



Local Guide — Las Lagunas & La Cala de Mijas

Your complete insider guide to the Costa del Sol area



Food & Drinks

The area around Las Lagunas and La Cala de Mijas has a wonderful dining scene — from classic Spanish beach bars (chiringuitos) to creative tapas bars and international restaurants. Here are our favourites:



Chiringuito Arroyo — Beachside Institution

One of the most beloved beach restaurants on the La Cala promenade. Freshly grilled fish, calamares, gambas pil pil, and the local specialty espetos (sardines grilled over a wood fire) are must-orders. The sea view is spectacular.

Best for: Lunch by the sea, grilled fish, classic Spanish vibes.

Location: La Cala de Mijas beachfront promenade.



Kiosko Cristóbal — Locals' Hidden Gem

A no-frills chiringuito on the promenade, loved by locals and repeat visitors alike. Affordable tapas, cold beers, and a gluten-free menu. Guests often return every single day during their stay.

Best for: Budget-friendly tapas, casual beach lunches, gluten-free options.

 *They build extra tables for groups — perfect for families.*



Restaurante Los Porches — Since 1988

A classic on the La Cala boulevard since 1988. The menu is extensive — meat, fish, seafood — and the homemade sangria is legendary. Highlights include chateaubriand steak, pilpil prawns, and salmon tartare.

Location: Blvd. de la Cala, 31, La Cala de Mijas.



PURA SANGRE — Creative Modern Spanish

Open since 2016 under Chef Paco Flores. Lobster lasagna, goat's cheese salad, and an excellent set menu at around €25.50 per person for 3 courses. A place where tradition meets real innovation.

Location: Blvd. de la Cala, 49, La Cala de Mijas.



Konfusion / Kon Fusion — Cocktails & Tapas

Family-run with a terrace perfect for people-watching. Famous for creative cocktails and tapas. The bao buns and cazon (lemon marinated dogfish with aioli) are standouts. Great for pre-dinner drinks too.

Location: C. Benarrabá, 4, La Cala de Mijas.



La Familia Chiringuito — Mediterranean on the Beach

Consistently praised for generous portions, friendly staff, and great sea views. The espeto white fish is unmissable. Accommodates walk-ins and has a real community feel.

Location: Blvd. de la Cala, beachfront.



Lizarran — Fun Tapas Experience

A unique pincho bar: choose cold tapas from the counter, hot tapas are brought to you. You pay by number of skewers at the end. €1.50–€3.90 per tapa. The salmorejo with jamon and mini burgers are exceptional.

Location: C. Butibamba, 26, La Cala de Mijas.



Casa Barella — Best Breakfast

Highly rated for its morning coffee and breakfast quality. Many guests return every morning. A proper neighbourhood café feel with friendly service.



Local dining tips: Lunch (2–4pm) is the main meal — look for a menú del día (3 courses + drink) for €10–€15. Dinner starts from 9pm Spanish time. Chiringuitos are open roughly March–November, 10am to 8pm+.



Fuengirola (10 min by car or tram) and Mijas Pueblo (up the hill) are both worth an evening out for dining.