



The sea is our sauce*

ATLANTIC
CUISINE

made for sharing



A Coruña is Galicia and the Atlantic. Our land and sea yield a gastronomic wealth that instantly wins over the heart and taste buds of everyone that visits us.

In the area known as A Mariña, the boats that moor practically on the doorstep of the city's galleries unload the very best of the sea that in just a few hours will be served in the city's eateries.

The centre is packed with bars and restaurants serving an equal measure of traditional and innovative fare. We would like you to join us at our table. Make yourself at home and simply enjoy.

*the sea

In true coastal tradition, the sea is our number one supplier. Make the most of the chance to savour the delicious flavours of the Atlantic against the backdrop of a welcoming and seafaring city and experience its surprising yet unaffected cuisine.



In this case, you are the spectator and the products the star of the show.

Shall we expect you for lunch?

'Coruñaring' around

"Vivir na Coruña que bonito é, andar de parranda e durmir de pé, e durmir de pé e durmir de pé, vivir na Coruña que bonito é..."

There is a song about the city that says something like "Isn't it lovely to live in A Coruña? partying all day and night and sleeping on your feet; Isn't it lovely to live in A Coruña..." Lyrics that pretty much sum us up, reflecting the city's eternally open character.

No visit to A Coruña is complete without an evening out, visiting its wine bars, beer cellars, traditional bars and street cafés. Treat yourself to some delicious snacks or tapas, or if you'd rather, enjoy a meal at one of the many restaurants that line the streets.

There is unique flavour to the streets the form the city centre, especially from early evening onwards, when the terraces are filled with locals and visitors who linger until the early hours. A lively atmosphere that at weekends can also be enjoyed in the morning, when friends and families gather to enjoy a pre-lunch drink and appetiser.

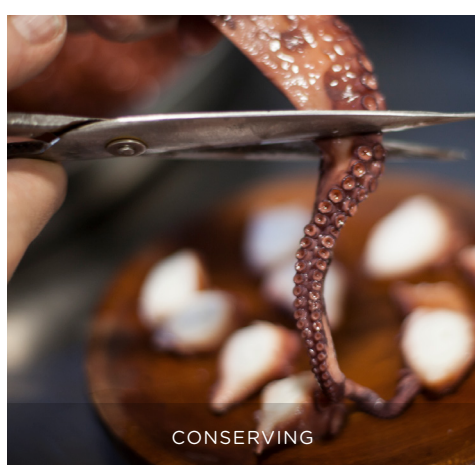
...profiles:

Sir Manuel María Puga y Puga, best known as **Picadillo**, names the Picadillo Tapas Contest which takes place all Novembers. Picadillo was the mayor of A Coruña between 1915 and 1917. He enjoyed eating and writing fantastic recipes books. If you open the cupboard of many A Coruña's kitchens you will find the **Galician-A Coruña gastronomic masterpiece: Picadillo's useful cuisine.**

In **San Agustín** and **Plaza de Lugo's** markets you will find out the kind, extrovert, fun and best stall holders of the city and their fish, and true Deportivo La Coruña fans.

Coruña Cociña is the association of the most bold and innovative chefs of our city. Its brand reflects the soul of those who write the modern history of the A Coruña's cuisine and bet on Galician products of high quality.

Hospeco is the abbreviation of A Coruña's Hostel Association. You will recognize them because of the interesting gastronomic offer in the hotels of the city.



