely yes. This restaurant's offerings focus on reinterpreting traditional Galician cooking, without ever losing sight of the bar's culinary essence. The menu features seasonal ingredients that vary depending on the market, prepared using the latest culinary techniques.

[www.pulpeirademelide.com](http://www.pulpeirademelide.com)

**Chef:**  
**Gorka Rodríguez**

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📍 **GPS coordinates**  
Lat. 43° 22' 22.5" N Lon. 8° 23' 49.8" W



## At the stove

Monotony has no place on the menu or in the kitchen at Pulpeira de Melide, headed by Gorka Rodríguez. The kitchen is his territory, ruled by a law which dictates 'zero stock', meaning that each day's menu is determined by what is available in the market. New day, new offerings. Seasonal ingredients usher the diner through the experience of savouring the freshest Galician products with a nod to the cuisine of other cultures.

## Order in!

With four generations of octopus chefs before Gorka, there could be no other star than the octopus: a product which always finds itself in good company on this living, breathing menu. Regardless of what is available that day in the market, Pulpeira de Melide never fails to offer a selection of the best fish and seafood, including baby cuttlefish, calamari, baby sardines, bonito in summer and scorpionfish in winter, and excellent shellfish from Galician waters.

## Right at home

Pulpeira de Melide has the feel of a traditional Spanish bar, with the characteristic features of raw materials such as wood, stone and slate, but a modern touch. The space bears the hallmarks of its typical cuisine, a reinterpretation of Galicia's folk traditions.



## AN AFTER DINNER STROLL

**T**his reinvention of Galicia's most popular octopus restaurant is located on Plaza de España, in the heart of A Coruña.

A few short metres from the mythical Plaza de María Pita, it is only a couple minutes from 'Old Town' and the traditional area of wine bars. The Tower of Hércules (2nd century BC) is just 15 minutes away on foot. This is the oldest functioning lighthouse in the world and an absolute must-see. After the visit, a relaxing stroll along one of the longest promenades in Europe offers incomparable views of the Atlantic.





# A Taberna

## MAKING A NAME

According to chef Javier Outomuro, the acronym that best defines A Taberna is QCA: Q for Quality, which is found in the service, but especially the ingredients, local if possible, and always obtained using sustainable methods. C for Commitment, to the environment, which is obvious from the wild-caught fish on the menu, as well as to its guests, guaranteeing complete honesty. And the A is for Attention, individual attention to choosing the raw materials, in the kitchen and in serving guests.

[www.ataberna.com](http://www.ataberna.com)



**Chef:**  
**Francisco Javier Outomuro Castro**

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📍 **GPS coordinates**  
Lat. 42° 19' 58.6" N Lon. 7° 51' 45.9" W



## At the stove

The highest quality fish and seafood travel from A Coruña to Ourense, personally selected for A Taberna by a supplier. This same supplier also provides fresh vegetables and pulses from small trusted farms. During preparation, following traditional methods, every effort is made to honour the ingredients, avoiding sauces and condiments in order to carefully maintain the flavour of Galicia these dishes evoke.

## Order in!

With its fish and seafood, A Taberna becomes a marine oasis in inland Galicia. Its menu also features exquisite rice dishes, the best Galician veal and a number of creations featuring seasonal ingredients that mark the passing of the seasons. And of course, there is also a wide variety of homemade desserts, making it difficult to choose just one.

Javier is especially proud of his wine cellar, which he has built up to 400 different wines. In addition to offering selections with Spanish designations of origin and leading international wines, there are bottles from small production runs that are far from conventional.

## Right at home

The building that houses A Taberna conveys the same characteristics as its cooking: homemade, traditional and Galician. The rustic atmosphere and décor put diners at ease, without losing sight of that touch of 'exclusivity' achieved through exquisite service and high quality dishes.



## AN AFTER DINNER STROLL

**T**he restaurant is located at the entrance to Ourense's historic town centre, just 200 metres from the main hot

springs. Visitors will not want to leave the city without enjoying a relaxing dip in this natural thermal treasure. The waters reach a temperature of 67°C, flowing at 300 litres/minute.

The area around Ourense offers incredible scenery and many must-see spots. The Sil River Canyon, in the Ribeira Sacra region, is one of these, with its spectacular deep green vertical walls. The town of Allariz, where time seems to have stopped, and Celanova, with its many Romanesque features, are both well worth a visit. On the border with Portugal, the beauty of Baixa Limia-Serra do Xurés Nature Reserve will leave you speechless.



## MAKING A NAME

The experience and genes of four generations of restaurant owners make their presence felt in every aspect of Casa Bóveda, beginning with its name. Since 1992, the town of Carril has had a family establishment which, in the purest traditional style, combines the best of the region. Fish, vegetables and excellent Rías Baixas wines make up a menu that stands out for its purity of flavour.

## Chef: Eugenia Bóveda and Ramón Bóveda

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📍 GPS coordinates  
Lat. 42° 36' 53.8" N Lon. 8° 46' 34.9" W



## At the stove

In his cooking, Ramón Bóveda employs the intuition of someone who possesses both knowledge and experience. Casa Bóveda therefore offers the simplicity and timelessness of the cuisine of the Galician home. A culinary journey through memory and tradition.

## Order in!

The flavours of the sea explode in the diner's mouth. Market fresh seasonal fish and seafood are the house speciality and simple, traditional cooking methods (stew pot, oven and stove top) are its signature. This is summarized in a poem dedicated to the restaurant by writer and guest Daniel Garrido Castromán: The seafood is more than nice: / oysters, clams and mussels, / shrimp and goose barnacles. / There's also lobster with rice / and the portions, don't think twice! Recipes from home, the inheritance of Galicia's family traditions.

## Right at home

If the cuisine of Casa Bóveda has a history, the building that houses the restaurant can say no less. Its one hundred years have seen it serve as home to the first post and telegraph office in northwest Spain, and the first headquarters of the leading shipping agent for the port of Vilagarcía de Arousa. This history can be felt in every corner of the building, which offers the warmth of the Galician home and spectacular views of the Carril docks.

