

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 TOCAR FERRO!	Sant Agustí, 19	---		977 21 82 36
ALTA MARE	Rambla Vella, 2	---		977 15 66 07
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 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
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
BRISA	Pg. Marítim Rafael Casanova, s/n (Port esportiu)	Saturday afternoons (winter)	combo meals and tapas. Rice specialities	977 65 13 64
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 INGLÉS	Rambla del President Lluís Companys, 7	Sundays and Public holidays	gastronomic offer based on local products	977 29 73 00 extensió 2323
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
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	Plaça de les Corts Catalanes, 5 (local 2)	---		977 23 86 47
CIRCUS BAR	Rambla Vella, 2	---		977 15 66 07
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
EL CRANK	Sant Pere, 33	Monday, Tuesday and Wednesday		877 07 27 68
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 specialties	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	evenings		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
ELS 5 SENTITS	Lleida, 8	Mondays	rice specialities, home and Mediterranean cooking	977 25 31 70
ERIC I	Blanca d'Anjou, 12 (Sant Pere i Sant Pau)	Monday (winter)	tapas	977 20 24 29
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
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

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
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 BOTIGA	Trafalgar, 31	Mondays	tapes, rice specialities, Mediterranean cuisine	977 21 35 32
LA CASETA DE LES TRES BESSONES	Merceria, 28	Saturday	combo meals, paella and pizza	977 24 28 84
LA CUINETA	Nou del Patriarca, 2 bis	Sunday	Mediterranean cuisine	977 22 61 01
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 XARXA	Sant Pere, 38-40	Monday	Modern seafood cooking. Rice and fish dishes.	977 21 45 31
L'ÀNCORA DEL SERRALLO	Trafalgar, 21	---	rice and fish dishes	617 49 46 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
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
LOLA BISTRÓ RESTAURANT	Ventallols, 13	Tuesday and Wednesday (from October)		977 22 27 42
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	Ctra. de València, km 5	---	hamburgers and salads	977 54 14 48
McDONALD'S	Joan Amades i Gelats, 6. Les Gavarres.	---	hamburger and salads	977 55 22 12
MESÓN AVENIDA	Bloc Miramar II (Sant Pere i Sant Pau)	Winter: Sunday to Thursday evening/Summer: Wednesdays	home cooking	977 23 58 52
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
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 MARE	Moll de Llevant, B1 (Port esportiu)	Mondays and Sunday evenings		648 07 08 27
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
PIZZA BOSCOS	Centre Comercial, local 14, Ctra. Boscós, 2	Winter: Mondays, Tuesdays, Wednesdays	pizza, pasta and char-grilled meat	977 20 74 45

PIZZERIA 8 Y MEDIO	Plaça Jacint Verdaguer, 6	Monday		877 07 63 47
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 D'EN MAGINET	Felip Pedrell, 1	---	home cooking and tapas	977 59 14 63
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. Platja 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
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
SAPPORO	Plaça de les Corts Catalanes, 6	---	Japanese cuisine	977 21 99 29
SEASONS	Plaça Corsini, 10	Mondays, Tuesdays, Wednesdays		661 54 04 53
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
TAKE AWAY SUSHI	Cós del Bou, 9	Sundays and Mondays mornings	sushi	977 24 17 69
TAPEPEAR	Cavallers, 6	Tuesday		877 02 85 50
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
TELEPIZZA	Montblanc, 14 (Torreforta)	---	pizzas	977 55 13 73
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
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 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
XINÈS III MILENIO	Pere Martell, 43	---	Chinese food	977 23 01 74

XINÈS PALACIO ORIENTAL	Amposta, 1 (Torreforta)	---	Asian cuisine and combo meals	977 54 86 16
XOW TERRAZA MARTINI	Mallorca, 18	Monday evenings		977 24 41 79