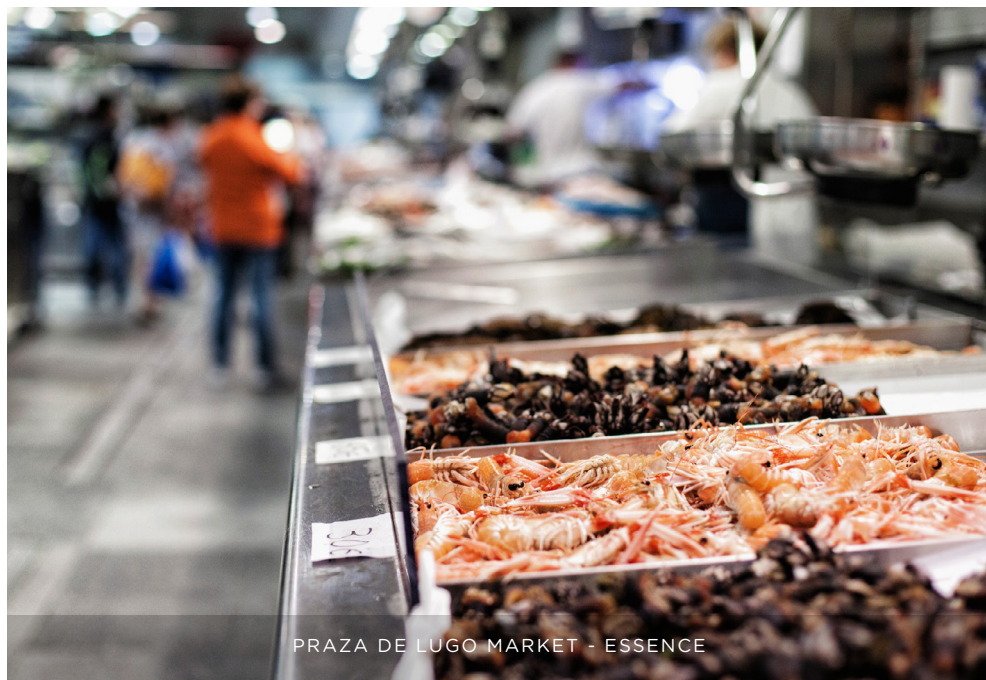
CONSERVING



REINTERPRETING



INNOVATING



PRAZA DE LUGO MARKET - ESSENCE

MORE INFO AT:

www.visitcoruna.com

FOLLOW US ON:



Turismo Coruña
Calle Sol, Edificio Sol, s/n
15003 A Coruña
T 981 184 344
infoturismo@coruna.es



Concello da Coruña



Deputación da Coruña



Consello Regulador da Cociña de A Coruña





innovation

A Coruña, at the forefront of Galician gastronomy.



A Coruña is all about gastronomic culture, ingredients and a tradition that is open to the world.

- Árbore da Veira
- El de Alberto
- Taberna 5 Mares
- Terreo Cocina Casual
- A Espiga
- A Mundiña
- Artabria
- Asador Coruña
- Bido
- Culca Cociña-Bar
- Eclectic
- Miga
- NaDo
- Omakase
- Salitre
- 55 pasos
- Atípico
- El Charrúa
- La Escondita
- La Penela
- O Lagar da Estrella
- Pablo Gallego
- Peculiar
- Pracer
- Pulpeira de Melide
- Río Ulla
- Taberna O'Secreto
- Tira do Playa
- Bar Barbería
- Bico do Xeado
- Bonilla a la vista
- Cancelo
- Casa Ponte
- Charlatán
- Colón
- El Sauce
- El Valentín
- Emporio de los Sandwiches
- Fábulas Café
- Furancha Brasa Clandestina
- Habaziro Concept
- Herme's Journey
- Jumbo H1
- La Esquina de Valentina
- La Sastrería Taberna
- La Tita Rivera
- Los Manueles
- Mesón El Serrano
- O Cabo
- Pepa A Loba
- Pontejos
- Rodolfus
- Rogelio
- Taberna da Galera
- Tarabelo
- TerraMia
- Vermutería Martínez

tradition

Classic dishes reflecting historic culinary traditions.

Whatever your culinary preferences, there are some dishes that have to be tried and tested to get a taste of the authentic local cuisine.

Pulpo a feira A simple yet surprising dish served practically everywhere in its most traditional version, cooked to perfection, seasoned and drizzled with top quality oil. The more creative bars and restaurants will amaze you with their takes on this eight-armed mollusc with a thousand flavours.

