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| 5 NACIONES | Autovia Tarragona-Reus, km. 4 (CARREFOUR) | 977 54 29 41 | Sundays and public holidays | Home cooking | West |
| A 3 MANS | Salinas, 5 | 977 91 57 43 | Sunday evening / Monday lunchtime and evening | Casual cooking, Creative and signature cuisine | Part Alta (Historic quarter) |
| A LA VORA DE L'EBRE | Barcelona, 7 | 977 25 16 45 | Sunday evenings and Mondays | Seafood cooking | Port and el Serrallo (Fisherman's neighbourhood) |
| A TOCAR FERRO! | Sant Agustí, 19 | 977 21 82 36 | --- | Casual cooking | Centre |
| ABORDO | Sant Pere, 21 | 977 22 74 90 | Mondays and Tuesday to Sunday evenings | Seafood cooking | Port and el Serrallo (Fisherman's neighbourhood) |
| ALTA MARE | Rambla Vella, 2 | 977 15 66 07 | --- | Creative and signature cuisine, Seafood cooking | Centre |
| ALVOCAT VEGAN AND VEGETARIAN | La Nau, 6 | 650 95 47 50 | Tuesday and Wednesday lunchtime | Vegan cuisine, Vegetarian cuisine, World cuisine | Part Alta (Historic quarter) |
| AMARCORD | Rere Sant Domènec, s/n | 977 23 09 57 | Sunday and Monday | Home cooking, Pizzeria | Part Alta (Historic quarter) |
| ÀPATS QUATTROS | Sant Domènec, 2 | 977 91 52 83 | Sunday evenings and Mondays (winter) | Casual cooking, Fast-food, Home cooking, Pizzeria, Seafood cooking, Vegetarian cuisine | Part Alta (Historic quarter) |
| AQ | Les Coques, 7 | 977 21 59 54 | --- | Creative and signature cuisine | Part Alta (Historic quarter) |
| ARCS RESTAURANT | Misser Sitges, 13 | 977 21 80 40 | Sunday and Monday (we open by appointment) | Creative and signature cuisine | Part Alta (Historic quarter) |
| ARES | Arc de Sant Bernat, 3 | 977 22 29 06 | Mondays and Tuesdays | Creative and signature cuisine | Part Alta (Historic quarter) |
| BALANDRA | Espinach, 18 | 977 22 12 38 | Monday / Tuesday, Wednesday and Sunday evenings | Seafood cooking | Port and el Serrallo (Fisherman's neighbourhood) |
| BAR EL PUERTO | Pere Martell, 39 | 977 24 00 12 | Sunday | Casual cooking | Centre |
| BAR FORMULA 2 | Polígon Industrial Riu Clar, c. Sofre, parcel·la | 977 54 96 86 / 616 07 66 97 | Sundays and Saturday evenings | Home cooking | West |



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| BAR PALLARS | Soler, 19 | 620 46 37 51 | Sunday, Saturday afternoons | Home cooking | Centre |
| BARHAUS | Sant Llorenç, 20-22 | 977 24 47 70 | summer: Sundays and Mondays | Creative and signature cuisine | Part Alta (Historic quarter) |
| BARQUET | Gasòmetre, 16 | 977 24 00 23 | Sundays and Monday evenings | Seafood cooking | Centre |
| BOCOIS | Rambla Nova, 24 | 628 58 24 28 | --- | Casual cooking, Home cooking | Centre |
| BODEGA EL MAÑO | Rebolledo, 20 | 977 24 00 74 | Sundays and Public holidays | Casual cooking, Home cooking | Centre |
| BRASERIA PIZZERIA OMBU | Reding, 23 | 877 07 61 84 / 651 44 40 53 | Sundays evenings / Mondays | Fast-food, Pizzeria | Centre |
| BRISA | Pg. Marítim Rafael Casanova, s/n (Port esportiu) | 977 65 13 64 | Saturday afternoons (winter) | Casual cooking | Port and el Serrallo (Fisherman's neighbourhood) |
| BUFET EL TIBERI | Martí d'Ardenya, 5 | 977 24 28 96 / 977 23 54 03 | Sunday evenings and Mondays | Home cooking | Centre |
