



NA CAPITANA

RESTAURANT

WELCOME

Menu Healthy Cooking

HEALTHY STARTERS

- Soup of the Day - Ask about our daily soup or cream
309 Kcal per serving
- Seasonal vegetable stir-fry from our garden, with sesame seeds and marinated fruit sauce in soy
269 Kcal per serving
- Grilled free-range chicken salad with avocado, peanuts, and cilantro vinaigrette
557 Kcal per serving
- Matzo bread toast with marinated salmon, smoked cheese, celery vinaigrette, and yogurt
501 Kcal per serving

- Grilled Artichoke Flowers with Na Capitana Salt Flakes
228 Kcal per serving
- Roasted pepper muhammara with nuts and homemade bread tiles
391 Kcal per serving
- Rice poke with avocado, wakame, peanuts, and sesame vinaigrette (extra prawns +5)
719 Kcal per serving

OTHER STARTERS

- Grilled nachos with cheese, smoked bacon, and Shiracha mayonnaise
1180 Kcal per serving
- Chicken wings served with lightly spicy BBQ sauce
960 Kcal per serving
- Prawn casserole with garlic and chili
1036 Kcal per serving

- Andalusian-style fried squid served with homemade aioli
609 Kcal per serving
- Cheese platter with caramelized onions and Mallorcan crackers
1003 Kcal per serving
- Hand-carved acorn-fed Iberian ham D.O. Guijuelo with Mallorcan bread, extra virgin olive oil Na Capitana, and olives
960 Kcal per serving

MAIN COURSES

- Caesar salad, iceberg lettuce leaves, Parmesan shavings, bread croutons, and homemade Caesar dressing
Prawns +5/ Chicken +3
870 Kcal per serving
- Confit cod on citrus rice with green mojo sauce
794 Kcal per serving
- House-confit veal rib (machete) in Paulaner beer with mashed potatoes and peanut-orange glaze
710 Kcal per serving

- 100% plant-based veggie burger with brioche bun, marinated tomato, onion, and tender leaf salad
753 Kcal per serving
- Steamed soy salmon on light parmentier with fennel sauce
712 Kcal per serving

MORE MAIN COURSES

- Tuna salad sandwich
599 Kcal per serving
- Es Fum Sandwich. Lacquered pork belly sandwich, horseradish mayonnaise, and pickled onions
991 Kcal per serving
- Arabella Burger, 180 gr of 100% Angus beef with bone suckin' mustard (probably the best mustard in the world)
1175 Kcal per serving

- Pasta (spaghetti & penne). Choose one of our homemade sauces: Bolognese, Napolitana, Arrabiata, or Pesto sauce with basil from our garden and Mahon cheese
633 Kcal per serving
- Classic Club Sandwich
1019 Kcal per serving

SUGGESTION FROM OUR CHEF CARLOS SÁNCHEZ

- Confit Mallorcan suckling pig shoulder with Sa Pobla mashed potatoes (30 min)
820 Kcal per serving

CHILDREN'S MENU

- Pasta (Napolitana, Butter, or Bolognese)
9
- Hake fingers with french fries or salad
9
- Breaded chicken tears with french fries or salad
9
- Chicken burger with cheddar cheese and french fries or salad
10

DESSERTS

- See our dessert display case
7
- Seasonal fruit plate
5
- Handcrafted ice cream by scoop
3
- Orange and vanilla Arabella pudding
7

Prices in euros. VAT included.

This establishment has 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 fresh products on our menu come from local producers and/or suppliers.

Only one bill is presented per table.

Bread with aioli 2,50 per person.

WINE LIST

WHITE WINES

			Glass	Bottle
4 Llaunes	Prensal / Sauvignon / Giró Ros	España	6	24
3404	Chardonnay / Gewürztraminer	Somontano	7	28
Prios Maximus	Verdejo	Rueda		30
Marés	Chardonnay / Prensal / Giró Ros	Mallorca		35
La Trucha	Albariño	Galicia		38
Viore Magnum	Verdejo	Rueda	7	45

ROSÉ WINES

4 Llaunes	Monastell / Syrah	España	7	25
3404	Chardonnay / Gewürztraminer	Somontano	7	28
Petit Valent	Tempranillo / Cabernet-Sauvignon	Mallorca		33

RED WINES

Monte Ocijo	Tempranillo	Rioja	6	25
XVIII Lunas Crianza	Tempranillo	Rioja		32
Petit Pittacum	Mencia	Bierzo	7	29
Pepe Yllera	Tempranillo	Ribera del Duero		35
Marés Crianza	Cabernet / Syrah / Merlot	Mallorca		36
Pago de Capellanes Joven Roble	Tempranillo	Ribera del Duero		40

CAVA & CHAMPAGNE

Blau de Mar	Brut Nature	Cataluña	7	28
Murviedro Art's de Lluna	Rosé	Valencia	8	40
Moët Chandon		Francia		95
Veuve Cliquot		Francia		120