Raxo The traditional raxo served in our bars and inns is essentially lightly fried marinated pork.

Pimientos de Padrón From time to time one of these delicious small green peppers will turn out hot. They are delicious and normally served as an accompaniment to other dishes for sharing.

Mussels The sea around Lorbé is full of platforms where mussels are grown. Steamed or prepared in countless other ways, they are delicious, affordable and incredibly good for you.

Algae A star ingredient on A Coruña's avant-garde culinary scene. The algae produced on our coasts feature in many healthy and flavoursome recipes.

Galician veal Fresh, tender and juicy meat mainly from the Rubia Gallega breed awarded a PGI (Protected Geographical Indication) quality label.



Fish and shellfish There is no competition here. The wealth of our tidal inlets, our rugged coastline where goose barnacles cling to the rocks is quite simply unbeatable: goose barnacles, mussels, velvet crabs, spider crabs, variegated scallops, scallops, clams, turbot, sardines, sole, monkfish or line-caught hake...

Lacón con grelos Pot-boiled shoulder of pork with turnip greens, this dish is traditionally served at Carnival time and during the cold winter months. When you taste it, you'll understand why. This is the kind of dish that demands a post-lunch siesta.

Caldo gallego This delicious broth is a winter staple, made with potatoes, beans, tender turnip greens, a small lump of pork lard and pork shoulder. It should be served piping hot.

Galician bread Sheer perfection. Our PGI label bread is instantly recognisable for its slight aftertaste of firewood. When you hear people extolling the virtues of bread from towns such as Carral, Neda, Cea, Ousá... don't think twice, simply tear off a piece and dip it in something tasty.



Empanada Gallega A delicious flat pie with finely chopped savoury fillings such as tuna, meat, cod, octopus or variegated scallops... A popular appetiser or starter.

Galician cheeses Galicia is a major producer of cow's milk. Four of the region's cheeses hold a PDO (Protected Designation of Origin): Arzúa-Ulloa, San Simón, Tetilla and Cebreiro. The more traditional prefer them for dessert, served with quince jelly, but they are also becoming an increasingly popular ingredient in the most surprising culinary creations.

Filloas, leche frita, classic rice pudding or chocolate desserts Filloas are traditionally eaten at Carnival time, but they can be found on menus throughout the year. They look like crêpes, although there are subtle differences. Leche frita - a kind of milk pudding - and rice pudding are traditional desserts both in Cuba and A Coruña, and the reason is clear. Last but not least, the city's residents are known as 'cascarilleiros', taken from the word 'cascarilla' which refers to the shell of the cocoa bean. Trade in cocoa has always been as important as coffee in our port. Does that give you any clues?

pairing

You're in Galicia, a land boasting five DOs (Designations of Origin) that we are sure will sound familiar to you.



Rías Baixas D.O. Fresh fruity wines made from the albariño grape variety. Serve chilled to accompany an appetiser and everything that comes from the sea.

Ribeiro D.O. This designation is best known for its white wines. Served chilled, it is the ideal accompaniment for a leisurely chat with friends or delicious seafood dishes.

Ribeira Sacra D.O. Wines produced on steep slopes. Remember these wines when enjoying classic recipes made with pork shoulder.

Monterrei D.O. The red wines bearing this label pair to perfection with white and red meats, as well as rice dishes, mature cheeses, cured meats and wild mushrooms...

Valdeorras D.O. Single variety red and white wines boasting a tradition dating back to the days of the Romans and autochthonous varieties (godello and mencia). Habemus vinum.

An Estrella! A draft beer!

A small beer! A bottle of beer!

A Coruña loves beer. It was here that an internationally acclaimed beer was born back in 1906, **Estrella Galicia**. If you still haven't tried it, then you can't claim to know either A Coruña or Galicia.

... or how about a craft beer? Craft beers are the latest thing, and Galicia has lots of brands for you to try. Taste them all and choose your favourite.

