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| 4 LATAS TARRAGONA | Plaça de la Font, 9 | | | 977 42 11 96 |
| A 3 MANS | Salinas, 5 | Sunday evening / Monday lunchtime and evening | | 977 91 57 43 |
| ARES | Arc de Sant Bernat, 3 | Mondays and Tuesdays | | 977 22 29 06 |
| BARHAUS | Sant Llorenç, 20-22 | summer: Sundays and Mondays | Elaborate Mediterranean cuisine | 977 24 47 70 |
| 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 |
| CAPPUCCINO | Plaça de la Font, 39-41 | --- | Catalan cooking, Italian cuisine and home cooking | 977 25 29 56 |
| CASA BALCELLS | Pla de la Seu, 5 | Tuesdays | | 977 89 52 65 |
| COLOR CAFÈ | Major, 28 | Sunday, Saturday afternoons | | 642 09 25 60 |
| CREPERIA EL PALLOL | Plaça del Pallol, 12 | winter: Tuesdays and Wednesdays / from Easter to June: Tuesdays | creperie | 977 21 76 57 |
| 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 LLAGUT | Natzaret, 10 (Plaça del Rei) | winter: Sunday evenings and Monday evenings | rice and fish specialities | 977 22 89 38 |
| EL SOLET | Pare Iglésias, 3 | evenings | | 656 43 70 90 |
| ESPAI VI | Santa Anna, 13 | winter: Mondays, Tuesdays and Sundays evenings / from March: Mondays | tapas, open-faced sandwiches, salads | 672 26 68 94 |
| FÒRUM | Plaça de la Font, 37 | Wednesdays except public holidays | fresh market cuisine | 977 23 17 18 / 977 21 13 33 |
| FRIDA | Les Coques, 1 bis | Sunday evenings | | 977 89 54 77 |

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| HOME RUN | Plaça del Fòrum, 10 | Monday | | 877 65 75 54 |
| LA CASETA DE LES TRES BESSONES | Merceria, 28 | Saturday | combo meals, paella and pizza | 977 24 28 84 |
| LA CUCAFERA | Plaça Santiago Rusíñol, 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 TAULA RODONA | La Nau, 4 | Sunday evenings / Monday | | 977 89 65 06 |
| MERCERIA 34 | Merceria, 34 | Tuesdays and Wednesdays | | 977 85 76 62 |
| 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 |
| PALAU DEL BARÓ | Santa Anna, 3 | Sunday evenings and Mondays | Signature Mediterranean cuisine | 977 24 14 64 |
| 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 |
| RACÓ DE L'ABAT | Abat, 2 | Monday | Fresh market cuisine, chargrilled meats and local fish specialities (suquets) | 977 78 03 71 |
| 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 |
| SENTITS | Plaça de la Font, 25 | Sunday evening and Monday lunchtime | sophisticated Tapas | 977 22 26 26 |
| TABULARIUM | Plaça del Fòrum, 6 | Sunday evenings and Mondays | | 977 21 43 82 |
| TAPEPEAR | Cavallers, 6 | Tuesday | | 877 02 85 50 |

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| TARAKON | Plaça de la Fòrum, 1 | Winter: Mondays, Tuesdays, Wednesdays | | 619 03 09 56 |
| THE CUBE FUSION | Major, 30 | --- | | 657 06 38 25 |
| TOMA QUE TOMA | Plaça del Fòrum, 6 | Wednesday | | 643 67 30 35 |
| 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 |