



Na CAPITANA

RESTAURANT

WELCOME

Menu

Healthy Cooking

Kitchen hours: 11:00 am - 4:00 pm
Not available during breakfast menu.

HEALTHY STARTERS

Classic Andalusian gazpacho
309 Kcal per serving

9

Grilled free-range chicken salad with avocado, peanuts, and cilantro vinaigrette
557 Kcal per serving

17

Marinated salmon tartare with avocado, sprouts, and sriracha sauce
501 Kcal per serving

23

Seasonal vegetable stir-fry from our garden with sesame seeds and soy-marinated fruit sauce
269 Kcal per serving

15

Stewed chickpea casserole with pil-pil prawns in homemade tomato sauce
719 Kcal per serving

17

Grilled artichoke hearts with Es Trenc salt flakes
228 Kcal per serving

14

Eggplant Baba Ganoush

391 Kcal per serving

10

TAPAS

Cheese platter with caramelized onion and Mallorcan biscuits
752 Kcal per serving

17

Casserole of prawns with garlic and chili
379 Kcal per serving

18

Smoked Black Angus pastrami with arugula, parmesan shavings, and beer-marinated Paulaner mustard sauce
421 Kcal per serving

22

Andalusian-style fried calamari with homemade all-i-oli
748 Kcal per serving

15

Hand-carved acorn-fed Iberian ham D.O. Gijuelo with Mallorcan bread, extra virgin olive oil "Na Capitana," and olives "trencades"

480 Kcal per serving

30

MAIN COURSES

100% plant-based veggie burger with brioche bun, marinated tomato, onion, and mixed leaf salad
753 Kcal per serving

16

Confit chicken with mushroom sauce and saffron rice
710 Kcal per serving

19

Croaker supreme on vegetable puree, sea fennel sauce, and fresh arugula leaves
687 Kcal per serving

22

Soy-steamed salmon on light parmentier and fennel sauce
712 Kcal per serving

21

Grilled Iberian secret pork with artichoke and seasonal mushroom ragout
794 Kcal per serving

28

CHEF'S RECOMMENDATION BY CARLOS SÁNCHEZ

Confit shoulder of suckling pig D.O. Mallorca with tumbet purée (30 min)

820 Kcal per serving

36

CHILDREN'S MENU UNDER 12 YEARS

Chicken burger with cheddar cheese and French fries or salad

10

Pasta (Napolitana, butter or Bolognese)

9

Breaded chicken tears with French fries or salad

9

Hake fingers with French fries or salad

9

DESSERTS

Ask for our homemade cakes and desserts

7

Seasonal fruit plate

5

Artisanal ice creams

(See packaging for allergens)

3

Orange and vanilla Arabella pudding

6

Murmui Mallorcan ice cream cups 212 ml

(See packaging for allergens)

8

Price in euros, VAT included.

This establishment provides information on allergies and food intolerances. Please ask our staff for additional information.

At Arabella Golf Mallorca, we care about the environment. That's why all the fresh products on our menu come from local producers and/or suppliers.

Only one bill is presented per table.

Bread with all-i-oli €2.50 per person.

Na CAPITANA

RESTAURANT

GOLF CORNER + TAPAS

AVAILABLE ALL DAY



Club sandwich "12 bajo Par" with fries*

18

Classic Caesar salad

13

(extras: chicken +3 | prawns +5)

Es Fum Sandwich. Glazed pork belly sandwich with horseradish mayonnaise and pickled onions

18

Hand-carved acorn-fed Iberian ham D.O. Gijuelo with Mallorcan bread, extra virgin olive oil "Na Capitana," and olives "trencades"

30

Cheese selection with caramelised onion and Mallorcan crackers

17

Portion of French fries

8

Tuna sandwich salad with fries

15

Chicken wings with slightly spicy BBQ sauce

16

Arabella Burger, 180g of 100% Angus beef with bone suckin' mustard (probably the best mustard in the world)

20

Casserole of prawns with garlic and chili

18

Andalusian-style fried calamari with homemade all-i-oli

15

Pasta (spaghetti & penne) Choose one of our homemade sauces. (bolognese, Napolitana, Arrabiata, or basil pesto sauce with Mahón cheese from our garden)

15

*EI is allocated to our charitable program 12 Bajo Par.



mussels



eggs



gluten



sulphites



peanuts



dairy



soybeans



fish



crustaceans



nuts



celery



mustard



sesame