

healthy meals

HOTEL TOSSAL D'ALTEA

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THE MEDITERRANEAN DIET, THE BASIS OF OUR RESTAURANT'S CUISINE

Our gastronomy

MENUS FOR GROUPS

At our **Almàssera de Guillem Restaurant**, which is located at the **Hotel Tossal d'Altea**, we love Mediterranean cuisine with a traditional character. We can prepare healthy menus and we adapt to the special diets of diners: vegetarians, vegans, celiacs, intolerant of certain foods, etc ...

Since these are **special menus**, these are prepared on request for groups, so do not hesitate to contact us.

Such elaborations are ideal to offer **groups of yoga, mindfulness, wellness, health, fitness, hiking, sports**, etc ...



Paellas and creamy rices are our specialty!



The paellas and the creamy rices, so typical of our region, represent the greatest hallmark of the gastronomy that we offer you. You have a lot to choose from: "senyoret" rice with monkfish, prawn and seasonal vegetables; rice "a banda" with fish; black rice paella with squid ink; vegetable rice paella from Alicante region; creamy rice with monkfish and prawn; creamy rice with cod and vegetables...



Complete and nutritious breakfasts

A WIDE RANGE OF FOOD

Breakfast at the air-conditioned indoor lounge (Salón Altea) or at the covered outdoor terrace.

We offer you a complete and quality breakfast: assortment of Iberian cold cuts; assorted cheeses; boiled ham and iberian ham; seasonal fruit; pastries; homemade cakes; breads; cereals; eggs; Fruit juice; jams and butter; yogurts; coffee and types of milk; infusions and teas; extra virgin olive oil; gluten-free products ...



Healthy meals

Menu n° 1

- Shared starter:
Fresh seasonal salad with local products and nuts
- Individual starter:
Tomato soup
- Main dish to choose one:
Chickpea tart with lemon and honey and baked vegetables
or
Sea bass fillet with wild asparagus and tomato vinaigrette
or
Paella or creamy rice
- Individual dessert:
Fresh pineapple with coconut

Menu n° 2

- Shared starter:
Grilled seasonal vegetables
- Individual starter:
Quinoa salad, avocado, nuts and tuna belly
- Main dish to choose one:
Pumpkin, chickpea and spinach tajine with quinoa and grated lemon
or
Grilled salmon loin with honey and mustard sauce, fresh leaves and puy lentils
or
Paella or creamy rice
- Individual dessert:
Red fruits sorbet



More healthy meals

Menu nº 3

- Shared starter:
Our Caprese salad with fresh cheese from Callosa, tomato, basil, black olives and extra virgin olive oil
- Individual starter:
Cream of vegetables soup
- Main dish to choose one:
Tagliatelle with asparagus and pine nut pesto and grated cheese
or
Cod loin with green olive puree
or
Paella or creamy rice
- Individual dessert:
Seasonal Fruit

Menu nº 4

- Shared starter:
Scrambled vegetables with organic free-range eggs and cheese shavings
- Individual starter:
Typical "espenca" (aubergine and roasted peppers salad) with tuna belly
- Main dish to choose one:
Chicken breast with lemon and herbs
or
Pasta spirals with sauteed mushrooms and vegetables and soy sauce
or
Paella or creamy rice
- Individual dessert:
Homemade yogurt cake without sugar

Gallery

