



GASTRONOMY ROUTES



Menorca's gastronomy tradition has been handed down orally from generation to generation, remaining loyal to its origins and embodying the essence of the local character. We are a straightforward, easygoing people and we know how to enjoy life and the island's bounty.

In Menorca people still value traditional food and they love preparing dishes using seasonal produce. For some years now, the island's own cooking style has been experiencing something of a comeback, a new golden era, with product-focused gastronomy events, quality guarantee marks, innovative techniques and brand new ingredients. Menorcan cooking has recovered its prestige and its apparent humility hides touches of genius, a legacy of the many civilisations that have inhabited the island. The fact that it is surrounded by the sea,

with scarce natural resources, has left an indelible mark on its gastronomy. For centuries, islanders cooked with what they had, making use of the food they could get from the land and from the sea. They made a virtue out of necessity, giving free rein to their imaginations and producing fantastic dishes from just a few ingredients. Many of the delicious dishes enjoyed by visitors to Menorca are based on food that the island's fishermen would have improvised while they were out at sea, using fish they had caught themselves.

The Gastronomy Route gives visitors the chance to find, taste and buy local products, and to have the fascinating experience of touring some of the facilities where they are made. The Route is divided into four parts: the Wine Route, the Cheese Route, the Traditional Recipes Route and the Seafaring Gastronomy Route.



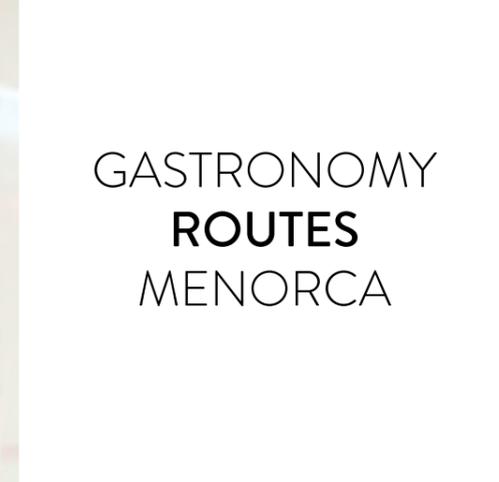
MENORCA
cultural

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balearic islands

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GASTRONOMY ROUTES MENORCA



MENORCA
gastronòmica

“ILLA DE MENORCA” WINE ROUTE

As a Mediterranean island with a long seafaring tradition, Menorca has produced excellent wines throughout its history. Records show that wine was already being produced on the island in the 13th century. After going through a period of major growth in the 18th



century (from the first British occupation) the island's wine production was all but wiped out in the 19th century by a devastating disease that attacked the vines. In the last few decades, Menorca has gradually recovered its vineyards and in 2002, the local wine was awarded the “Vi de la Terra Illa de Menorca” quality mark, a protected geographical indication certifying the quality and provenance of the island's wines. Nowadays, a number of wineries have reinstated the local winemaking tradition, offering some very respectable wines. Some of these wineries run tours of their facilities and wine tastings. The island is seeing a resurgence of interest in the exciting world of winemaking and some restaurants and shops hold wine tasting sessions and courses. Plus, many restaurants now feature Menorca wines on their wine lists. Let yourself be carried away and treat your palate to Menorca wines. Drink in Menorca.

MAHÓN-MENORCA CHEESE ROUTE

Menorca wouldn't be the same without one of its star products: its cheese. Winner of awards at numerous events and certified as a Protected Designation of Origin since 1985, cheese is one of the reasons why Menorca's landscape looks the way you see it today. The island's countryside, with its well-tended green pastures and fields dotted with threshing floors and llocs (the local name for country estates, many of which are dairy farms) is partly the result of widespread cheese production. The Cheese Route described here includes all the places where you



can taste, buy and explore the delicious world of Mahón-Menorca cheese. The production process has remained largely unchanged in the llocs, where they have preserved methods passed down from generation to generation. Recently, the process has incorporated the latest technology and food safety standards but the cheesemakers remain loyal to their origins. Mahón-Menorca cheese is made from the milk obtained from dairy cows reared on the island and has an intense and unmistakable flavour. They sound delicious, don't they?

TRADITIONAL MENORCAN RECIPES ROUTE

Perhaps because of its isolated location, Menorca has developed a vast collection of local recipes using produce sourced from both land and sea. The various civilisations that settled on the island made their own contributions to these dishes, resulting in an amazing diversity of flavours. The Menorcan Traditional Recipes Route features



a series of restaurants where you can find traditional recipes and age-old dishes, either in their original form or in modernised versions. The route will also take you to places where you can watch how our most typical dishes are made, with workshops and activities on the theme of Menorca's traditional gastronomy. Fish and shellfish take pride of place in our repertoire of delicious food, alongside meat and vegetables. Local food ranges from the most complicated recipe through to simpler, humbler fare that is equally tasty. Plus, you'll discover the island's great unknown, Menorcan confectionery.