## AN AFTER DINNER STROLL

**T**he clam beds lie just opposite the restaurant, from which it is possible to make out the mouth of the Ulla River and Cortegada Island, which is part of the Galician Atlantic Islands Maritime-Terrestrial National Park.

Visitors to Carril will not want to skip a tour of the main towns in the Rías Baixas region. The traditional country houses of Cambados, cradle of Albariño; the Chapel of the Shells on A Toxa Island; and some of the beaches situated along the 10-kilometre coast of O Grove, including A Lanzada, Raeiros, Mexiloeira and the small Barreiro Cove, are just a few of the must-sees in the area.





# Casa Solla

[www.restaurantesolla.com](http://www.restaurantesolla.com)

## MAKING A NAME

Contemporary regional cuisine. This is the concept at Casa Solla, where chef Pepe retains the essential flavour of the traditional recipe, while he also enjoys playing with techniques and preparations, still maintaining a profound respect for the ingredients. A truly enhanced and evolved cuisine created through innovation and the passing of time.

### Chef: Pepe Solla

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Lat. 42° 26' 00.62" N Lon. 8° 40' 08.44" W

## At the stove

The simplicity that underlies the apparently complex dishes at Casa Solla is no more than the work of updating them, bringing in new products and adding professional and life experiences. For the chef's personal involvement is total. Pepe enjoys selecting the products, seeking out new possibilities and, of course, working with a symphony orchestra of which he is the conductor.

## Order in!

Each day, trusted suppliers source the best fish and seafood possible, always obtained using sustainable techniques. This respect for the environment is also found on land, with a commitment to organic ingredients and small producers.

On the menu, the essential dishes are 'all or nothing' as they change depending on the season. To gain a good overview of the cuisine at Casa Solla, the options are: a tasting menu of the 'new classics', a gastronomy menu based on specific dishes and a grand menu to enjoy 'blindly' and see where it takes you.

## Right at home

The fact that Casa Solla is a family business is reflected in the atmosphere. Its hallmarks are nine months in a unique space large enough to allow its diners some privacy and the contrast between contemporary décor and a classic building. The aesthetics are in line with the service, which strives to ensure that each person who enters feels right at home.

## AN AFTER DINNER STROLL

Poio is just 1.5 kilometres from Pontevedra. The city invites visitors to wander along its cobble streets, whose restaurants offer outdoor seating areas in which to enjoy a tasty selection of informal tapas.

Between the rias of Pontevedra and Arousa lies the O Salnés region, which contains the largest coastal plain in Galicia. There is a succession of long beaches and small white sand coves with crystalline waters, the star being A Lanzada Beach. Its natural surroundings and length, more than 2.5 kilometres, traditions and mythology, have made this beach one of the most interesting in Galicia.



# Culler de Pau



## MAKING A NAME

Everything counts, and Restaurante Culler de Pau's location is one of the extras that make this culinary experience unique. The cuisine is a fusion of products sourced from local farms and the Ria of Arousa, located just opposite, combining the flavours and aromas of the sea and garden.



[www.cullerdepau.com](http://www.cullerdepau.com)

**Chef:**  
**Javier Olleros**

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📍 **GPS coordinates**  
Lat. 42° 28' 31.03" N Lon. 8° 53' 44.68" W



## AN AFTER DINNER STROLL

**O** Grove is a peninsula with glorious beaches. Taking a dip in the crystalline waters is almost an obligation.

Another recommendation is San Vicente do Grove. From the marina at Pedras Negras, there is a spectacular wooden walkway that adapts to the rocky coastline. In fact, a stroll along this walkway will help guests understand the restaurant's philosophy even more.

The Museo de Salazón (Salt Fish Museum) is just five minutes away in Punta Moreiras. The museum presents and explains the process of salting fish used in the 19th century. It is without a doubt an excellent opportunity to explore the history of the town and the rias of Galicia.

## At the stove

Each morning, a new day in the kitchen at Culler de Pau begins at the market. Its pantries are supplied with the freshest seasonal materials, the fruits of a close relationship with local producers. Without a doubt, its dishes demonstrate this commitment and trust. Sea and land mix in a cuisine which draws from tradition, while also innovating, adapting to new techniques.

## Order in!

The menu is not dormant. It is renewed and improved along every step of the way with seasonal ingredients, especially fish and seafood from the ria and vegetables. Octopus is an essential ingredient any time of year. In this dish, innovation in the process and tradition in the preparation go hand in hand. The list of offerings increases with other specialities, depending on the season. These include the famous dish "con negro" made with molluscs and a very striking and surprising rocky base.

## Right at home

Culler de Pau exudes a cosy, peaceful atmosphere. In this corner of Reboredo with a view of the coast, a connection to nature is essential. Any table in the restaurant offers a spectacular view overlooking the Ria of Arousa. The large fourteen-metre window becomes a natural canvas for the scenery laid out at its feet.





# D'Berto

[www.dberto.com](http://www.dberto.com)

## MAKING A NAME

The philosophy behind Marisquería D'Berto is to offer the highest quality seasonal products from the coasts of Galicia, always seeking to surprise guests with their size. This cuisine focuses on natural preparation and presentation, without anything to hide the flavour.



## Chef: Marisol Domínguez

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## At the stove

A grill, two griddles and a few stoves are the tools Marisol uses to prepare each of the products meticulously selected by her brother Berto. They both strive to ensure that their culinary offerings provide guests with a pleasant and memorable experience.

## Order in!

D'Berto has succeeded in distinguishing itself from the rest of the sector through one particular feature: first-rate specimens that are large in size. Sea bass and lobsters weighing 5 kilos or more, half-kilo langoustines and thick goose barnacles from O Roncudo allow diners to enjoy the experience first with their eyes and then with the rest of their senses. Grilled, fried, steamed, stewed ... both fish and seafood achieve an unusual level of perfection. This has led them to be named Best Fish and Seafood Restaurant 2014 at the prestigious Madrid Fusión conference.

## Right at home

D'Berto is dominated by an aquarium filled with large specimens that can be seen from the street. Once inside, a refrigerator displaying the day's fish and seafood and a wine cellar with more than 300 selections welcome guests. The décor is based on soft colours and warm lighting to create a relaxing atmosphere. The staff's professional service does the rest. Berto himself takes the orders and advises diners to achieve the most satisfying experience.