Vermouths The men and women of A Coruña are firm believers in the tradition of going out for a drink before lunch or dinner. We are authentic experts in whetting our appetites. You'll be pleasantly surprised by the Galician flavours of the premium vermouth brands.

Galician gins and liqueurs Galicia is a land of wizards that have mastered the skill of distilling grape marc and liqueurs. Today they are the makers of premium gins. If you love to linger at the table after a meal, then we have the perfect accompaniment: a digestif, herb or coffee liqueur or a gin that reflects our essence. And if you've never tried it before, don't forget to order our classic 'café con gotas' - coffee with a dash of liqueur.

market

The markets of A Coruña mci is the trademark that identifies the city's municipal markets and the quality of their fresh, traditional and locally sourced produce. A Coruña's markets are filled with the products that are our undisputed hallmarks. There are many dotted around the city, but here we've included the ones in the most popular areas for visitors.



Praza de Lugo Market If you're planning on trying the Atlantic cuisine that reflects the essence of our city, then we strongly recommend a mid-morning visit to this market in the Ensanche quarter, situated in the heart of the city's shopping district and just a few steps away from the port and its wholesale fish market. It's a truly spectacular sight. The freshest fish and shellfish, all still alive, and the finest local produce from the land, will give you an insight into the true value of our Atlantic cuisine.



San Agustín Market Situated in the Pescadería quarter, right next to María Pita square, this is a perfect mix of tradition and modernity. This fresh food market is also an occasional venue for second-hand markets as well as gastronomy, music, design, art and fashion events showcasing the city's young creative talent... Everything is possible and nothing is impossible at San Agustín market.

events

This city hosts numerous gastronomy events, but these are some of the regular dates that are definitely not to be missed.



Lacónicas, Lacón con grelos gastronomy event

Restaurants around town CARNIVAL (FEBRUARY-MARCH) February is the time when A Coruña celebrates its unique carnival, known locally as **Entroido Choqueiro**. A celebration in which the classic pot-boiled pork shoulder and turnip greens plays a starring role. Lacón con grelos is the most traditional dish for those chilly winter months and the focal point for a gastronomy event held in a number of restaurants and bars,

accompanied by the traditional soup and desserts such as orejas - sweet fried dough whose name comes from their pig's ear shape and filloas - a kind of crêpe, all paired with a good red wine.



San Juan, bonfires and sardines

Beaches and districts JUNE

Festival of International Tourist Interest

A Coruña is 'sanjuanera', celebrating the arrival of summer in style. The beaches are filled with bonfires and the neighbourhoods of A Coruña with thousands of sardines barbecues. At midnight, head for the beaches of Riazor and Orzán to watch the burning of the falla sculpture and the fireworks display. The obligatory ritual of washing your face at dawn with Water of Saint John, seven miraculous herbs that will scare away the meigas (witches).



A Coruña fish market's Tuna Festival

Restaurants of the city JULY-AUGUST

Taste the delicious gastronomic offers with tuna as the main character. An incredible experience of excellent quality in the best season to eat this blue fish in a sustainable and healthy way.



The Picadillo Tapas Contest

Bars and pubs of A Coruña NOVEMBER

The 'tapeo' in A Coruña is tradition and it's a fun and accessible gastronomy. November holds the Picadillo Tapas Contest. More than 20 editions. On tapaspicadillo.es you will find information about the participants and the winner tapas. This could give you a clue of how to move by the tapas around the city.

larpeiradas



This Galician Word means the sweetest thing. And A Coruña is a city which knows how to succumb to the pleasures of the traditional and the modern pastry-making with emblematic sweet and pastry shops. And more than that, the refreshing opportunity to taste delicious ice-creams and cocktails fulfil the map of the most tempting flavours of the city.

museum



MEGA

Estrella Galicia World

The first and only museum in Spain dedicated to beer culture. Visits, tastings, pairings, events and much more: choose your MEGA experience!

mundoestrellagalicia.es

Are you a fan of our cuisine?