| BURGER KING | CN. 340, km. 1.160 | 977 55 34 14 | --- | Fast-food | West |
| CA L'EULÀLIA | Plaça del Bisbe Bonet, s/n | 977 21 50 75 | Mondays | Seafood cooking | Port and el Serrallo (Fisherman's neighbourhood) |
| CAFÈ & ENTREPANS D'OR | Plaça Corsini, 6 baixos | | Sunday, Saturday afternoons | Casual cooking, Fast-food | Centre |
| CAFETERIA EL CORTE INGLÉS | Rambla del President Lluís Companys, 7 | 977 29 73 00 extensió 2323 | Sundays and Public holidays | Casual cooking, Fast-food | Centre |
| CAFETERIA RESTAURANT DEU MÉS U | Joan Maragall, s/n | 647 54 37 23 | Saturday evenings and Sunday | Home cooking | Part Alta (Historic quarter) |
| CAL JOAN | Espinach, 2 | 977 21 92 23 | Mondays and Sunday evenings | Seafood cooking | Port and el Serrallo (Fisherman's neighbourhood) |
| CAL MANO | Cós del Bou, 9 | 977 23 93 28 / 639 71 73 48 | Sunday evenings, Monday evenings, Tuesday and Wednesday evenings | Casual cooking, Creative and signature cuisine, Home cooking, Seafood cooking | Part Alta (Historic quarter) |



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| CAL PRINCEP | Felip Pedrell, 10 | 977 21 87 59 | Sundays | Home cooking | Centre |
| CAN BONACHÍ | Vileta de Mar, 5 (Arrabassada) | 977 29 01 99 | Mondays / Sunday evenings | Home cooking, Seafood cooking | West coast and beaches |
| CAP I CUA TAPES | Lleida, 6 | 977 21 61 98 | Sundays | Casual cooking | Centre |
| CAPPUCCINO | Plaça de la Font, 39-41 | 977 25 29 56 | --- | Home cooking | Part Alta (Historic quarter) |
| CAPPUCCINO TARRACO | Rambla Nova, 9 | 977 22 06 34 | --- | Home cooking | Centre |
| CASA BALCELLS | Pla de la Seu, 5 | 977 89 52 65 | Tuesdays | Casual cooking, Home cooking | Part Alta (Historic quarter) |
| CASA MATÍAS | Paça de les. Corts Catalanes, 5 (local 2) | 977 23 86 47 | --- | Casual cooking, Home cooking | Centre |
| CIRCUS BAR | Rambla Vella, 2 | 977 15 66 07 | --- | Creative and signature cuisine, Seafood cooking | Centre |
| COIMBRA | Governador González, 6 | 977 59 15 83 | Sunday and Monday | Casual cooking, Home cooking | Centre |
| COLOR CAFÈ | Major, 28 | 642 09 25 60 | Sunday, Saturday afternoons | Casual cooking, Creative and signature cuisine, Fast-food, Vegan cuisine, Vegetarian cuisine, World cuisine | Part Alta (Historic quarter) |
| CÓMETE ALGO | Josep Maria Folch i Torres, 4. Centre d'Oci Les Gavarres | 615 45 84 78 | --- | Casual cooking, Home cooking | Les Gavarres Shopping Centre |
| CREPERIA EL PALLOL | Plaça del Pallol, 12 | 977 21 76 57 | winter: Tuesdays and Wednesdays / from Easter to June: Tuesdays | Casual cooking | Part Alta (Historic quarter) |
| DOMINO'S PIZZA | Rambla Nova, 92 | 977 24 17 17 | | Pizzeria | Centre |
| DOMUM GASTROBAR & COPAS | Plaça de la Font, 13 | 977 59 17 79 | Mondays | Casual cooking, Home cooking | Part Alta (Historic quarter) |
| EL CEIBO BAR | Plaça de la Font, 8 | 657 49 51 32 | Mondays mornings | Casual cooking | Part Alta (Historic quarter) |



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| EL COMPLET | Natzaret, 5 | 667 77 73 92 | Sunday evenings, Mondays, Tuesday lunchtime | Casual cooking, Home cooking | Part Alta (Historic quarter) |
