



The menu at La Fragata is born from a deep respect for local ingredients and a commitment to freshness. Its primary inspiration comes from the sea and the region's natural abundance, featuring seafood sourced through artisanal fishing and fresh products from local producers.

Each dish captures the essence of the ocean and the area's culinary traditions, enhancing authentic flavors with techniques that honor and elevate the quality of every ingredient. The connection with artisanal fishermen not only ensures freshness and sustainability but also allows us to offer a gastronomic experience that pays tribute to those who make their living from the sea.

At La Fragata, our cuisine is a celebration of nature—where balance between flavor, technique, and origin is reflected in every bite.



Appetizers

SHRIMP & STARFRUIT

Tender blanched pink shrimp with starfruit aguachile, mango caviar, cherry tomatoes, and seasonal sprouts.

22

FRESH CATCH & PASSION FRUIT

Fresh local fish tiradito, cured with lime and infused with passion fruit aguachile, served with mandarin wedges and seasonal sprouts.

28

BEEF & CHEESE

Garden-fresh beets stuffed with fresh cheese and pesto, served over tricolor quinoa soil, with avocado, cilantro, and mango caviar.

25

TUNA TOSTADA

Tuna tartare with soy sauce, sesame oil, and cilantro, served on a crispy fried rice tostada with mango caviar, seasonal sprouts, cherry tomatoes, and avocado cream.

20

WATERMELON, CHEESE & BERRIES

A fresh cheese bundle filled with sour cream, served on a pesto mirror, accompanied by watermelon tartare and berries infused in basil syrup with a crispy corn topping.

37

ROASTED CAULIFLOWER

Caramelized with miso, soy sauce, and cilantro, served over a tomato criolla sauce, topped with cottage cheese, pesto, and seasonal sprouts.

22

HIGH-TIDE SOUP

Seafood and tomato-based soup with pink shrimp, served with crispy Lavash bread.

20

FROM LA FRAGATA

Fresh lettuce mix with pickled onions, radish, avocado, corn, and crispy potato slices, tossed in house vinaigrette.

Beef Tenderloin Slices	32	Pink Shrimp	25
Pacific Tuna	25	Chicken Breast	22



 Vegetarian  Vegan  Gluten Friendly  Dairy Free

All prices are in \$ USD and include 13% Sales Tax + 10% Service Fee

Main Courses

SHRIMP & SQUID RISOTTO

Seafood broth-infused rice with tomato, white wine, pink shrimp, sautéed squid, Parmesan cheese, and butter.

34

ORZO RISOTTO

Orzo pasta cooked in seafood broth with grilled octopus, ripe plantain, chimichurri, and seasonal sprouts.

74

GRILLED BEEF TENDERLOIN

Premium national cut, grilled and served with ripe plantain risotto and chimichurri.

55

SEAFOOD RICE CASSEROLE

Creamy rice with jumbo shrimp, mussels, and the catch of the day, cooked in seafood broth, white wine, and butter.

74

CRAB & SHRIMP

Squid ink pasta ravioli stuffed with crab and shrimp mousse, served with mango hollandaise sauce.

37

FUSILLI PASTA

Artisanal pasta with roasted garlic tomato sauce, heart of palm, and basil. Choose your favorite preparation:

Bolognese	34	Chicken with Mushrooms & Bacon	32
Mussels, Shrimp & Fish.	41	Seasonal Vegetables.	27

FARMHOUSE CHICKEN

Slow-cooked chicken breast with wing, served with broccoli purée, noisette butter, grilled green apple, and bell pepper aioli.

34

PORK RIBS 11/75

Pork ribs slow cooked for 11 hours at 75°C, glazed with guava sauce and served over Grandma's white bean ragout.

47

SHRIMP TAMALE

Jumbo shrimp grilled with butter, garlic, and white wine, served over grilled vegetables and lightly spicy tomato-infused potatoes, topped with a mango and tomato salad, all wrapped in a banana leaf.

55

ARTISANAL FISH HARVEST

Seasonal grilled fish with white wine, garlic, and butter, served over potato stew in heart of palm and Dijon mustard cream, topped with breaded pink shrimp, pickled red onion, and seasonal sprouts.

49

SALMON & STARFRUIT

Grilled salmon with fennel and starfruit sauce, broccoli purée, and a fresh tropical salad.

43


As an environmentally responsible company, Parador Nature Resort & Spa does not incorporate endangered species in its menu, and it respects allowed fishing seasons. The products used comply with the regulations and recommendations of the competent entity.

Warning: Consumption of undercooked meat, poultry, eggs, or seafood may increase the risk of food-borne illnesses. Alert your server if you have special dietary requirements.

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