## AN AFTER DINNER STROLL

**C**atamarans depart from the port at O Grove, offering enjoyable trips along the Ria of Arousa, an ideal spot for sailing and sport any time of year. Once back on dry land, it is tempting to climb Mount Siradella, the highest point on O Grove Peninsula. From here visitors can enjoy extraordinary panoramic views of the Ria of Arousa and the isthmus that links the peninsula with the mainland, surrounded by the immense ocean, the Ons and Sálvora islands in the background. The side that faces the Atlantic is beautiful A Lanzada Beach, with more than two kilometres of fine sand.

The surrounding area is filled with lovely spots, including A Toxa Island, Cambados, Arousa Island, Combarro and San Vicente do Mar, with its romantic wooden walkway.





# Dos Reis

[www.parador.es](http://www.parador.es)

## MAKING A NAME

Each day in the kitchen at Restaurante Dos Reis, José Gómez and his team of almost twenty chefs champion a cuisine with a creative style that still retains the essence of tradition, serving exacting diners from around the world. The key ingredients are primarily local and always the highest quality. Fish and molluscs from the rias of Galicia arrive daily, together with vegetables and meat from the farm run by the Hostal dos Reis Católicos, one of the oldest hotels in the world.



## At the stove

Traditional ingredients come together with next generation products and modern techniques, adapting to suit a palate that values the purest essence. José Gómez's concept is clear: 100% presentation, 100% flavour. Each plate is checked before it leaves the kitchen, and visual impact is the goal, although the symphony of flavours in the first mouthful is another essential element.

## Order in!

Starting with excellent ingredients, a great deal of care is taken with the cooking to ensure that they retain their natural essence. The menu always includes rice stew with spider crab and scarlet shrimp, fish and seafood stew, langoustine salad, fish from the rias of Galicia prepared in a variety of ways, and for dessert, O Cebreiro cheese ice cream. The wine cellar features 95 selections from throughout Spain, especially Galician wines – both whites with the Rías Baixas and O Ribeiro designations of origin and reds from the Ribeira Sacra D.O.

## Right at home

The dining room at Restaurante Dos Reis occupies the former stables of the pilgrim hospital. It is an oasis of peace that exudes an atmosphere of history, fine dining and calm, with relaxing live piano music. The ambiance encourages diners to pair their meal with wines which maître d'hôtel Marcelino Cambeiro recommends with great care.

## AN AFTER DINNER STROLL

**A**part from its iconic location on Plaza de Obradoiro, a few short metres from Santiago Cathedral, the Hostal dos Reis Católicos, today a five-star national Parador, is a museum in itself. Construction on the 16th-century building was begun on the orders of the Catholic Monarchs, with the aim of providing a hospital for the battered pilgrims arriving in the city. Designed by Enrique Egas, the façade is one of the few examples of the Plateresque style found in Galicia. A stroll through the interior allows visitors to delight in its four cloisters and soak up 500 years of living history.

**Chef:**  
**José Gómez**

📍 Praza do Obradoiro, 1  
15705 Santiago de Compostela, A Coruña  
+34 981 58 22 00

✉ [cocina.santiago@parador.es](mailto:cocina.santiago@parador.es)

📍 **GPS coordinates**  
Lat. 42° 52' 52.4" N Lon. 8° 32' 45.1" W





# El Refugio

www.restaurante-elrefugio.com

## MAKING A NAME

El Refugio is just that, a refuge in which to take shelter and enjoy the opportunity to experience nature in its purest form. The kitchen at this establishment is the capital of a kingdom in which the ingredients rule. They receive the utmost respect and every attempt is made to alter then as little as possible.

## Chef: Fermín Fuentes

📍 Plaza de Galicia, 8  
15173 Oleiros (A Coruña)  
+34 981 610 803

✉ elrefugio@restaurante-elrefugio.com

📍 GPS coordinates  
Lat. 43° 20' 00.4" N Lon. 8° 18' 59.2" W



## AN AFTER DINNER STROLL

### At the stove

Each day for more than forty years, Alfredo Castelo and Ricardo González, proprietors of El Refugio, have personally selected the best raw materials from markets in A Coruña. Fermín Fuentes and his team are then responsible for supplying their creativity in the kitchen, transforming traditional dishes through the use of new combinations and textures. The result: a broad sampling of traditional Galician flavours with the visual power of the most modern cuisine.

### Order in!

An extensive menu opens up a world of possibilities for diners at El Refugio. The common denominator is the origin of the vast majority of the ingredients: Galicia. As a result, the best seasonal products are never lacking: stunning Galician veal, exquisite pork shoulder, side dishes highlighting fresh vegetables from local markets and, of course, a wide variety of seafood dishes.

The chef's recommendations always feature a half dozen fish of the day and could never fail to include his highly praised lobster salad.

### Right at home

A café, hall, wine cellar and dining room for 140 make up the more than 700 square metres occupied by El Refugio. The establishment uses natural light and greenery to offer guests a dining experience in an intimate, relaxing environment which also awakens a sense of freedom.

Oleiros is in the As Mariñas district, which has a number of inviting beaches for relaxation and leisure. Bastia-gueiro is located near the restaurant, offering perfect waves for surfing and the opportunity to enjoy a lovely stroll along the coast, the perfect way to walk off a delicious meal at El Refugio.

Santa Cristina, Mera, Lorbé and Santa Cruz are just some of the other beaches in the area. Santa Cruz features a modest castle situated on a small island accessible via a walkway. Located just a few kilometres away is another of nature's gems, the Costa de Dexo-Serantes Natural Monument. It includes the cliffs at Seixo Branco, the pre-Roman settlements of Subiña and Castromén and the natural harbour at Dexo, among other treasures. A route filled with scents, colours and incredible views of the A Coruña coast.





# España

## MAKING A NAME

Up-to-date techniques, an exuberant menu and an ongoing search for distinction enable Restaurante España to breathe life back into traditional Galician cuisine. Each day, chef Héctor López rejuvenates classic regional recipes with creations that emerge from his perpetual quest for knowledge.