| EL CORTIJO | Rebolledo, 24 | 977 22 48 67 | Sunday, Saturday afternoons | Home cooking | Centre |
| EL CRANK | Sant Pere, 33 | 877 07 27 68 | Monday, Tuesday and Wednesday | Casual cooking, Creative and signature cuisine, Home cooking, Seafood cooking | Port and el Serrallo (Fisherman's neighbourhood) |
| EL GALLINER DE L'ANTIQUARI | Santa Anna, 3 | 977 24 18 43 | Sunday evenings and Mondays | Casual cooking | Part Alta (Historic quarter) |
| EL LLAGUT | Natzaret, 10 (Plaça del Rei) | 977 22 89 38 | winter: Sunday evenings and Monday evenings | Seafood cooking | Part Alta (Historic quarter) |
| EL PÒSIT | Moll de pescadors, 25 (El Serrallo) | 977 43 69 12 | Winter: Sunday to Thursday evening | Seafood cooking | Port and el Serrallo (Fisherman's neighbourhood) |
| EL RACÓ DE LA MÓRA | Pg. Móra, 8 baixos | 977 65 62 06 | 16 November - February | Seafood cooking | West coast and beaches |
| EL RACO DEL PESCADOR | Gravina, 61 | 977 24 21 69 | Monday; Tuesday to Sunday evenings | Seafood cooking | Port and el Serrallo (Fisherman's neighbourhood) |
| EL SOLET | Pare Iglésias, 3 | 656 43 70 90 | Monday | Home cooking | Part Alta (Historic quarter) |
| EL TALLER | Sant Pere, 14 | 977 13 90 12 | Mondays and Sunday evenings | Casual cooking, Creative and signature cuisine, Home cooking, Seafood cooking, Vegan cuisine, Vegetarian cuisine, World cuisine | Port and el Serrallo (Fisherman's neighbourhood) |
| EL TERRAT | Pons d'Icart, 19 | 977 24 84 85 | --- | Creative and signature cuisine | Centre |
| EL TOL | Vila-roma, 2 | 977 22 69 24 / 620 88 98 27 | Sunday; winter: Sunday and Monday | Casual cooking | Part Alta (Historic quarter) |
| EL TRULL | Ctra. de Barcelona, km. 1.168,5 | 977 20 97 56 | --- | Home cooking | West coast and beaches |
| ELIAN RESTAURANT | Av. Ramón y Cajal, 22 | 676 64 83 91 | Sundays | Home cooking, Vegan | Centre |



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| ELS 5 SENTITS | Lleida, 8 | 977 25 31 70 | Mondays | Home cooking | Centre |
| ENTRECOPES | Cavallers, 12 | 977 24 37 56 | Monday | Creative and signature cuisine | Part Alta (Historic quarter) |
| ERIC I | Blanca d'Anjou, 12 (Sant Pere i Sant Pau) | 977 20 24 29 | Monday (winter) | Casual cooking | North |
| ESPAI VI | Plaça del Fòrum, 13 | 672 26 68 94 | winter: Mondays, Tuesdays and Sundays evenings / from March: Mondays | Casual cooking, Home cooking | Part Alta (Historic quarter) |
| FILOSOFÍA RESTAURANTE | Plaça Ripoll, 6 | 693 47 16 39 / 650 95 47 50 | Tuesday evenings | Casual cooking, Creative and signature cuisine, Fast-food, Home cooking, Seafood cooking, Vegan cuisine, Vegetarian cuisine | Part Alta (Historic quarter) |
| FLECA FLAQUÉ | Higini Anglès, 2 | 977 22 22 58 | --- | Fast-food | Centre |
| FÒRUM | Plaça de la Font, 37 | 977 23 17 18 / 977 21 13 33 | Wednesdays except public holidays | Creative and signature cuisine | Part Alta (Historic quarter) |
| FOSTER'S HOLLYWOOD | Josep Maria Folch i Torres, 4, local 14-15. Centre d'Oci Les Gavarres | 977 54 17 91 | --- | World cuisine | Les Gavarres Shopping Centre |
| FRANKFURT BOCATA PAI | Reding, 36 | 977 22 67 22 | Sunday and bank holidays | Fast-food | Centre |
