

4 LATAS TARRAGONA	Plaça de la Font, 9			977 42 11 96
5 NACIONES	Autovia Tarragona-Reus, km. 4 (CARREFOUR)	Sundays and public holidays	home cooking	977 54 29 41
A 3 MANS	Salinas, 5	Sunday evening / Monday lunchtime and evening		977 91 57 43
A LA VORA DE L'EBRE	Barcelona, 7	Sunday evenings and Mondays	Baix Ebre and Montsià specialities	977 25 16 45
A TOCAR FERRO!	Sant Agustí, 19	---		977 21 82 36
ABORDO	Sant Pere, 21	Mondays and Tuesday to Sunday evenings	fish, seafood, romesco sauce	977 22 74 90
ALTA MARE	Rambla Vella, 2	---		977 15 66 07
ALVOCAT VEGAN AND VEGETARIAN	La Nau, 6	Tuesday and Wednesday lunchtime		650 95 47 50
ÀPATS QUATTROS	Sant Domènec, 2	Sunday evenings and Mondays (winter)		977 91 52 83
AQ	Les Coques, 7	---	food in evolution	977 21 59 54
ARCS RESTAURANT	Misser Sitges, 13	Sunday and Monday (we open by appointment)	creative Mediterranean cuisine	977 21 80 40
ARES	Arc de Sant Bernat, 3	Mondays and Tuesdays		977 22 29 06
BALANDRA	Espinach, 18	Monday / Tuesday, Wednesday and Sunday evenings	rice and fish dishes	977 22 12 38
BAR EL PUERTO	Pere Martell, 39	Sunday	combo meals and tapas	977 24 00 12
BAR FORMULA 2	Polígon Industrial Riu Clar, c. Sofre, parcel·la 141, local 9-5A	Sundays and Saturday evenings	Home cooking and char-grilled meats	977 54 96 86 / 616 07 66 97
BAR PALLARS	Soler, 19	Sunday, Saturday afternoons		620 46 37 51

BARHAUS	Sant Llorenç, 20-22	summer: Sundays and Mondays	Elaborate Mediterranean cuisine	977 24 47 70
BARQUET	Gasòmetre, 16	Sundays and Monday evenings	Local Tarragona cuisine	977 24 00 23
BOCOIS	Rambla Nova, 24	---		628 58 24 28
BODEGA EL MAÑO	Rebolledo, 20	Sundays and Public holidays	seafood, Spanish charcuterie and tapas	977 24 00 74
BRASERIA PIZZERIA OMBU	Reding, 23	Sundays evenings / Mondays		877 07 61 84 / 651 44 40 53
BRISA	Pg. Marítim Rafael Casanova, s/n (Port esportiu)	Saturday afternoons (winter)	combo meals and tapas. Rice specialities	977 65 13 64
BUFET EL TIBERI	Martí d'Ardenya, 5	Sunday evenings and Mondays	Catalan cuisine and home cooking, typical Catalan buffet	977 24 28 96 / 977 23 54 03
BURGER KING	CN. 340, km. 1.160	---	fast-food	977 55 34 14
CA L'EULÀLIA	Plaça del Bisbe Bonet, s/n	Mondays	Fresh market	977 21 50 75
CAFÈ & ENTREPANS D'OR	Plaça Corsini, 6 baixos	Sunday, Saturday afternoons		
CAFETERIA EL CORTE INGLÈS	Rambla del President Lluís Companys, 7	Sundays and Public holidays	gastronomic offer based on local products	977 29 73 00 extensió 2323
CAFETERIA RESTAURANT DEU MÉS U	Joan Maragall, s/n	Saturday evenings and Sunday	home cooking	647 54 37 23
CAL JOAN	Espinach, 2	Mondays and Sunday evenings	seafood	977 21 92 23
CAL MANO	Cós del Bou, 9	Sunday evenings, Monday evenings, Tuesday and Wednesday evenings	tapas and char-grilled meats	977 23 93 28 / 639 71 73 48
CAL PRINCEP	Felip Pedrell, 10	Sundays	market cuisine	977 21 87 59
CAN BONACHÍ	Vileta de Mar, 5 (Arrabassada)	Mondays / Sunday evenings	Fresh market cuisine, fish, traditional Tarragona cookery	977 29 01 99

