Na Capitana
de Golf Son Muntaner

WELCOME

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Healthy
Cousine menu

Starters

Soup of the day – ask us about today's soup or cream

309 Kcal per serving

1, 5, 6, 7, 8, 9, 12

9

Padrón peppers with Na Capitana flake salt

1036 Kcal per serving

10

Iberian ham croquettes with tartar sauce

1002 Kcal per serving

1, 2, 3, 4, 5, 6, 7, 8, 11, 12, 14 — *12*

Caesar salad – iceberg lettuce, shaved parmesan, homemade croutons and Caesar dressing.

Prawns +6 / Chicken +3 / Avocado +4

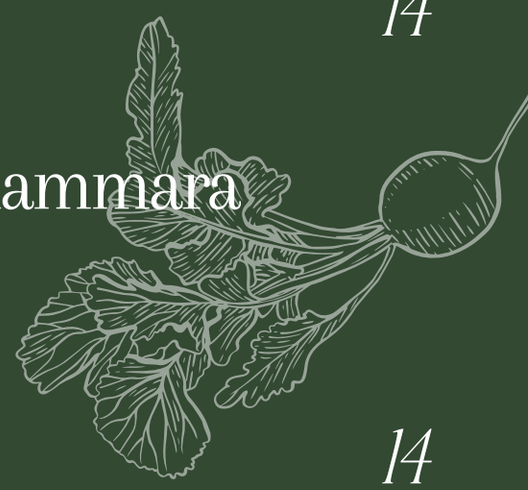
870 Kcal per serving

1, 2, 3, 4, 7, 10, 12, 13 — *13*

Grilled artichoke flowers with Na Capitana flake salt

223 Kcal per serving

12 — *14*



Roasted red pepper and walnut muhammara with homemade bread crisps

391 Kcal per serving

1, 5, 6, 8, 11, 12 — *14*

Classic caprese salad with IGP mozzarella and homemade pesto

719 Kcal per serving

5, 6, 7, 8, 12, 11, 13 — *15*

Seasonal stir-fried vegetables from our garden with sesame seeds and soy-marinated fruit sauce

269 Kcal per serving

1, 5, 6, 8, 9, 11, 12 — *15*

Andalusian-style calamari fritters with homemade aioli

609 Kcal per serving

1, 3, 4, 5, 7, 8, 11, 12, 14 — *15*

Crispy chicken wings with our duo of sauces
(spicy barbecue & tartar)

997 Kcal per serving

1, 3, 5, 6, 7, 8, 9, 10, 11, 12 — *16*

Soup & Sandwich

941 Kcal per serving

1, 3, 5, 6, 7, 8, 9, 11, 12, 13 — *16*

Rice poke with avocado, wakame, peanuts and soy vinaigrette (extra prawns +6€)

499 Kcal per serving

2, 4, 5, 6, 8, 10, 11, 12, 14 — *17*

Pulled chicken salad on baby greens, avocado, crispy onion and French vinaigrette

555 Kcal per serving

1, 5, 6, 8, 10, 11, 12 — *17*

Cheese board with caramelized onion and Mallorcan biscuits

1003 Kcal per serving

1, 6, 7 — *17*

Garlic and chili prawn casserole

1036 Kcal per serving

2, 4, 12, 14 — *18*

75% Iberian breed ham, hand-carved, served with Mallorcan bread, Na Capitana extra virgin olive oil and marinated olives

960 Kcal per serving

1, 5, 6, 8, 11 — *30*

Mains

Pasta (spaghetti & penne) – choose one of our homemade sauces (Bolognese, Neapolitan, arrabbiata, pesto, aglio e olio)

633 Kcal per serving

3, 1, 6, 5, 4, 7, 2, 8, 9, 11

15

Tuna sandwich salad served with French fries

599 Kcal per serving

3, 1, 12, 4, 2, 9

15

100% plant-based veggie burger with brioche bun, marinated tomato, onion and baby greens

753 Kcal per serving

1, 5, 6, 8, 9, 11, 12, 10

16

Classic Club sandwich with French fries and our house dressing

1019 Kcal per serving

1, 3, 5, 6, 7, 8, 10, 11, 12 *18*

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

991 Kcal per serving

1, 3, 6, 5, 8, 9, 7, 10, 12, 11 *18*

Chicken stroganoff with mushroom
sauce and stir-fried rice

824 Kcal per serving

1, 5, 6, 7, 8, 9, 10, 11, 12 *20*

The Evolution Burger – 100%
Angus beef patty, brioche bun,
lettuce, tomato, bacon,
cheese, onion chutney and our
house special sauce, served with
French fries

1175 Kcal per serving

1, 3, 5, 6, 7, 8, 10, 11, 12 *20*

Confit chicken thigh with jasmine
rice, seasonal mushrooms and
Jaipur curry sauce

794 Kcal per serving

1, 5, 6, 7, 8, 10, 11, 12

22

Slow-cooked beef short rib with Paulaner beer, served on mashed potato with a peanut and orange glaze

710 Kcal per serving

1, 5, 6, 8, 11

25

Chef's suggestion by *Carlos Sánchez*

Confit suckling pig shoulder from Mallorca with Sa Pobla mashed potatoes (30 min)