Chef:  
**Héctor López**

📍 C/ del Teatro, 10  
27001, Lugo  
+34 982 242 717

✉ restaurantespana@gmail.com

📍 GPS coordinates  
Lat. 43° 0' 44" N Lon. 7° 33' 20" W

[www.restespana.com](http://www.restespana.com)



## At the stove

Inquiring is the word that best describes Héctor and his young kitchen team. After a decade spent travelling the entire planet, he has taken stock of his experiences and decided to express them in his cooking. And so, almost as if it were an operating theatre, the kitchen at Restaurante España is able to 'give a face-lift' to classics like merluza a la gallega (hake and potatoes in a paprika sauce) and pig's feet.

## AN AFTER DINNER STROLL

**T**he restaurant is located inside Lugo's city walls, which have been on the World Heritage List since 2000. It stands opposite one of the entrances to the wall walk, ensuring that visitors will not miss out on a stroll along this vestige of Roman culture, more than two kilometres long. Santiago Gate leads to the Romanesque Santa María Lugo Cathedral, and the baroque Episcopal Palace is also nearby. Another item on the to-do list is soaking up the atmosphere in the old quarter, where history and cuisine join forces. Enjoying a few glasses of wine and some tapas at the intersection of the side streets emerging from Plaza do Campo is a truly classic Lugo experience.



## Order in!

More than the dishes themselves, the 'essentials' at Restaurante España are the ingredients. The seasons steer the menu on its course, highlighting mushrooms and game in autumn, lamprey in winter, bonito in summer and turbot in spring. These menus are rounded off with elaborate specialities and never lack a few organic items.

## Right at home

At Restaurante España, it is the space itself that makes the guest's dining experience complete. With the wine cellar in view and the kitchen on display behind a large window, diners can watch the entire process before enjoying the experience: from selecting the wine to preparing and serving the dishes. The three dining rooms and private rooms also provide an intimate, elegant atmosphere.



# Fogón Retiro da Costiña

## MAKING A NAME

O Retiro da Costiña is committed to its local environment. The kitchen uses fresh local ingredients, obtained daily from the market in Santiago. These are prepared with the very latest techniques, while still honouring the essence of the product.

[www.retirodacostina.com](http://www.retirodacostina.com)



## Chef: Manuel Costiña

📍 Avda. de Santiago, 12  
15840 Santa Comba, A Coruña  
+34 981 880 244

✉ [info@retirodacostina.com](mailto:info@retirodacostina.com)

📍 GPS coordinates  
Lat. 43° 02' 00" N Lon. 8° 48' 13" W

## AN AFTER DINNER STROLL

**S**anta Comba is part of the O Xallas district, named for the river that winds its way from Coristanco through the towns of A Baña, Zas, Mazaricos and Carnota to its final destination in Dumbría. There, at the Ézaro Inlet near Mount Pindo, it reaches the sea, making it the only river in Europe whose mouth is a waterfall.

This magnificent landscape is enhanced even more by its surroundings, especially the granite cavities on Mount Pindo, popularly known as the Celtic Olympus, and the endless Carnota Beach. This is just a small sampling of the many treasures found along the Atlantic Costa da Morte.

## At the stove

Manuel Costiña and his team make the kitchen their own private research space. They play with different ingredients and how they respond to various cooking techniques, pairings, etc. There is no exact formula for the process, but they heed the principle that inspiration is born out of ongoing effort. This is a meticulous and entirely serious endeavour: from choosing the ingredients and distributing the tasks required for the mise en place and service, to final plating.

## Order in!

The menu has adopted the waters of Galicia as its standard. It is 30% seasonal products, with the other 70% being determined by the cycles of the sea. O Retiro da Costiña offers the best fish and seafood available at the different times of year, which can be enjoyed à la carte or as part of the tasting menu. The cellar boasts 800 different wines, representing 55 Spanish designations of origin and 11 wine-producing areas outside the country, providing a pairing for the preparation of each dish.

## Right at home

O Retiro da Costiña strives to offer its guests a complete culinary experience, which moves through different spaces with a variety of ambiances. The meal begins in the wine cellar with the appetizer. The next stop is the dining room to sample the main courses. And lastly, the lounge, where guests can enjoy coffee, treat themselves to something from the cigar cellar or end the evening with a drink from the extensive menu of spirits.





# Galileo

www.restaurantegalileo.com



## MAKING A NAME

The potential of Galician products fused with an Italo-European blend is the basis of the Restaurante Galileo culinary concept. Chef Flavio Morganti utilizes the influence of his Italian origins and his professional and life experience in Switzerland to offer an alternative to traditional products from Ourense and Galicia.

## Chef: Flavio Morganti

📍 Ctra. Vieja de Ponferrada (OU- 536), km. 10,8  
32792 Santa Baia-O Pereiro de Aguiar (Ourense)  
+34 988 380 425/ 685

✉ info@restaurantegalileo.com

📍 GPS coordinates  
Lat. 42° 19' 22.9" N Lon. 7° 46' 07.7" W



## AN AFTER DINNER STROLL

**L**ocated in Santa Baia (Ourense), the restaurant is just five minutes from San Pedro de Rocas Monastery in Esgos. This unique building was carved out of the natural rock and has great anthropological value. It dates from the year 573 and testifies to the first hermit settlements in this area. It is also at the gateway to the Ribeira Sacra region, home to excellent wines and crowned by the imposing landscape of the Sil River Canyon.

25 kilometres away is the town of Allariz, which lends its name to the Área de Allariz Biosphere Reserve, a fertile landscape shaped by its biodiversity and human values which have emerged with the passing of centuries.



## At the stove

Entering Flavio Morganti's kitchen is like entering a laboratory of sensations. His curiosity and passion for his trade have led him to develop imaginative creations which distance themselves from the classics without taking the focus off the products. In addition to ingredients, Galileo also employs concepts and socially responsible initiatives like Energocina, which certifies hotels and hotel kitchens in respect for the environment. He preaches by example: the carbon footprint of each diner at Galileo is just 41.8 kilos of CO2.