CAP I CUA TAPES	Lleida, 6	Sundays	creative and signature cuisine, casual cooking, tapas	977 21 61 98
CAPPUCCINO	Plaça de la Font, 39-41	---	Catalan cooking, Italian cuisine and home cooking	977 25 29 56
CAPPUCCINO TARRACO	Rambla Nova, 9	---	Mediterranean cuisine	977 22 06 34
CASA BALCELLS	Pla de la Seu, 5	Tuesdays		977 89 52 65
CASA MATÍAS	Paça de les. Corts Catalanes, 5 (local 2)	---		977 23 86 47
CIRCUS BAR	Rambla Vella, 2	---		977 15 66 07
COIMBRA	Governador González, 6	Sunday and Monday		977 59 15 83
COLOR CAFÈ	Major, 28	Sunday, Saturday afternoons		642 09 25 60
CÓMETE ALGO	Josep Maria Folch i Torres, 4. Centre d'Oci Les Gavarres	---	home cooking	615 45 84 78
CREPERIA EL PALLOL	Plaça del Pallol, 12	winter: Tuesdays and Wednesdays / from Easter to June: Tuesdays	creperie	977 21 76 57
DOMINO'S PIZZA	Rambla Nova, 92		pizzas	977 24 17 17
DOMUM GASTROBAR & COPAS	Plaça de la Font, 13	Mondays		977 59 17 79
EL CEIBO BAR	Plaça de la Font, 8	Mondays mornings		657 49 51 32
EL CORTIJO	Rebolledo, 24	Sunday, Saturday afternoons	Home cooking - tripe	977 22 48 67
EL CRANK	Sant Pere, 33	Monday, Tuesday and Wednesday		877 07 27 68
EL FAR DE LA FONT	Cós del Bou, 1	Monday		877 07 92 77

EL GALLINER DE L'ANTIQUARI	Santa Anna, 3	Sunday evenings and Mondays	egg based tapas and dishes	977 24 18 43
EL LLAGUT	Natzaret, 10 (Plaça del Rei)	winter: Sunday evenings and Monday evenings	rice and fish specialities	977 22 89 38
EL PÒSIT	Moll de pescadors, 25 (El Serrallo)	Winter: Sunday to Thursday evening		977 43 69 12
EL RACÓ DE LA MÓRA	Pg. Móra, 8 baixos	16 November - February	rice specialities	977 65 62 06
EL RACO DEL PESCADOR	Gravina, 61	Monday; Tuesday to Sunday evenings	Mediterranean cuisine, rice and fish dishes, fisherman-style cooking	977 24 21 69
EL SOLET	Pare Iglésias, 3	Monday		656 43 70 90
EL TALLER	Sant Pere, 14	Mondays and Sunday evenings		977 13 90 12
EL TERRAT	Pons d'Icart, 19	---	Signature, creative and fresh market cuisine	977 24 84 85
EL TOL	Vila-roma, 2	Sunday; winter: Sunday and Monday	crepes and toasts	977 22 69 24 / 620 88 98 27
EL TRULL	Ctra. de Barcelona, km. 1.168,5	---	Catalan cuisine, roasts, char-grilled meat, "calçotades" (roasted shallot parties), cod, grilled veal T-bone steak	977 20 97 56
ELIAN RESTAURANT	Av. Ramón y Cajal, 22	Sundays		676 64 83 91
ELS 5 SENTITS	Lleida, 8	Mondays	rice specialities, home and Mediterranean cooking	977 25 31 70
ENTRECOPE	Cavallers, 12	Monday	fresh market cuisine	977 24 37 56
ERIC I	Blanca d'Anjou, 12 (Sant Pere i Sant Pau)	Monday (winter)	tapas	977 20 24 29
ESPAI VI	Santa Anna, 13	winter: Mondays, Tuesdays and Sundays evenings / from March: Mondays	tapas, open-faced sandwiches, salads	672 26 68 94
FILOSOFÍA RESTAURANTE	Plaça Ripoll, 6	Tuesday evenings	grilled meats and fish, signature hamburgers and Mediterranean tapas	693 47 16 39 / 650 95 47 50

