



LAFISHERIASEAFOOD



LAFISHERIAROOF TOP



Casco Antiguo, Plaza Herrera



Amador, Isla Flamenco



Costa del Este, Green Plaza

It is precisely in 2014, after 2 years of separation, that the Lo Bianco brothers get back together indefinitely; as well as in their childhood, their adolescence, and even, as parents in their native Italy. Diverse and unequal, with their own personalities that characterize and distinguish them from each other; but with a mutual love, identical, worthy of admiration and easily detectable.

This time, on another continent, miles away from the land where they grew up, in a culturally different country; where one found true love, and the other simply relied on the connection created with an idiosyncrasy that perfectly matched his adventurous spirit. Panamá, bridge of the world as it has been baptized by many, or melting pot for its hospitality and tendency to open its doors to foreigners from everywhere, a country where entrepreneurs settle and visualize dissimilar business opportunities.

The Lo Bianco were no exception; this is how the idea of developing their passion for culinary art arose; creating a unique space in the Old Town of the city to offer authentic food from the heart, based on fresh ingredients from the sea, as well as unforgettable moments for families, friends, locals and foreigners. Coupled with friendly service and treatment, taking gastronomy to another level of perception; where not only the enjoyment of a delicious dish can provide you with delight; but also, find a pleasant atmosphere of after-dinner gatherings and dreamlike views full of streets and relevant stories that invite you to return.

If you are reading, surely you have arrived at our house; so we have no choice but to welcome you to this, your LA FISHERIA SEAFOOD restaurant and thank you for the visit.

Sincerely:  
Brothers Lorenzo y Andrea Lo Bianco



# APPETIZERS

*Ceviches*

*Ceviches*

## Sea Bass Ceviche



Traditional sea bass ceviche cured in fresh citrus juices, coriander and onion slices. Served with house chips.

## Fried Ceviche



Traditional fried breaded seabass whitred onions coriander served with citrus juices and pineapple cubes served with house crunchy chips.

## Ceviche Mix



Mixed seafood covered in citrus juices, red onion and coriander with pineapple cubes topped with pickled onion. Served with house chips.

## Shrimp Ceviche



Shrimp Ceviche Marined white tiger's milk and pineapple cubes. Served with crunchy chips.

## Shrimp Cocktail



Marined fresh shrimp cocktail with pink sauce and hydroponic lettuce.

## Ceviche Trío



A dish suggested by the chef. To enjoy our different ceviches: A taste of our fried ceviche mixed ceviche and traditional corvina. Served with spicy jam (ajichombo) and house chips.

*Cold Appetizers*

## Green Platain Canoes



Small green platain baskets stuffed with shrimp cream and avocado.

## Tuna Tartare



Macedonia of tuna on a bed of creamy avocado and soy dressing with sesame and orange served with our homemade toasted bread.

## Salmón Tartare



Macedonia of fresh salmón on a bed of creamy avocado and orange, soy and sesame dressing served with our homemade toasted bread.

## Double Tartare



Dúo of tuna and fresh salmón served on a bed of creamy avocado sesame and soy dressing accompanied with our homemade grilled garlic bread.





## Cold Appetizers

### Classic Bruschetta



Antipasto of cherry tomatoes basil and olive oil, grilled bread and garlic with mint.

### Bruschetta of The Sea



Sea food antipasto mixed with avocado and house cream served on grilled bread.

### Tuna Carpaccio



Thin slices of fresh tuna on a bed of candied orange supreme olive oil black pepper, salt and arugula with a touch of black truffle olive.

### Salmón Carpaccio



Thin slices of smoked salmón on a bed of candied orange carper dressing topped with fresh arugula.

### Octopus Carpaccio



Thin slices of octopus on a bed of candied orange with brown sugar and national rum with black olive cream and topped with arugula.

## Cold Appetizers

### Carpaccio Trío



Octopus carpaccio, smoked salmón and red tuna served with our homemade toasted bread.

## Hot Appetizers

### Classic Baby Squids



Breaded baby squids served with our house cream topped with onions in confid.

### Clams in Garlic Sauce



Clams topped in its juice flavored with white wine served with grilled garlic butter bread.

### Shrimps in Garlic Sauce



Shrimp sauteed in garlic sauce served with our homemade bread.

### Mediterranean Mussels



Sauteed mussels in white wine with cherry tomato parsley minced garlic and red pepper.

### Sea Food Casserole



Seafood mix prepared with fish fumet served with our homemade bread.



# COMPLEMENTS

## Salad

## Sides

Complement your sides

### Caesar



Hydroponic lettuce with traditional caesar dressing with tosted bread croutons and parmesan cheese.

### Shrimp Caesar



Hydroponic lettuce with caesar dressing, blanch ed shrimps toasted bread croutons and parmesan cheese on top.

### Potato Spicy Parmesano



### French Fries



### Fried Yucca



### Garlic Bread



### Traditional Fried Patacones



### Sauteed Vegetables



### Home Made Mashed Potatoes



### White Rice or Coconut rice



### Green salas with avocado



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# CATCH OF THE DAY

## Whole Fish

Ask about the daily specials

## Special Sauce Fisheria

Season your dishes

### Fried Fish



Whole fried fish served with fried platains and homemade salad.