## Order in!

Flavio's inquisitive nature has led him to reinvent an Ourense classic: *pulpo auriense*, octopus stewed in wine from the four designations of origin (Valdeorras, Ribeira Sacra, Monterrey and Ribeiro) and accompanied by golden oil, a true homage to the province of Ourense. It would also be unforgivable to miss out on the pasta with lobster, Luismi Premium beef entrecôte and the particular Galimisú.

## Right at home

Restaurante Galileo occupies a traditional house dating from 1800. The essence of the building has been preserved, although it has been updated with a few refined modern details. The atmosphere is so inviting that the outside world ceases to exist. This setting, together with the polished service provided by maître d'hôtel Joaquina Prado's team, makes a visit to Galileo a warm and welcoming experience.





# La Taberna de Rotilio

\*Gourmet Hotel: Rotilio

[www.hotelrotilio.com](http://www.hotelrotilio.com)



## MAKING A NAME

The cuisine at Taberna de Rotilio, headed by Manicha Bermúdez Posse, is true to the raw materials which nourish it, striving for modern presentations, but with a real respect for classic Galician cuisine, and the sea and its fruits as inspiration. A fresh approach to the traditional maritime cuisine of family homes.

**Chef:**  
**Manicha Bermúdez**

📍 Avda. del Puerto, 7-9  
36960 Sanxenxo, Pontevedra  
+34 986 720 200

✉ [hotelrotilio@hotelrotilio.com](mailto:hotelrotilio@hotelrotilio.com)

📍 **GPS coordinates**  
Lat. 42° 23' 57.8" N Lon. 8° 48' 25.3" W

## At the stove

Highly observant, Taberna Rotilio has adapted to suit today's consumers. Its classic dishes are joined by a group of more modern and fun culinary creations, a concept called tapiplatos®. They are designed for more informal dining, without sacrificing any of the elegance. In addition, during the months of July and August, the La Cuca Room, located on the sixth floor, offers Sushi with a Galician Soul. This themed dining experience is a fusion of Galicia and Japan, demonstrating the restaurant's ongoing efforts to innovate for its guests.

## Order in!

The experience of more than 60 years of family tradition in the kitchen at Rotilio shows in its most essential menu items. Classics such as savoury scallop pie, scallops served over creamed potatoes and crispy Ibérico pork, monkfish stew and shrimp sandwiches are almost mandatory when visiting the restaurant. And as regards the innovative tapiplatos®, fresh marinated mackerel salad; sea bass stuffed with spinach and a seafood mixture; monkfish foie gras; and spider crab, crab and spinach cannelloni are all excellent options for savouring a taste of the sea from the Rías Baixas region.



## AN AFTER DINNER STROLL

**W**hen we think of Sanxenxo, we think of incredible white sand beaches and intense blue waters. In addition to its twelve blue flag beaches, it is the perfect setting-off point for excursions and trips to nearby locations such as seaside Combarro, the old quarter of Pontevedra and Cambados, capital of Albariño wine. Other recommendations include exploring the inland area of the O Salnés district and discovering spots like Meaño, Ribadumia and Meis, or walking trails such as the Ruta da Pedra e da Auga, which runs along the banks of the Armenteira River.

## Right at home

La Taberna de Rotilio transports visitors to the seaside in summertime. Even the façade of the hotel of the same name exudes summer. The lighting in the dining rooms, including La Taberna, creates cosy, intimate spaces, while still maintaining their elegance. This sensation is accentuated on the terrace, with spectacular views of the sea and marina.



# Maruja Limón



## MAKING A NAME

At Restaurante Maruja Limón, innovation adapts to make room for the great weight of tradition. Its essence is updated Galician cuisine, with a menu created using almost 100% local ingredients. The riches of the region can be appreciated in the cuisine and the variety of seasonal products, with the undisputed highlights being fish and seafood from the Galician coast.

### Chef: Rafael Centeno Moyer

📍 \*Rúa Montero Ríos, 4  
36201 Vigo, Pontevedra  
+34 986 473 406

✉ info@marujalimon.es

📍 GPS coordinates  
Lat. 42° 14' 25,11" N Lon. 8° 43' 25,6" W

[www.marujalimon.es](http://www.marujalimon.es)

\* Old address: Avenida de Galicia, 103 - 36216 Vigo, Pontevedra



## At the stove

Childhood memories are a strong presence in the work of chef Rafael Centeno. The fact that he is self-taught helps him create a unique cuisine, in which respect for tradition does not get in the way of ongoing experimentation with new techniques. Although it is located in Vigo, the restaurant incorporates culinary elements from Lugo, the chef's home town.

## Order in!

The dishes of Maruja Limón are founded in a high quality cuisine, fun, casual and creative... where the Galician roots are always present.

A gastronomic offer based in the most innovative culinary languages and techniques that seeks the flavor and the enjoyment of a unique experience: "the Maruja spirit".

## Right at home

The restaurant Maruja Limón is a space defined by the wood and a minimalist style.

The interior is distributed on the basis of three different proposals: the "rogue zone", a corner with bar and high tables where to serve a wine with its gastronomic creations in small format; the "main lounge", where to taste the star dishes of its cuisine and the "show cooking area" where you don't know what you are going to dinner or with whom, a place where the access is following the order of reservation.

## AN AFTER DINNER STROLL

**T**he restaurant is located near Mount da Guía, which rises above the Ria of Vigo, offering spectacular views of the city and surrounding area. From this point it is possible to make out the shipyards, the essence of Vigo's industrial fabric, which have left their mark on its appearance as a key part of the city's growth and development. Sunsets are truly beautiful from high atop the mount, with the Cíes Islands in the background.

Dusk is also a special experience on Samil Beach. Located a little further from Maruja Limón, it is one of the city's most popular beaches, where Vigo residents go to stroll or enjoy a sunny afternoon.





## MAKING A NAME

Restaurante Nito overlooks the Bay of Biscay, whose waters supply succulent fish for the establishment's pantry. Fresh, brilliant, delicious ... these are just some of the adjectives used to describe the dishes served at this restaurant, which is committed to high quality raw materials and the flavour of local cuisine.



