

# Arugula, a restaurant serving fantastic salads near Retiro park

Folks, it's getting to be that time of year when the sun is out, the grass is green, and the best way to eat is outside. This weather calls for picnicking! And what better place for a picnic than El Retiro park? Prices inside the park can run ludicrously high and the same can be said for many of the places around the perimeter. Of course, there exists the classic option of bringing a bocadillo, but for a step up, there's a gem of a place on Calle Velazquez called [Arugula](#) that will put together an A plus picnic for you and it's only a stone's throw away from the park.



**Zumos Naturales**

Piña Guayabana Mango Guayaba Acerola Maracuyá Papaya Naranja

Zumos Naturales ( frutas Tropicales ) = 3,80  
Zumo de Naranja = 2,80

*De Comer ... Tú Eliges !*

Ensalada = 7,90€ Wrap = 7,90€ Focaccia = 6,50€

1 BASE

Mezclum Espinaca Romana Pasta

+ 3 BÁSICOS

ETC

+ 1 PREMIUM

ETC

+ SALSAS

Pesto Básmica Mostaza y Miel Cesar Roquefort Rosa

Todos los precios de nuestros productos llevan IVA incluido  
Sujeto a disponibilidad de producto en tienda



creating the salads. To start, there are three options for the lettuce base (romaine, mesclun and arugula, or mesclun and spinach). After that, there exists the option to add pasta or rice to bulk up the salad.



Next, onto the toppings, which are divided into two categories: basic and premium. Here's where it can get tricky because all the toppings look tempting, colorfully arranged in



a patchwork spread behind the counter. The basic ingredients include avocado, bacon, egg, carrots, olives, and lentils to name a few. The premium ingredients are even more luxurious and include such items as goat cheese, salmon, serrano ham, and sun dried tomatoes. Chose three basic ingredients and one premium, and then it's onto the dressing.



The eight dressings can be mixed and matched just like the toppings to create scrumptious hybrids like pesto/roquefort, for example. For the indecisive, there are salads already

designed and listed (with pictures of the ingredients) on large posters hanging on the wall. To compliment the salad, add soup or yogurt, throw in a beverage and don't forget the coffee and voilà! Your picnic is ready. It's a lot of food, filling, but upon finishing the meal, you'll be left with the feeling that you've made a healthy choice.



When you order a menu to go, the staff at Arugula will wrap everything up for you and give you a sturdy bag to carry it all with you to the park. Even the coffee is accounted for;

they will put a piece of tape over the mouth of the cup to prevent spilling en route. Service is fast and you'll be picnicking in no time. It's about a five minute walk from the restaurant to the park.

## Info

[Web](#) & [Facebook](#)

Address: Calle Velázquez, 9