| FRANKFURT LA TORRE | Josep M. Folch i Torres, 4, local 19. Centre d'Oci Les Gavarres. | 977 55 24 38 | --- | Casual cooking, Fast- food, Home cooking, World cuisine | Les Gavarres Shopping Centre |
| FRIDA | Les Coques, 1 bis | 977 89 54 77 | Sunday evenings | Casual cooking, Creative and signature cuisine, Vegetarian cuisine, World cuisine | Part Alta (Historic quarter) |
| GLI ITALIANI | Taquígraf Martí, 7 | 977 64 81 36 | Sunday | Pizzeria, World cuisine | Centre |
| HAI SUSHI | Rovira i Virgili, 42 | 657 31 32 70 | --- | Home cooking, World cuisine | Centre |



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| HOTEL AC TARRAGONA BY MARRIOTT | Av. Roma, 8 | 977 24 71 05 | --- | Creative and signature cuisine | Centre |
| IL CAPANNONE | Josep Maria Folch i Torres, 4, local 11-B-12. Centre d'Oci Les Gavarres | 977 55 35 20 | --- | World cuisine | Les Gavarres Shopping Centre |
| ISTAMBUL | Sant Domènec, 26 | 977 21 67 99 | Wednesday/opening hours: 17:00 to 00.00h. | World cuisine | Part Alta (Historic quarter) |
| JAPONÈS DAYU SAKURA | Manel de Falla, 10 | 977 24 46 30 | | World cuisine | Centre |
| KEBAB TARRAGONA | Pere Martell, 37 | 977 23 96 09 | | Fast-food | Centre |
| L'ADELITA | Ernest Vilches, 4 | 977 50 68 55 | Mondays and Tuesdays | Home cooking, Vegetarian cuisine, World cuisine | Centre |
| L'ADELITA GASTROBAR | Cós del Bou, 4 | 977 50 68 55 | Mondays and Tuesdays | Fast-food, Home cooking, Vegetarian cuisine, World cuisine | Part Alta (Historic quarter) |
| L'ÀNCORA DEL SERRALLO | Trafalgar, 21 | 617 49 46 54 | --- | Seafood cooking | Port and el Serrallo (Fisherman's neighbourhood) |
| L'ARROSSERIA | Trafalgar, 1 | 606 20 86 30 / 977 27 32 65 | Tuesdays | Seafood cooking | Port and el Serrallo (Fisherman's neighbourhood) |
| L'ASSAIG | Merceria, 20 | 977 23 31 54 | Monday | Casual cooking, Home cooking, Pizzeria | Part Alta (Historic quarter) |
| L'ENTREPÀ | Rambla Nova, 110 | 977 22 98 20 | winter: Saturday and Sundays/summer: Saturdays and Sundays | Casual cooking | Centre |
| L'ESMORZAR | Prat de la Riba, 21 | 977 21 11 58 | Saturdays and Sundays | Home cooking | Centre |
| L'ESPIGA D'OR - EL RACÓ DEL PLAT I CULLERA | Rovira i Virgili, 17 | 977 22 55 08 | Saturdays and Sundays | Vegan cuisine, Vegetarian cuisine | Centre |
| LA AMSTELERIA | Av. Vidal i Barraquer, 44 | 977 22 66 87 | | Casual cooking | Centre |



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| LA BOTIFARRA | Cervantes, 5 | 977 21 65 51 | open evenings only, from 7 p.m. | Casual cooking | Centre |
| LA BOTIGA | Trafalgar, 31 | 977 21 35 32 | Mondays | Seafood cooking | Port and el Serrallo (Fisherman's neighbourhood) |
| LA CALETA | Pg. Marítim Rafael Casanova, 24 | 977 23 40 40 | Mondays and Sunday evenings | Home cooking, Seafood cooking | West coast and beaches |
| LA CANTONADA | Fortuny, 23 | 877 06 21 61 | Sundays, unless there is football match | Casual cooking | Centre |
| LA CASETA DE LES TRES BESSONES | Merceria, 28 | 977 24 28 84 | Saturday | Casual cooking, Fast- food, Home cooking, Pizzeria | Part Alta (Historic quarter) |
| LA CUCAFERA | Plaça Santiago Rusiñol, 5 | 977 24 20 07 | from Monday to Friday (winter) | Creative and signature cuisine, Seafood cooking | Part Alta (Historic quarter) |