## AN AFTER DINNER STROLL

Viveiro is full of history, nature and tradition. A stroll through the old quarter will allow visitors to discover religious buildings such as the Conceptionist convent, beside which there is a reproduction of the grotto at Lourdes, Santa María del Campo Church, San Francisco Church and Ecce Homo Chapel. Other lovely spots include the Plaza Mayor (Main Square), Valado Gate, Carlos V Gate and Praciña da Herba Square. Additional alternatives include climbing Mount San Roque to take in the panoramic views of the ria of Viveiro from the top, or a walk through Souto da Retorta, also known as Eucaliptal de Chavín, a natural area which has been declared a natural monument.

In the surrounding area, spectacular Las Catedrales Beach and the cliffs at Estaca de Bares leave no visitor unmoved.



**Chef:**  
**Julio Parga Fariña**  
**and Jesús Río Losada**

📍 Playa de Area, 1  
27863 Viveiro, Lugo  
+34 982 560 987

✉ info@hotelego.es

📍 GPS coordinates  
Lat. 43° 41' 08.6" N Lon. 7° 34' 50.7" W



## At the stove

Since 1970, Restaurante Nito has been offering its guests the highest quality traditional Galician cuisine. Julio Parga and Jesús Río have things clear: they use the most traditional and least invasive techniques to avoid relegating the products to the background. This allows them to pamper and emphasize the high quality of the ingredients, which they select every day from the markets closest to Viveiro.

## Order in!

The most essential menu items are and always will be seasonal products, especially fish and seafood from the ria prepared in the traditional way. Bonito is king in the Mariña Lucense region and at Nito it can be enjoyed as a roll, grilled or with tomato. Other house specialities include pole-caught hake and fresh squid from the ria in their own ink.

## Right at home

The setting accompanies and highlights the quality of the collection of flavours in the dishes, along with an extensive and select wine list. Both the bright dining room – which envelops guests in a modern, cosy environment – and the relaxing terrace offer spectacular views of an idyllic landscape and Area Beach. All of these ingredients combine to make Nito a luxurious gift for the senses.







[www.pablogallego.com](http://www.pablogallego.com)

# Pablo Gallego

\*Restaurant: Vinoteca Entrecopas

**Chef:**  
**Pablo Gallego**

📍 C/ Capitán Troncoso, 4  
15001, A Coruña  
+34 981 208 888

✉ [info@pablogallego.com](mailto:info@pablogallego.com)

📍 **GPS coordinates**  
Lat. 43° 22' 13.7" N Lon. 8° 23' 42.9" W



## MAKING A NAME

Pablo Gallego has created a balanced cuisine: classic yet unexpected, traditional yet truly modern. Based on market fresh ingredients obtained from small, preferably local, suppliers, the menu at this Coruña establishment emphasizes flavour and skill.



## At the stove

The intricate work of the kitchen focuses on a natural handling of the seasonal ingredients. As Pablo puts it: 'Without spoiling the product, we create quite elaborate dishes.' Cooking secrets should never be revealed, but we do know that plating is essential to the success of any dish. And in this case, Pablo Gallego takes exquisite care with this aspect, surprising diners with aromas, textures, colours ... in short, awakening all five senses.

## Order in!

What is no secret is the exuberance of Pablo Gallego's menu. Regular items include monkfish foie gras pie with langoustine and langoustine carpaccio, along with essentials such as *kokotxas* (hake cheeks) and *zamburiñas* (scallops). But the daily specials offer the true surprise. These depend on the market, the season and especially the sea. A recommendation: take heed of the saying and 'leave room for dessert'. Failing to sample the fresh cheese ice cream with quince sauce, or any of the other homemade ice creams, would be an absolute sin.

## Right at home

The stone on the dining room walls acts as an extension of the restaurant's surrounding environment. Here, the trick is indirect lighting, which provides the balance and warmth necessary to create a cosy atmosphere. Attentive service rounds off the dining experience.

## AN AFTER DINNER STROLL

P

laza de María Pita on one side and the entrance to the 'Old City' on the other make Pablo Gallego an excellent setting-off point from which to explore A Coruña. The majestic modernist city hall building dates from the early 18th century and houses the town's Clock Museum. The paving stones and steep streets of the old quarter lead to such charming spots as Plaza de las Bárbaras, Santa María do Campo Collegiate Church and San Carlos Garden, which is home to the body of British general Sir John Moore.





# Pepe Vieira

\*Camping: Camiño da Serpe

## MAKING A NAME

In his cooking, Xosé Cannas is committed to the wild-caught produce of the sea, which inspires and enhances his creations. It is an exploration of the perfect pairing and new textures; the fusion of new flavours, respecting the personality of each ingredient; it is the search for innovation based on Galician culinary tradition, stamped with the impact of emigration to the opposite shores of the Atlantic.

### At the stove

Xosé Cannas is committed to sustainably obtained products from both Atlantic waters and Galician farms. With these ingredients in hand, he embarks on a journey through the knowledge imparted by Galician cuisine, creating a modern, cosmopolitan concept with the utmost respect for the flavours. The goal is for diners to savour the sea or be transported to the finest Atlantic farmland with every bite.

**Chef:**  
**Xosé Cannas**

📍 Camiño da Serpe s/n  
36992, Raxó, Poio, Pontevedra  
+34 986 741 978

✉ info@pepevieira.com

📍 GPS coordinates  
Lat. 42° 24' 32" N Lon. 8° 45' 21" W

[www.pepevieira.com](http://www.pepevieira.com)



### Order in!

Four options summarize the essence of the cuisine of Xosé Cannas. The Travesía Menu offers a journey through the chef's main creations: nine dishes with close ties to nature, the landscape and the wild Atlantic. The Universo Menu offers highly personal and cosmopolitan cuisine within Galicia's culinary tradition. The Revival Menu retraces Pepe Vieira's steps, a journey through the dishes which have allowed it to grow over almost 15 years. And the Esencia Menu, which concentrates the culinary concept of Pepe Vieira into two dishes and dessert.

To achieve the best pairing, the restaurant has a select list of wines and spirits, overseen by Xoan Cannas, winner of the Golden Nose competition and one of the leading sommeliers on the national scene.



