

Meats and Seafood

Carne de res - Beef

Pollo - Chicken

Pavo - Turkey

Cerdo - Pork

Cordero - Lamb

Ternera - Veal

Pescado - Fish

Mariscos - Seafood

Salmón - Salmon

Atún - Tuna

Camarones - Shrimp

Langosta - Lobster

Calamar - Squid

Pulpo - Octopus

Mejillones - Mussels

Almejas - Clams

Bacalao - Codfish

Trucha - Trout

Sardinas - Sardines

Anchoas - Anchovies