FLECA FLAQUÉ	Higini Anglès, 2	---	pizzas, sandwiches, paella, noodle dish, hamburgers...	977 22 22 58
FÒRUM	Plaça de la Font, 37	Wednesdays except public holidays	fresh market cuisine	977 23 17 18 / 977 21 13 33
FOSTER'S HOLLYWOOD	Josep Maria Folch i Torres, 4, local 14-15. Centre d'Oci Les Gavarres	---	American cuisine	977 54 17 91
FRANKFURT BOCATA PAI	Reding, 36	Sunday and bank holidays		977 22 67 22
FRANKFURT LA TORRE	Josep M. Folch i Torres, 4, local 19. Centre d'Oci Les Gavarres.	---	fresh market cuisine and fast food	977 55 24 38
FRIDA	Les Coques, 1 bis	Sunday evenings		977 89 54 77
GLI ITALIANI	Taquígraf Martí, 7	Sunday		977 64 81 36
HAI SUSHI	Rovira i Virgili, 42	---		657 31 32 70
HOME RUN	Plaça del Fòrum, 10	Monday		877 65 75 54
HOTEL AC TARRAGONA BY MARRIOTT	Av. Roma, 8	---	Mediterranean cuisine	977 24 71 05
IL CAPANNONE	Josep Maria Folch i Torres, 4, local 11-B-12. Centre d'Oci Les Gavarres	---	Italian cuisine	977 55 35 20
ISTAMBUL	Sant Domènec, 26	Wednesday/opening hours: 17:00 to 00.00h.	Turkish cuisine: shwarma, döner, kebabs and assorted teas	977 21 67 99
JAPONÈS DAYU SAKURA	Manel de Falla, 10		Japanese cuisine	977 24 46 30
KEBAB TARRAGONA	Pere Martell, 37		Spanish, Pakistani and Indian cuisine	977 23 96 09
LA AMSTELERIA	Av. Vidal i Barraquer, 44		tapas	977 22 66 87
LA BOTIFARRA	Cervantes, 5	open evenings only, from 7 p.m.	open-faced sandwiches, cold meats, cheeses, salads, home-made mousses	977 21 65 51

LA BOTIGA	Trafalgar, 31	Mondays	tapes, rice specialities, Mediterranean cuisine	977 21 35 32
LA CALETA	Pg. Marítim Rafael Casanova, 24	Mondays and Sunday evenings	home cooking, seafood cooking	977 23 40 40
LA CASETA DE LES TRES BESSONES	Merceria, 28	Saturday	combo meals, paella and pizza	977 24 28 84
LA CUCAFERA	Plaça Santiago Rusífol, 5	from Monday to Friday (winter)	rice and fish dishes	977 24 20 07
LA CUINETA	Nou del Patriarca, 2 bis	Sunday	Mediterranean cuisine	977 22 61 01
LA MORADA	Natzaret, 7	Sunday evenings, Mondays and Tuesdays, Wednesday afternoons		877 07 08 62
LA PEPITA	Plaça Jacint Verdaguer, 9	Sunday		699 49 34 48
LA PIEMONTESA TARRAGONA	Plaça Jacint Verdaguer, 3	---	Italian cuisine	977 24 04 16
LA PLATJA	Ras i Claravalls, 2	Christmas, New Year and 6th of January. Monday, Tuesday and Wednesday except from the 1st of July to the 15th of	Mediterranean cuisine, paella and ""calçotades"" (roasted spring onion parties) "	977 29 09 38 / 625 10 31 95
LA POMA	Higini Anglès, 3	Sunday and public holidays	home cooking and combo meals	977 23 42 56
LA TAGLIATELLA	Josep Maria Folch i Torres, 4. Centre d'Oci Les Gavarres	---	Italian cuisine	977 55 72 44
LA TAULA RODONA	La Nau, 4	Sunday evenings / Monday		977 89 65 06
LA VENTA	Riu Garona, local 20 (Campclar)	Sundays and Mondays, Tuesdays, Wednesdays and Thursday evenings	home cooking and char-grilled meats	977 54 09 14
LA XARXA	Sant Pere, 38-40	Monday	Modern seafood cooking. Rice and fish dishes.	977 21 45 31
L'ADELITA	Ernest Vilches, 4	Mondays and Tuesdays		977 50 68 55
L'ADELITA GASTROBAR	Cós del Bou, 4	Mondays and Tuesdays		977 50 68 55