### Garlic Sauce



Typical panamanian sauce with garlic, red peppers parsley and onion prepared with butter and a touch of olive oil.

## Fish Fillet

### Fish Fillet



Fresh catch of the day, grilled fillet served with fried plátanos and homemade salad

### Passion Fruit Sauce



Glazed pulp extract.

### Tuna Fillet



Fresh tuna fillet served with our homemade mashed potatoes.

### Seafood Sauce (a lo macho)



Fresh seafood sauce (clams mussels, calamari, shrimp baby squids prepared in red sauce and red pepper.

### Grilled Salmón



Fresh salmón fillet seasoned with garlic butter and olive oil served with seasonal vegetables.

### Tuna Tagliata



Tuna cut with house mustard breaded with sesame seeds on a bed of puree.

Enjoy your dishes with our special sauces, created with flavors that characterize us, making our dishes a unique and unforgettable gastronomic experience.



# FROM THE DEEPSEA

## Lobsters

## Octopus

### Grill Lobster

 46

Grilled lobster with sauteed vegetables.

### Lobster in Garlic

 46

Fresh lobster grilled in garlic sauce served with sauteed vegetables.

### Lobster in Seafood Sauce (a lo macho)

 50

Fresh lobster in seafood sauce covered in red sauces served with fried green platains.

## Jumbo Shrimps

### Grilled

 36

### Jumbo Shrimps

Fresh grilled jumbo shrimps served with fried green platains and garlic toasted bread.

### Jumbo

 40

### Shrimps in Garlic Sauces

Jumbo shrimps in garlic sauce served with fried green platains and toasted bread.

### Grilled Octopus

 36

Fresh octopus cover with chimichurri sauce served with sauteed vegetables.

### Octopus in Fire Sauce

 36

Grilled octopus with olive oil, coconut cream and spicy fisheria served with mashed potatoes and white rice.

### Garlic Octopus

 36

Sauteed octopus in garlic sauce served with mash potatoes.

### Galician- Style Octopus

 36

Octopus sauteed galicia-style over seasalt potatoes olive oil garlic and paprika.





# ITALIAN FLAVOR

## Raviolis

## Pastas

### Ricotta Ravioli al Pesto



Homemade ravioli filled with ricotta cheese with a sauce made from fresh basil, parmesan cheese, almóndiga and olive oil.

### Ravioli in Bolognese sauce and Ricotta



Homemade ravioli stuffed with cheese in bolognese sauce.

### Salmon Ricotta Ravioli



Homemade ravioli filled with ricotta cream cheese with fresh smoked salmon in a sauce flavored with white wine and capers.

### Ricotta Ravioli in Seafood



Homemade ravioli stuffed with ricotta cheese with mixed seafood fresh homemade sauce.

### Penne Primavera



Penne with seasonal vegetables sauteed with parmesan cheese and olive oil.

### Spaghetti Alfredo With Chicken



Traditional sauce Alfredo with chicken.

### Spaghetti Frutti di Mare



Spaghetti with olive oil, cherry tomatoes jumbo shrimps baby squids calamari rings and mussels.

### Spaghetti With Jumbo Shrimps



Sauteed jumbo shrimps with cherry tomatoes basil.

### Spaghetti con langosta



Fresh lobster sauteed with cherry tomatoes basil.



# 100% AND TENDER

## Meats Red

## Meats White

### New York



Grilled 100% ANGUS beef covered in chimichurri sauce served with yuca and homemade salad

### Skirt Steak



100% ANGUS grilled cut with chimichurri sauce, sauteed potatoes

### Rib Eye



100% ANGUS grilled cut covered in chimichurri sauce served with yuca and homemade salad.

### Italian's Style Skirt Steak



100% grilled ANGUS cut on a bed of arugula, cherry tomato parmesan flakes.

### Chicken Milanese



Chicken breast pan-fry golden and crispy, served with french fries.

### Grilled Chicken



Chicken breast with chimichurri sauce, and french fries.







# THE PLEASURE OF SHARINGS FLAVORS...

## Food for sharing flavors

For 2 or 3 people

### Assortment of Meats



50

Assortment of beef, Chicken and pork with seasonal vegetables chimichurri sauce frie green platains, french fries and fried yucca.

### Surf and Turf



50

Combination of meats (pork, chicken, and beef) and Seafood mix (Clams, mussels, squid, shrimp, prawns and baby squids) chimichurri sauce with fried green platains and french fries.

### Seafood Mix



60

Seafood fresh mix (clams, mussels, squid, shrimp, prawns and baby squid)

### Fried Mixed of the Sea



65

Mix of fresh Seafood (clams, mussels, squid, shrimp, prawns and baby squids) accompanied with garlic bread.

### Sea food Rice



65

Rice mix with fresh sea food clams, mussels, squid, shrimp, prawn and baby squids.

### Mixed of Shells to the Gratin



80

3 Oysters,3 Scalops,orden of Mussels,orden of Clams to the gratin whit a orden of garlic bread