| LA CUINETA | Nou del Patriarca, 2 bis | 977 22 61 01 | Sunday | Creative and signature cuisine, Home cooking, Vegan cuisine, Vegetarian cuisine | Part Alta (Historic quarter) |
| LA MORADA | Cuirateries, 20 | 877 07 08 62 | Sunday evenings, Mondays and Tuesdays, Wednesday afternoons | Home cooking | Part Alta (Historic quarter) |
| LA NOCCIOLA TOSCANA | Plaça del Fòrum | 618 00 87 72 | January, February | Casual cooking | Part Alta (Historic quarter) |
| LA PEPITA | Plaça Jacint Verdaguer, 9 | 699 49 34 48 | Sunday | Casual cooking, Home cooking | Centre |
| LA PIEMONTESA TARRAGONA | Plaça Jacint Verdaguer, 3 | 977 24 04 16 | --- | World cuisine | Centre |
| LA PLATJA | Ras i Claravalls, 2 | 977 29 09 38 / 625 10 31 95 | Christmas, New Year and 6th of January. Monday, Tuesday and Wednesday except from the 1st of July to the 15th of September | Home cooking, Seafood cooking | West coast and beaches |
| LA POMA | Higini Anglès, 3 | 977 23 42 56 | Sunday and public holidays | Casual cooking, Home cooking | Centre |
| LA TAGLIATELLA | Josep Maria Folch i Torres, 4. Centre d'Oci Les Gavarres | 977 55 72 44 | --- | Pizzeria | Les Gavarres Shopping Centre |



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| LA TAULA RODONA | La Nau, 4 | 977 89 65 06 | Sunday evenings / Monday | Creative and signature cuisine, Home cooking | Part Alta (Historic quarter) |
| LA VENTA | Riu Garona, local 20 (Campclar) | 977 54 09 14 | Sundays and Mondays, Tuesdays, Wednesdays and Thursday evenings | Home cooking | West |
| LA XARXA | Sant Pere, 38-40 | 977 21 45 31 | Monday | Seafood cooking | Port and el Serrallo (Fisherman's neighbourhood) |
| LES COQUES | Sant Llorenç, 15 | 977 22 83 00 | Sunday | Creative and signature cuisine, Home cooking | Part Alta (Historic quarter) |
| LES FONTS DE CAN SALA | Lorenzo López, 62 | 977 22 85 75 | --- | Creative and signature cuisine, Home cooking | North |
| LIMBOO BEACH CLUB | Pg. Marítim Rafael Casanova, 11 | 977 26 60 00 | --- | Casual cooking, Creative and signature cuisine | West coast and beaches |
| LO GAT | Vila-roma, 10 | 977 24 47 97 | Mondays and Sundays and for lunch | Casual cooking | Part Alta (Historic quarter) |
| LOLA BISTRÓ RESTAURANT | Ventallols, 13 | 977 22 27 42 | Tuesday and Wednesday (from October) | Casual cooking, Home cooking | Part Alta (Historic quarter) |
| LOS HERMANOS | Bloc Sant Andreu, escala B, baixos | 977 11 30 02 / 626 80 97 03 | Mondays | Casual cooking | North |
| M-15 | Platja Llarga, parcel·la 16, Salines B | 977 20 83 00 | do not close from Easter to Santa Tecla; the rest of the year is variable. | Casual cooking, Home cooking | West coast and beaches |
| MARTINET | Reding, 28 | 877 07 57 24 | Sunday | Creative and signature cuisine | Centre |
| MAS ROSELLÓ | Pg. Marítim Rafael Casanova, 23 | 977 24 18 28 | Mondays and Sunday evenings | Home cooking | West coast and beaches |
| McDONALD'S | Joan Amades i Gelats, 6. Les Gavarres. | 977 55 22 12 | --- | Fast-food | Les Gavarres Shopping Centre |
| McDONALD'S | Ctra. de València, km 5 | 977 54 14 48 | --- | Fast-food | Centre |