THE SEAFARING GASTRONOMY ROUTE

This route takes you down to the sea, a determining factor in all aspects of everyday life on Menorca, and in its food, its landscape and its people. The Seafaring Traditions and Gastronomy Route explores the oldest trades connected with the sea and leads you to all the island's harbours. It also takes you to buy fish in the lively markets and shows you some very special places to eat fresh seafood on an exciting tour that no visitor to the island should miss. The restaurants here serve dishes made using locally caught fresh fish, and are experts at getting the most out of the fruits



of our sea. Lobster caldereta (stew) has its own stop on this route, a chance for you to enjoy this irresistible delicacy with an excellent and well-deserved reputation. But this well-known dish is not the only one you'll be trying. You'll be exploring an endless range of possibilities, all of them delicious and with that wonderful salty flavour of the sea. Here are a few ideas for eating, shopping and experimenting.

“Did you know that
mayonnaise was
originally made in
Menorca?”

Where can I taste? Restaurants and Cafes

- AKELARRE JAZZ CLUB**
akelarrelivemusic.com
info@akelarrejazz.es
Tel. 971368520
Moll de Ponent, 41-43, Maó
- CAN BERNAT DES GRAU**
www.canbernatdesgrau.com
ritewatt@yahoo.es
Tel. 650974685
Ctra. Maó - Fornells, km 3, Maó
- LA JOSEFINA - Club Marítim**
lajosefinamaritim@gmail.com
Tel. 971353368
Moll de Llevant, 292, Maó
- LA JOSEFINA**
rlajosefina@gmail.com
Tel. 971354950
C/ Ruíz y Pablo, 95, es Castell
- SA PEDRERA DES PUJOL**
www.sapedreradespujol.com
sapedreradespujol@hotmail.com
Tel. 971150717
Camí des Pujol, 14, Sant Lluís
- ALCAUFAR VELL**
www.alcaufarvell.com
hotel@alcaufarvell.com
Tel. 971151874
Ctra. Cala Alcaufar, km 8, Sant Lluís
- REST. DON TOMAS**
www.playasantotomas.com
mossa@mossa.es
Tel. 971370000
Urb. Santo Tomás, parc. H4, Sant Tomás
- S'ENGOLIDOR**
www.sengolidor.es
sengolidor@sengolidor.es
Tel. 971370193
C/ Major, 3, Es Migjorn Gran
- LIORNA**
www.restaurant-pizzeria-liorna.es
liorna2010@hotmail.com
Tel. 971373912
C/ de Dalt, 9, Ferreries
- MESON RIAS BAIXAS**
www.riasbaixasmenorca.es
riasbaixasmenorca@gmail.com
Tel. 971374558
Plaça Menorca, 1, Ferreries
- DESPORT**
www.recibaria.com
desport@recibaria.com
Tel. 971480022
C/ Marina, 23 Port de Ciutadella
- ES PASSEIG**
www.cafestaurantespasseg.com
espasseig@gmail.com
Tel. 971386325
C/ Gabriel Martí i Bella, 19, Ciutadella
- HOTEL RURAL SANT IGNASI**
www.santignasi.com
santignasi@santignasi.com
Tel. 971385575
Ronda Nord s/n - Ciutadella
- SES VOLTES**
www.espai-sesvoltes.com
sesvoltes@recibaria.com
Tel. 971381498
C/ Ses Voltes 16 i 22 - Ciutadella

Where to learn more and go shopping? Producers

- DESTILERIA XORIGUER**
www.xoriguer.es
xoriguer@xoriguer.es
Tel. 971362197
Moll de Ponent, 93, Maó
- SANTA CATALINA**
www.quesosantacatalina.com
quesosantacatalina@gmail.com
Tel. 971188030
Ctra. Maó-Fornells, km 10, Maó
- BODEGUES BINIFADET**
www.binifadet.com
bodega@binifadet.com
Tel. 971150715
Ctra. Sant Lluís - Es Castell, km. 0,5
- COOPERATIVA COINGA**
www.coinga.com
coinga@coinga.com
Tel. 971371227
Carretera Nova, s/n, Alaior
- S'ARANGÍ**
sarangimercadal@gmail.com
Tel. 971154077
Ctra. General, km 19,5, Es Mercadal
- SON MERCER DE BAIX**
www.sonmercerdebaix.com
info@sonmercerdebaix.com
Tel. 648249003
Ctra. Ferreries-Es Migjorn, km 1,5, Ferreries
- HORT DE SANT PATRICI**
www.santpatrici.com
info@santpatrici.com
Tel. 971373702
Camí de Sant Patrici, Ferreries
- S'ULLASTRAR**
sullestra@gmail.com
Tel. 650577981
Camí Son Xoriguer, s/n, Ciutadella

Where to go shopping? Specialty shops

- BOTIGA XORIGUER**
www.xoriguer.es
xoriguer@xoriguer.es
Tel. 971362611
Plaça Carme, 16, Maó
- DE VINS MENORCA**
www.devinsmenorca.com
devins@devinsmenorca.com
Tel. 971362194
C/ Camí de ses Vinyes, 118 - Maó
- EL PALADAR (Maó)**
www.elpaladar.es
info@elpaladar.es
Tel. 971369248
C/ Ciutadella, 97-99, Maó
- EL PALADAR (Es Mercadal)**
www.elpaladar.es
info@elpaladar.es
Tel. 971375458
C/ Nou, 5, Es Mercadal
- EL PALADAR (Ciutadella)**
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