L'ÀNCORA DEL SERRALLO	Trafalgar, 21	---	rice and fish dishes	617 49 46 54
L'ARROSSERIA	Trafalgar, 1	Tuesdays	rice	606 20 86 30 / 977 27 32 65
L'ASSAIG	Merceria, 20	Monday		977 23 31 54
L'ENTREPÀ	Rambla Nova, 110	winter: Saturday and Sundays/summer: Saturdays and Sundays	sandwiches	977 22 98 20
LES COQUES	Sant Llorenç, 15	Sunday	fresh market and Mediterranean cuisine	977 22 83 00
LES FONTS DE CAN SALA	Lorenzo López, 62	---	Catalan fresh market cuisine	977 22 85 75
L'ESMORZAR	Prat de la Riba, 21	Saturdays and Sundays	home cooking	977 21 11 58
L'ESPIGA D'OR - EL RACÓ DEL PLAT I CULLERA	Rovira i Virgili, 17	Saturdays and Sundays	vegetarian and macrobiotic cuisine	977 22 55 08
LO GAT	Vila-roma, 10	Mondays and Sundays and for lunch	open-faced sandwiches and salads	977 24 47 97
LOLA BISTRÓ RESTAURANT	Ventallols, 13	Tuesday and Wednesday (from October)		977 22 27 42
LOS HERMANOS	Bloc Sant Andreu, escala B, baixos	Mondays	tapas, also specialised in flans	977 11 30 02 / 626 80 97 03
M-15	Platja Llarga, parcel·la 16, Salines B	do not close from Easter to Santa Tecla; the rest of the year is variable.	Mediterranean cuisine, tapas, paella, squid-ink rice dish and noodle dish	977 20 83 00
MARTINET	Reding, 28	Sunday		877 07 57 24
MAS ROSELLÓ	Pg. Marítim Rafael Casanova, 23	Mondays and Sunday evenings	fresh market cuisine, fish and char-grilled meats	977 24 18 28
McDONALD'S	Joan Amades i Gelats, 6. Les Gavarres.	---	hamburger and salads	977 55 22 12
McDONALD'S	Ctra. de València, km 5	---	hamburgers and salads	977 54 14 48

MERCERIA 34	Merceria, 34	Tuesdays and Wednesdays		977 85 76 62
MESÓN AVENIDA	Bloc Miramar II (Sant Pere i Sant Pau)	Winter: Sunday to Thursday evening/Summer: Wednesdays	home cooking	977 23 58 52
MIL BUDAS	Rovira i Virgili, 38	Sunday evenings and Mondays	Asian cuisine	977 23 83 23
MIRALL D'ESTIU	Platja Llarga, s/n	Sunday evenings November to March	fresh fish, rice dishes, tapas and snacks	977 20 84 20 / 639 71 71 17
MISTRAL RESTAURANT PIZZERIA	Plaça de la Font, 19	22 December-22 March; and Mondays (1-21 March, April, May, June, October, November and 1-21	pasta, fish, meat, pizzas, salads	977 23 72 22
MORAMAR	Pg. de la Móra, 6	from 24/12 to 01-02	seafood, Mediterranean cuisine and rice dishes	977 65 02 54
OCTOPUSSY	Trafalgar, 5	Mondays		977 24 37 32
OSTERIA DEL LAB	Comte, 12	Sunday evenings and Mondays	typical Italian cuisine	657 44 10 04
OSTERIA DEL MARE	Moll de Llevant, B1 (Port esportiu)	Mondays and Sunday evenings		648 07 08 27
PALAU DEL BARÓ	Santa Anna, 3	Sunday evenings and Mondays	Signature Mediterranean cuisine	977 24 14 64
PARAISO II	Set, 40 (Bonavista)	Tuesdays	assorted tapas	977 54 72 89
PETIT TÀRRACO	Baró de les IV Torres, 1	Sunday	combo meals, tapas and shellfish	977 22 81 98
PISCOLABIS	Plaça Corsini, 3 baixos esquerra	Sunday		977 23 26 57
PITICUIXA	Cardenal Cervantes, 14	Monday, Tuesday evenings, Wednesday evenings, Sunday	char-grilled meats	977 23 06 49
PIZZA BOSCOS	Centre Comercial, local 14, Ctra. Boscos, 2	Winter: Mondays, Tuesdays, Wednesdays	pizza, pasta and char-grilled meat	977 20 74 45
PIZZA NOVA	Estanislau Figueras, 47	---	Italian cuisine and home cooking	977 24 02 22