| MERCERIA 34 | Merceria, 34 | 977 85 76 62 | Tuesdays and Wednesdays | Creative and signature cuisine, Home cooking, World cuisine | Part Alta (Historic quarter) |
| MESÓN AVENIDA | Bloc Miramar II (Sant Pere i Sant Pau) | 977 23 58 52 | Winter: Sunday to Thursday evening/Summer: | Home cooking | North |



Wednesdays

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| MIL BUDAS | Rovira i Virgili, 38 | 977 23 83 23 | Sunday evenings and Mondays | World cuisine | Centre |
| MIRALL D'ESTIU | Platja Llarga, s/n | 977 20 84 20 / 639 71 71 17 | Sunday evenings November to March | Casual cooking, Home cooking | West coast and beaches |
| MISTRAL RESTAURANT PIZZERIA | Plaça de la Font, 19 | 977 23 72 22 | 22 December-22 March; and Mondays (1-21 March, April, May, June, October, November and 1-21 December) | Home cooking, Pizzeria | Part Alta (Historic quarter) |
| MORAMAR | Pg. de la Móra, 6 | 977 65 02 54 | from 24/12 to 01-02 | Seafood cooking | West coast and beaches |
| OCTOPUSSY | Trafalgar, 5 | 977 24 37 32 | Mondays | Seafood cooking | Port and el Serrallo (Fisherman's neighbourhood) |
| OSTERIA DEL LAB | Comte, 12 | 657 44 10 04 | Sunday evenings and Mondays | Casual cooking, Home cooking, World cuisine | Part Alta (Historic quarter) |
| OSTERIA DEL MARE | Moll de Llevant, B1 (Port esportiu) | 648 07 08 27 | Mondays and Sunday evenings | Pizzeria, World cuisine | Port and el Serrallo (Fisherman's neighbourhood) |
| PALAU DEL BARÓ | Santa Anna, 3 | 977 24 14 64 | Sunday evenings and Mondays | Home cooking, Seafood cooking | Part Alta (Historic quarter) |
| PARAISO II | Set, 40 (Bonavista) | 977 54 72 89 | Tuesdays | Casual cooking | West |
| PETIT TÀRRACO | Baró de les IV Torres, 1 | 977 22 81 98 | Sunday | Casual cooking | Centre |
| PISCOLABIS | Plaça Corsini, 3 baixos esquerra | 977 23 26 57 | Sunday | Casual cooking, Vegan cuisine, Vegetarian cuisine | Centre |
| PITICUIXA | Cardenal Cervantes, 14 | 977 23 06 49 | Monday, Tuesday evenings, Wednesday evenings, Sunday | Casual cooking, Home cooking | Centre |
| PIZZA BOSCOS | Centre Comercial, local 14, Ctra. Boscós, 2 | 977 20 74 45 | Winter: Mondays, Tuesdays, Wednesdays | Pizzeria | West coast and beaches |
| PIZZA NOVA | Estanislau Figueras, 47 | 977 24 02 22 | --- | Pizzeria | Centre |
| PIZZERIA CASANOSTRA | Unió, 40 baixos | 977 23 23 67 / 632 94 02 83 | Tuesday lunchtimes | Pizzeria, World cuisine | Centre |



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| PIZZERIA DA MARIO | Ménde z Núñez, 7 | 977 08 21 32 / 610 46 81 08 | Sunday | Pizzeria | Centre |
| PIZZERIA DA NICOLA | Comte de Rius, 11 | 977 23 80 01 | --- | Pizzeria, World cuisine | Centre |
| PIZZERIA PULVINAR | Ferrers, 20 | 977 23 56 31 | winter: Monday through Friday / summer: Wednesday | Home cooking, Pizzeria | Part Alta (Historic quarter) |
| PIZZERIA TRASTEVERE | Ménde z Núñez, 15 | 977 22 76 17 | --- | Pizzeria, World cuisine | Centre |
| PLAY-OFF | Plaça del Fòrum, 10 | 977 89 78 02 | Monday | Casual cooking, Fast-food | Part Alta (Historic quarter) |
| QUATTROS | Plaça de la Font, 2 | 628 44 78 35 | Mondays (winter) | Casual cooking | Part Alta (Historic quarter) |