### Right at home

At Pepe Vieira – Camiño da Serpe, nothing is affected or overdone. Diners will feel as if they are 'feeding' off the atmosphere: a modern, sustainable building integrated into the landscape, allowing guests to experience the natural surroundings and the Atlantic in the distance. Nature also invades the dishes, enhanced with plants and flowers grown in the nearby biodynamic garden. A perfect metaphor for how the Cannas brothers conceive gastronomy.



## AN AFTER DINNER STROLL

**C**amiño da Serpe is quite close to Santa María de Armenteira Convent, whose church is a clear example of the restrained architecture of the Cistercian order. This is the setting-off point for the Ruta da Pedra e da Auga (Trail of Stone and Water), which runs along the course of the Armenteira River through a lush landscape of native greenery between the parishes of Barrantes (Ribadumia) and A Armenteira (Meis).

Heading down to the coast, the architecture of Combarro is an absolute must-see. It is characterized by three essential elements: stone crosses, seaside houses and the raised granaries which have become the virtual symbol of the town. The promenade offers beautiful views of the coast of the municipality of Poio and the mysterious Tambo Island.





# Refugio Garzas As

www.asgarzas.com

## MAKING A NAME

Fernando Agrasar's restaurant offers market cuisine based on the changing seasons. The local roots of his premium quality ingredients, the creativity of his dishes and just the right preparation techniques yield a contemporary menu featuring the true flavours of the Galician countryside and Atlantic coast.



## Chef: Fernando Agrasar

📍 Porto de Barizo  
15113, Malpica de Bergantiños, A Coruña  
+34 981 721 765

✉ info@asgarzas.com

📍 GPS coordinates  
Lat. 43° 18' 46.4" N Lon. 8° 52' 07.9" W



## At the stove

The fish and seafood at As Garzas comes from markets along the Costa da Morte, primarily Malpica, and make up 70% of the culinary offerings. Farm produce used in beautifully prepared side dishes accounts for another 20%. The remaining 10% includes meats and desserts, which despite their secondary role, are equally delicious and extraordinary. The common element running through every menu item is simplicity, achieved after a complex and demanding period of experimentation.

## Order in!

*Salpicón* (seafood salad) and steamed sea bass are classic Galician dishes which have been updated by Fernando. They share his menu with less conventional options such as scallops with a light mushroom parmentier. Fresh, seasonal ingredients and rice dishes – the traditional rice with lobster is incredible – round off the menu at As Garzas. A pairing with any of the 350 wines in the restaurant's cellar makes its offerings even more desirable.

## Right at home

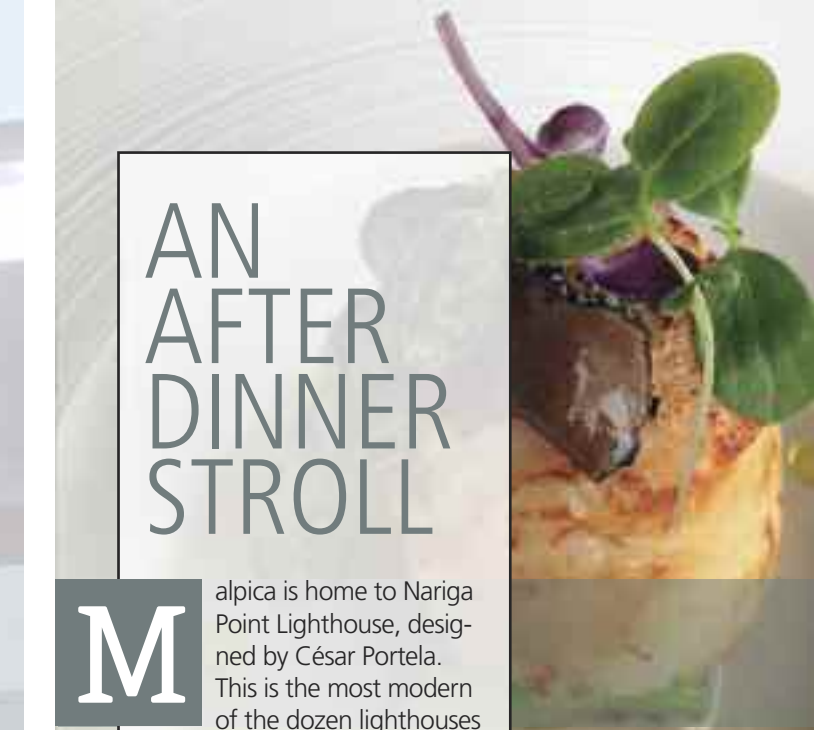
Sitting down to dine at As Garzas also means seeing, hearing, smelling and savouring the Atlantic. The natural light floods into the dining room through the large windows, which offer spectacular views of the Costa da Morte in its purest form. And this is not to mention the attention to even the smallest details, such as white linen tablecloths and fine glassware.

## AN AFTER DINNER STROLL

**M**alpica is home to Nariga Point Lighthouse, designed by César Portela. This is the most modern of the dozen lighthouses

erected along the 200 km winding coastline of the Costa da Morte. The town clearly has a strong fishing tradition and is well worth a look. Visitors can wander through the narrow streets to the port and fish market, where a 'singing' auction of the day's catch takes place starting at 5.00 p.m.

The coast offers a magnificent trail that runs through rugged coves and along glorious beaches – including Carnota Beach, Nemiña Beach in Muxía and Langosteira Beach in Fisterra – inviting one to relax and watch as the sun hides itself away at the end of the day.





**Chef:**  
**Alberto G. Prelcic**

📍 C/ Colón, 11  
36700, Tui, Pontevedra  
+34 986 607 000

✉ reservas@restaurantesilabario.com

📍 GPS coordinates  
Lat. 42° 02' 58.08" N Lon. 8° 38' 51.25" W



## MAKING A NAME

Silabario serves updated Galician cuisine. Open to new trends, it starts from tradition, producing a cuisine which is honest and especially flavourful, and free from passing crazes.

Its location in the Baixo Miño district, at the gates of Portugal, has a strong influence on its culinary offerings. Fish from the river, the farms of O Rosal and the influences of the neighbouring country lend this cuisine its own character.