PIZZERIA 8 Y MEDIO	Plaça Jacint Verdaguer, 6	Monday		877 07 63 47
PIZZERIA CASANOSTRA	Unió, 40 baixos	Tuesday lunchtimes	Italian cuisine and Algerian cuisine to order (1 day in advance)	977 23 23 67 / 632 94 02 83
PIZZERIA DA MARIO	Méndez Núñez, 7	Sunday	pizzeria, Italian cuisine, barbecue	977 08 21 32 / 610 46 81 08
PIZZERIA DA NICOLA	Comte de Rius, 11	---	pizzas (firewood oven) - home-made fresh pasta	977 23 80 01
PIZZERIA PULVINAR	Ferrers, 20	winter: Monday through Friday / summer: Wednesday	Pizza, pasta, chargrilled meats, fish, starters and salads	977 23 56 31
QUATTROS	Plaça de la Font, 2	Mondays (winter)	tapas, country bread, "montaditos"	628 44 78 35
QUÈ BO ÈS	Josep Maria Folch i Torres, 4. Centre d'Oci Les Gavarres	Sunday	combination platters	977 54 77 53
RACÓ DE L'ABAT	Abat, 2	Monday	Fresh market cuisine, chargrilled meats and local fish specialities (suquets)	977 78 03 71
RACÓ DEL CARNIVOR	Av. Andorra, 10	dilluns	carn a la brasa, braseria, cargols a la llauna	977 24 24 89
RACÓ D'EN MAGINET	Felip Pedrell, 1	---	home cooking and tapas	977 59 14 63
RESTAURANT - CAFETERIA LLEVANT	Beethoven, 2-4	--	fresh market cuisine and home cooking	977 19 54 11
RESTAURANT CANADA (HOTEL CANADA)	Ctra. València, 213 (Torreforta)	from Christmas to New Year	Mediterranean, Catalan and international cuisine	977 54 16 33
RESTAURANT CLUB NÀUTIC TARRAGONA	Edifici nàutic (Port esportiu)	midday on 25/12. Please ask about nights	Signature Mediterranean cuisine	977 22 58 24
RESTAURANT LA SARDINETA	Ctra. Plaja Llarga, 11 B	Winter: Mondays, Tuesdays, Wednesdays		977 13 49 09
RESTAURANT MARE NOSTRUM (HOTEL SB CIUTAT DE TARRAGONA)	Plaça Imperial Tàrraco, 5 (1a. planta hotel)	---	Mediterranean cuisine	977 25 09 99
RESTAURANT PLAÇA DE LA FONT (HOTEL)	Plaça de la Font, 26	Sunday	home cooking	977 24 61 34