| QUÈ BO ÈS | Josep Maria Folch i Torres, 4. Centre d'Oci Les Gavarres | 977 54 77 53 | Sunday | Casual cooking, Fast-food, Home cooking | Les Gavarres Shopping Centre |
| RACÓ D'EN MAGINET | Felip Pedrell, 1 | 977 59 14 63 | --- | Casual cooking, Home cooking | Centre |
| RACÓ DE L'ABAT | Abat, 2 | 977 78 03 71 | Monday | Home cooking, Seafood cooking, Vegan cuisine | Part Alta (Historic quarter) |
| RACÓ DEL CARNIVOR | Av. Andorra, 10 | 977 24 24 89 | dilluns | Home cooking | Centre |
| RESTAURANT - CAFETERIA LLEVANT | Beethoven, 2-4 | 977 19 54 11 | -- | Casual cooking, Home cooking | West coast and beaches |
| RESTAURANT CANADA (HOTEL CANADA) | Ctra. València, 213 (Torreforta) | 977 54 16 33 | from Christmas to New Year | Home cooking | West |
| RESTAURANT CLUB NÀUTIC TARRAGONA | Edifici nàutic (Port esportiu) | 977 22 58 24 | midday on 25/12. Please ask about nights | Seafood cooking | Port and el Serrallo (Fisherman's neighbourhood) |
| RESTAURANT CÓCULA | Plaça Corsini, 10 | 977 24 02 32 | Sunday and public holidays | Creative and signature cuisine, Home cooking | Centre |
| RESTAURANT LA SARDINETA | Ctra. Plaça Llarga, 11 B | 977 13 49 09 | Winter: Mondays, Tuesdays, Wednesdays | Casual cooking, Home cooking, Seafood cooking | West coast and beaches |
| RESTAURANT MARE NOSTRUM (HOTEL SB CIUTAT DE TARRAGONA) | Plaça Imperial Tàrraco, 5 (1a. planta hotel) | 977 25 09 99 | --- | Creative and signature cuisine, Seafood cooking | Centre |



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| RESTAURANT PLAÇA DE LA FONT (HOTEL) | Plaça de la Font, 26 | 977 24 61 34 | Sunday | Home cooking | Part Alta (Historic quarter) |
| RESTAURANT PÒDIUM 29 | Plaça de la Font, 29 | 977 13 96 42 | --- | Home cooking | Part Alta (Historic quarter) |
| RESTAURANTE BRISA (Càmping Tamarit) | Ctra. Nacional 340a, km 1172 - Càmping Tamarit Park | 977 65 13 64 | from January to March | Seafood cooking | West coast and beaches |
| RINCÓN DE GUIJUELO | Pere Martell, 26 | 977 24 18 72 | Sunday | Casual cooking | Centre |
| RISTORANTE PIZZERIA ITALIANA PULCINELLA | Pere Martell, 52-54 | 977 11 20 88 | --- | World cuisine | Centre |
| ROOF TOP BAR CAELUM | Rambla Vella, 2 | 977 15 66 07 | Monday to Wednesday (October - June) | Casual cooking, Creative and signature cuisine | Centre |
| SADOLL | Mercè, 1 | 977 24 44 04 | Sunday and Monday | Casual cooking, Home cooking, World cuisine | Part Alta (Historic quarter) |
| SAPPORO | Méndez Núñez, 21 | 977 21 99 29 | --- | World cuisine | Centre |
| SEASONS | Plaça Santiago Rusiñol, 2 | 977 23 83 27 | ---- | Creative and signature cuisine, Seafood cooking | Part Alta (Historic quarter) |
| SENTITS | Plaça de la Font, 25 | 977 22 26 26 | Sunday evening and Monday lunchtime | Casual cooking | Part Alta (Historic quarter) |
| SHA | Pla de la Seu, 9 | 977 22 26 91 | Monday | Casual cooking | Part Alta (Historic quarter) |
| SÍDRERIA DONOSTI | Trafalgar, 5 | 977 21 11 73 | Mondays | Casual cooking | Port and el Serrallo (Fisherman's neighbourhood) |
| TABULARIUM | Plaça del Fòrum, 6 | 977 21 43 82 | Sunday evenings and Mondays | Casual cooking, Home cooking | Part Alta (Historic quarter) |
| TAKE AWAY SUSHI | Cós del Bou, 9 | 977 24 17 69 | Sundays and Mondays mornings | World cuisine | Part Alta (Historic quarter) |