820 Kcal per serving

1, 5, 8, 10, 11, 6

36

Our seasonal specials

Parsnip cream soup with curry bread
1, 5, 6, 8, 11, 13
10

Baby leaf salad with feta cheese and pomegranate-yoghurt vinaigrette
7, 12
14

Grilled confit leek on parmentier, romesco sauce and ham shavings
1, 5, 6, 8, 11, 12, 13
14

Spaghetti alla zucca (pumpkin)
1, 3, 5, 6, 7, 8, 9, 11, 12
16

Wok-fried garden vegetables with prawns
1, 2, 4, 6, 7, 8, 11, 12, 14
19

Amberjack casserole with roasted peppers
1, 2, 4, 12, 14
24

Iberian pork tenderloin with mustard sauce and sweet potato purée
1, 8, 9, 10, 12
24

Vanilla panna cotta
with fig cream
7
7

Lemon sorbet with Na Capitana gin

3, 7, 12

7

Granny's almond cake with chocolate topping

3, 5, 6, 7, 8, 11, 13

7

Children's *menú*

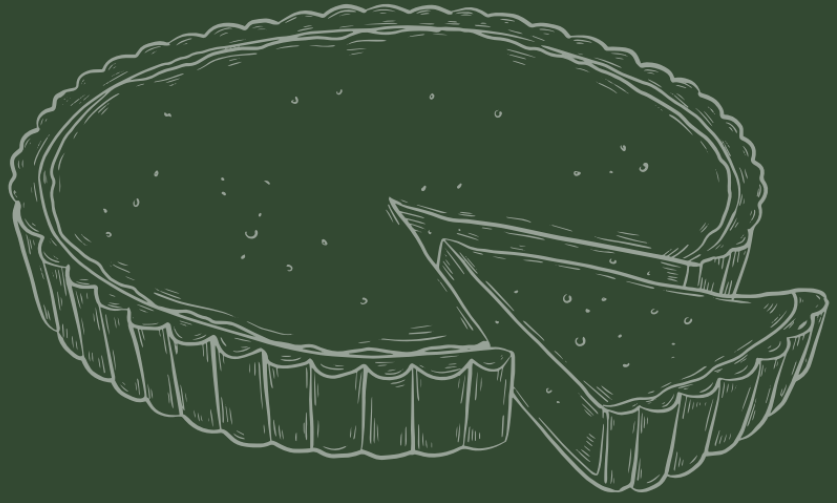
(up to 12 years)

Breaded chicken strips with French fries or salad
1, 3, 5, 6, 7, 8, 11 — *9*

Pasta (Neapolitan, butter, or Bolognese)
1, 3, 5, 6, 7, 8, 11 — *9*

Hake fingers with French fries or salad
1, 2, 3, 4, 5, 6, 7, 8, 11, 14 — *9*

Chicken burger with cheddar cheese and French fries or salad
1, 3, 5, 6, 7, 8, 11 — *10*



Desserts

Mallorcan ice cream by the scoop — *3*
1, 5, 6, 7, 11

Seasonal fruit plate — *6*

Check out our dessert display — *8*
1, 3, 5, 6, 7, 8, 11, 12

Wine List

white wines

4 Llaunes *Prensal / Sauvignon / Giró Ros* España		26
Piedra Papel Tijera *Prensal /Chardonnay /Moscatel* Mallorca	7	27
3404 *Chardonnay / Gewürtzraminer* Somontano	7	28
Blanco Nieva *Sauvignon blanc* Rueda		28
Emina sobre lias *Verdejo* Rueda		29
Bico da Ran *Albariño* Rias Baixas		39

Valdesil Montenovo *Godello* Valdeorras		39
Cercle Blanc Macia Batle *Prensal* Mallorca		39
Viore (Magnum) *Verdejo* Rueda	7	49

rosé wines

4 Llaunes *Monastell / Syrah* España	7	26
3404 *Tempranillo /Cabernet* Somontano		28
Son Caló Rosat *Callet /Fogoneu* Pla i Llevant	7	29

Cercle Rosat Macia Batle
Mantonegro / Cabernet
Mallorca — 39

red wines

Monte Ocijo
Tempranillo
Rioja — 6 — 26

Petit Pittacum
Mencia
Bierzo — 7 — 28

Dos Marias Roble
Mantonegro / Cabernet / Merlot
Mallorca — 7 — 29

Comenge Biberus Roble
Tempranillo
Ribera del Duero — 30

Finca San Martin Crianza
Tempranillo
Rioja — 32

Ava Vi
Mantonegro / Callet / Cabernet
Mallorca — 38

Cercle Macia Batle Tinto
Mantonego / Cabernet / Merlot
Mallorca — 39

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 Clicquot		

Product of Balearic origin

1 Gluten	5 Peanuts	9 Celery	13 Lupins
2 Crustaceans	6 Soy	10 Mustard	14 Molluscs
3 Egg	7 Milk	11 Sesame	
4 Fish	8 Tree nuts	12 Sulphites	

This establishment provides information on allergens and food intolerances.
Please ask our staff for more details.

At Arabella Golf Mallorca, we care about the environment. All fresh ingredients on our menu come from local producers and/or suppliers.

Only one bill is issued per table.
Bread with aioli €2.50 per person.
*
€1 is allocated to '12 bajo par' for social purposes.

Prices in euros. VAT included