RESTAURANT PÒDIUM 29	Plaça de la Font, 29	---		977 13 96 42
RESTAURANTE BRISA (Càmping Tamarit)	Ctra. Nacional 340a, km 1172 - Càmping Tamarit Park	from January to March	rice	977 65 13 64
RINCÓN DE GUIJUELO	Pere Martell, 26	Sunday	baguettes, drinks, wines, salads, Iberian cold meats, cheese, hams	977 24 18 72
RISTORANTE PIZZERIA ITALIANA PULCINELLA	Pere Martell, 52-54	---	Italian cuisine: pizzas, pasta, and meat and fish	977 11 20 88
ROOF TOP BAR CAELUM	Rambla Vella, 2	Monday to Wednesday (October - June)		977 15 66 07
SADOLL	Mercè, 1	Sunday and Monday	Mediterranean cuisine	977 24 44 04
SAPPORO	Méndez Núñez, 21	---	Japanese cuisine	977 21 99 29
SENSE TGN	Taquígraf Martí, 7	Saturday evenings, Sunday and public holidays		977 20 26 24
SENTITS	Plaça de la Font, 25	Sunday evening and Monday lunchtime	sophisticated Tapas	977 22 26 26
SHA	Pla de la Seu, 9	Monday		977 22 26 91
SÍDRERIA DONOSTI	Trafalgar, 5	Mondays	Cider bar menu, tapas	977 21 11 73
TABULARIUM	Plaça del Fòrum, 6	Sunday evenings and Mondays		977 21 43 82
TAKE AWAY SUSHI	Cós del Bou, 9	Sundays and Mondays mornings	sushi	977 24 17 69
TAPEPEAR	Cavallers, 6	Tuesday		877 02 85 50
TARAKON	Plaça de la Fòrum, 1	Winter: Mondays, Tuesdays, Wednesdays		619 03 09 56
TARANTA	Plaça Ponent, 13	Sunday	Mediterranean cuisine	977 22 66 45

TÀSTUM HAMBURGUESERIA	Plaça de la Font, 23	Mondays	hamburger and combo meals	977 08 58 20
TAVERNA DEL MAR	Trafalgar, 19	Summer: open every day / Winter: only open Fridays and Saturdays	rice specialities	977 21 17 49
TELEPIZZA	Montblanc, 14 (Torreforta)	---	pizzas	977 55 13 73
TELEPIZZA	Av. Marquès de Montoliu, 2	---	pizzas	977 22 19 19
THE CUBE FUSION	Major, 30	---		657 06 38 25
TÒFUL	Arc de St. Bernat, 4 (Plaça del Fòrum)	Mondays	personal Mediterranean cuisine	977 21 42 16
TOMA QUE TOMA	Plaça del Fòrum, 6	Wednesday		643 67 30 35
TROPICAL	Baró de les IV Torres, 9	Saturdays	home and Mediterranean cooking	977 21 10 84
UDON Noodle Bar & Restaurant	Av. Vidal i Barraquer, 15-17 - Parc Central	---	We are specialists in Asian noodles	977 23 39 17
VADEGUST	Pompeu Fabra, 3	Sunday evenings, Monday and Tuesday evenings	rice specialities	977 10 19 30
VARADERO	Trafalgar, 13	---	seafood cuisine. Rice dishes, noodle paella and fish broths	619 42 20 11
VERMUTERIA DEL FÒRUM	Plaça del Fòrum	January, February	tapas, open-faced sandwiches, crepes, ice-creams	618 00 87 72
VERMUTERIA GLOBUSS	Plaça del Fòrum, 4	---		618 63 31 62
VIENA GAVARRES	C. 1, 8. Les Gavarres	---	sandwiches, salads, pastries and café	977 55 52 14
VIENA PARC CENTRAL	Av. Ramón y Cajal, 69	---	sandwiches, salads, pastries and café	977 21 90 48
WOK TARRACO	Port Tarraco, Moll de Llevant		Asian cuisine, Wok, free buffet	977 21 57 63 / 692 08 82 00

XALOC	Gravina, 65	Mondays	local seafood cooking	977 24 21 95
XINÈS CHINA TOWN	Plaça dels Carros, 9 baixos	Wednesday evenings	Chinese food	977 22 94 84
XINÈS III MILENIO	Pere Martell, 43	---	Chinese food	977 23 01 74
XINÈS NOU MÓN	Pere Martell, 30	---	Cantonese cuisine and lacquered duck	977 24 29 23
XINÈS PALACIO ORIENTAL	Amposta, 1 (Torreforta)	---	Asian cuisine and combo meals	977 54 86 16
XINÈS SHANGHAI	Rambla Nova, 31		Chinese food	977 23 04 47
XINÈS TIAN AN MEN	Av. Marquès de Montoliu, 2		Chinese food	977 24 54 04
XOW TERRAZA MARTINI	Mallorca, 18	Monday evenings		977 24 41 79