| TARAKON | Plaça de la Fòrum, 1 | 619 03 09 56 | Winter: Mondays, Tuesdays, Wednesdays | Casual cooking, Home cooking | Part Alta (Historic quarter) |
| TARANTA | Plaça Ponent, 13 | 977 22 66 45 | Sunday | Casual cooking | Centre |



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| TÀSTUM HAMBURGUESERIA | Plaça de la Font, 23 | 977 08 58 20 | Mondays | Casual cooking | Part Alta (Historic quarter) |
| TAVERNA DEL MAR | Trafalgar, 19 | 977 21 17 49 | Summer: open every day / Winter: only open Fridays and Saturdays | Seafood cooking | Port and el Serrallo (Fisherman's neighbourhood) |
| TELEPIZZA | Av. Marquès de Montoliu, 2 | 977 22 19 19 | --- | Pizzeria | Centre |
| TELEPIZZA | Montblanc, 14 (Torreforta) | 977 55 13 73 | --- | Pizzeria | West |
| THE CUBE FUSION | Major, 30 | 657 06 38 25 | --- | Creative and signature cuisine, Fast-food, Home cooking, Vegan cuisine, Vegetarian cuisine, World cuisine | Part Alta (Historic quarter) |
| TÒFUL | Arc de St. Bernat, 4 (Plaça del Fòrum) | 977 21 42 16 | Mondays | Seafood cooking | Part Alta (Historic quarter) |
| TOMA QUE TOMA | Plaça del Fòrum, 6 | 643 67 30 35 | Wednesday | Casual cooking | Part Alta (Historic quarter) |
| TROPICAL | Baró de les IV Torres, 9 | 977 21 10 84 | Saturdays | Home cooking | Centre |
| UDON Noodle Bar & Restaurant | Av. Vidal i Barraquer, 15-17 - Parc Central | 977 23 39 17 | --- | World cuisine | Parc Central Shopping Centre |
| VADEGUST | Sevilla, 5 | 977 10 19 30 | Sunday evenings, Monday and Tuesday evenings | Seafood cooking | Centre |
| VARADERO | Trafalgar, 13 | 619 42 20 11 | --- | Seafood cooking | Port and el Serrallo (Fisherman's neighbourhood) |
| VERMUTERIA GLOBUSS | Plaça del Fòrum, 4 | 618 63 31 62 | --- | Casual cooking | Part Alta (Historic quarter) |
| VIENA GAVARRES | C. 1, 8. Les Gavarres | 977 55 52 14 | --- | Fast-food | Les Gavarres Shopping Centre |
| VIENA PARC CENTRAL | Av. Ramón y Cajal, 69 | 977 21 90 48 | --- | Fast-food | Parc Central Shopping Centre |
| WOK TARRACO | Port Tarraco, Moll de Llevant | 977 21 57 63 / 692 08 82 00 | | World cuisine | Port and el Serrallo (Fisherman's neighbourhood) |
| XALOC | Gravina, 65 | 977 24 21 95 | Mondays | Seafood cooking | Port and el Serrallo (Fisherman's neighbourhood) |



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|------------------------|-----------------------------|--------------|--------------------|------------------------------------------------|--------|
| XINÈS CHINA TOWN | Plaça dels Carros, 9 baixos | 977 22 94 84 | Wednesday evenings | World cuisine | Centre |
| XINÈS III MILENIO | Pere Martell, 43 | 977 23 01 74 | --- | World cuisine | Centre |
| XINÈS NOU MÓN | Pere Martell, 30 | 977 24 29 23 | --- | World cuisine | Centre |
| XINÈS PALACIO ORIENTAL | Amposta, 1 (Torreforta) | 977 54 86 16 | --- | World cuisine | West |
| XINÈS SHANGHAI | Rambla Nova, 31 | 977 23 04 47 | | World cuisine | Centre |
| XINÈS TIAN AN MEN | Av. Marquès de Montoliu, 2 | 977 24 54 04 | | World cuisine | Centre |
| XOW TERRAZA MARTINI | Mallorca, 18 | 977 24 41 79 | Monday evenings | Casual cooking, Creative and signature cuisine | Centre |