## AN AFTER DINNER STROLL

**S**ilabario is in the centre of the border city of Tui. In addition to being the gateway to the Portuguese Route through Galicia (a branch of the pilgrimage route to Santiago), it was one of the seven capitals of the Kingdom of Galicia and has a rich cultural heritage.

Visitors will absolutely not want to miss exploring its old quarter, visiting the cathedral, strolling along the banks of the Miño to the unique international bridge and crossing it to visit the fortress of Valença do Minho in Portugal. And just a few minutes away is Monte Aloia Nature Reserve, offering both extremely beautiful scenery and a walled area dating from the age of the Gallaeci tribes and the Romans.

## At the stove

One of the phrases that best defines Silabario is 'starting from scratch'. Its grassroots cuisine does not attempt to impress, allowing the product to be the real star. The creative process of Alberto González Prelcic and his team begins with choosing the best ingredients, allowing the dish to take shape until the final presentation is achieved.

## Order in!

Silabario features seasonal cuisine with a marked local character. The different periods of the year determine its menu, which always includes such items as spider crab, bonito from Burela, lamprey and other river fish, not to mention pork in the winter.

## Right at home

In a light-filled dining room, Silabario offers its guests a complete culinary experience, providing a cosy after dinner lounge and a room for private parties.

The attentive, friendly service is extremely painstaking. Classic touches add character to the dining room service: tableside carving, a cheese cart and a cart offering oils, salts and butters. The extensive wine cellar rounds off the culinary offerings.

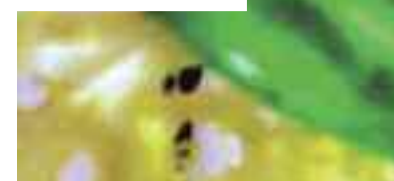






## MAKING A NAME

When we talk about Toñi Vicente, the subject is high quality cuisine and ingredients. Her menu offers the best of the surrounding area: fresh fish from one of the finest markets and excellent Galician farm produce. This exacting yet simple combination gives rise to creative dishes, reflecting the innovative personality of the chef, who can boast of numerous culinary awards.



## AN AFTER DINNER STROLL

The restaurant is located in a quintessential seaside town: Vigo. After sampling the produce of the sea at Toñi Vicente, the time has come to breathe it in. Visitors can wander through the ancient Pescadería area, near the collegiate church, to A Pedra Market, where it is possible to sample and buy oysters and other exquisite seafood from the ria.

Another recommendation is the pleasant walk from Bouzas to Samil, stopping to visit the Museo del Mar (Museum of the Sea) and Verbum Museum (House of Words), or enjoy Alcabre and other Vigo beaches. If there is time, no better way to spend it than taking a trip to the glorious Cíes Islands.

# Toñi Vicente

**Chef:**  
**Toñi Vicente**

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+34 986 240 992

✉ info@tonivicente.es

📍 GPS coordinates  
Lat. 42° 13' 20.0" N Lon. 8° 45' 40.4" W



[www.tonivicente.es](http://www.tonivicente.es)

## At the stove

In the kitchen she runs, Toñi Vicente has instilled into the members of her team the knowledge of the importance of choosing the right ingredients and showing respect for them. Perfectly cooked fish has been her restaurant's hallmark from the very beginning, although it has recently incorporated a selection of meats, with the collaboration of Asador Soriano. An excellent idea her diners' palates applaud.

## Order in!

With local products as her constant standard, the menu is never lacking in marinades, both sea bass and molluscs, and certain French touches, a remnant of Toñi's European training and experience. Examples include duck liver on French toast and homemade foie gras. The wine list features a selection of the best wineries from every Spanish designation of origin. The ideal choice to pair with any of the dishes, personally guided by sommelier José Manuel Magaz.

## Right at home

Restaurante Toñi Vicente exudes an intimate, cosy atmosphere in which exquisite service accompanies the enticing culinary offerings.

With a view of the Ria of Vigo and surrounding towns, the restaurant is ideal for a number of situations: intimate or family dinners, private meetings in one of the separate rooms or major celebrations in the larger areas.





# Yayo Daporta

www.yayodaporta.com



## MAKING A NAME

Yayo Daporta features updated traditional cuisine, primarily prepared using products sourced locally, with the aim of evoking the essence of Cambados and the O Salnés district through the palate. The restaurant's location in the heart of the Ria of Arousa makes it possible to obtain the highest quality fish and seafood for its culinary offerings, complemented by the fertile farmland of O Salnés and the Albariño wine that is its hallmark.

### Chef: Yayo Daporta

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Lat. 42° 30' 43" N Lon. 8° 48' 54" W



## At the stove

Yayo Daporta always begins with the best products available, without exception, paying special attention to seasonal fish and molluscs, which he prepares using the most suitable cooking methods. Avant-garde cuisine that does not lose sight of tradition.

## Order in!

The menu varies depending on the season and what is available at the fish market. Being descended from Cambados sailors and shellfish gatherers, and with a family that raises molluscs, the star of Restaurante Yayo Daporta could be no other than seafood. Oysters and mussels are essentials, as well as scallops, cockles and clams. The menu also usually includes less common fish such as red mullet, John Dory and pollock.

## Right at home

The restaurant occupies the ground floor of a historic building. Despite its stone exterior, the atmosphere in the dining room is warm and comfortable, with a spacious, modern layout. A glass-enclosed wine cellar, which serves as a wine list, dominates the space. Those who expect especially effective and efficient customer service will appreciate the impeccable work of maître d'hôtel Esther Daporta, the key ingredient in ensuring that everything runs smoothly.



## AN AFTER DINNER STROLL

**T**he building in which the restaurant is located deserves a second look. It was built in the 16th century and originally intended as a royal hospital, characteristics which lend it great historical and cultural value. It is just one of the many examples of the wealth of culture in the town of Cambados, which has been declared an area of artistic and historical importance. It offers a rich and varied cultural heritage which has been well preserved.

Neighbourhoods like the fisherman's quarter of San Tomé and stately Fefiñáns, traditional country houses, churches, romantic ruins and museums all make up the list of must-sees. We should also mention that Cambados has a close connection to wine and oenology, with the town recently being named capital of Albariño. And to round off the visit, there is the Ria of Arousa, which offers one of the most beautiful sunsets in O Salnés.







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