NA CAPITANA
BY CARLOS SÁNCHEZ

WELCOME
•
Healthy *Cousine menu*

Starters

Soup of the day – ask us about today's soup or cream
300 kcal per serving
1, 3, 6, 7, 8, 9, 12 — 9

Padrón peppers with Na Capitana flake salt
1006 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 +6
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
398 kcal per serving
1, 5, 6, 8, 11, 12 — 14

Classic caprese salad with IGP mozzarella and homemade pesto
726 kcal per serving
5, 6, 7, 8, 12, 13, 13 — 15

Seasonal stir-fried vegetables from our garden with sesame seeds and soy-marinated fruit sauce
320 kcal per serving
1, 5, 6, 8, 9, 11, 12 — 15

Andalusian-style calamari fritters with homemade aioli
1670 kcal per serving
1, 3, 4, 5, 7, 8, 11, 12, 14 — 15

Crispy chicken wings with our duo of sauces
(spicy barbecue & tartar)
747 kcal per serving
1, 3, 5, 6, 7, 8, 9, 10, 11, 12 — 16

Soup & Sandwich
991 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€)
1161 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)
634 kcal per serving
1, 1, 6, 5, 4, 7, 2, 8, 9, 11 — 15

Tuna sandwich salad served with French fries
390 kcal per serving
1, 3, 5, 4, 2, 9 — 15

100% plant-based veggie burger with brioche bun, marinated tomato, onion and baby greens
723 kcal per serving
1, 5, 6, 8, 9, 11, 12, 10 — 16

Classic Club sandwich with French fries and our house dressing
850 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
875 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
574 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
570 kcal per serving
1, 5, 6, 8, 11 — 25

Chef's suggestion by Carlos Sánchez

Confit suckling pig shoulder from Mallorca with Sa Fobla mashed potatoes (10 min)
820 kcal per serving
1, 5, 8, 10, 11, 6 — 36

Our seasonal specials

French onion soup with crispy cheese tuile
1, 7, 8, 9, 12, 13 — 10

Roasted carrot cream with curry
5, 8, 9, 10, 11, 13 — 10

Baby leaf salad with smoked salmon and honey-mustard vinaigrette
2, 4, 5, 6, 8, 10, 12, 13, 14 — 18

Spaghetti aglio e olio with prawns
1, 2, 5, 6, 8, 9, 13, 14 — 20

Gratinated cod loin with garlic aioli, served with mashed potatoes
2, 4, 5, 7, 8, 14 — 25

Slow-cooked pork tenderloin with basmati rice and Sichuan pepper sauce
5, 6, 7, 8, 12, 13 — 25

Crispy duck on sautéed red cabbage with soy and fruit sauce
1, 2, 5, 7, 8, 9, 10, 11, 12, 14 — 27

Marinated pineapple with coconut ice cream
7, 12 — 8

Mandarin sorbet with grenadine
7, 12 — 8

Red berry tartlet with chocolate and hazelnut sauce
1, 2, 3, 6, 7, 8 — 8

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

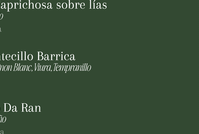
Chicken burger with cheddar cheese and French fries or salad
1, 3, 5, 6, 7, 8, 11 — 10

Desserts

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

Seasonal fruit plate — 6

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



Wine List

white wines

Melior
Verdejo
Rueda — 7 — 25

Bla Bla Blanc
Prensal
Mallorca — 7 — 27

Zorzal
Chardonnay
Navarra — 7 — 29

Excellens
Sauvignon blanc
Rueda — 30

La Caprichosa sobre lías
Verdejo
Rueda — 32

Montecillo Barrica
Sauvignon Blanc, Viura, Tempranillo
Rioja — 32

Bico Da Ran
Albariño
Galicia — 32

Montenovo
Godello
Valdeorras — 38

Cercle Blanc Macia Batle*
Prensal
Mallorca — 39

Son Vich Viogner
Viogner
Mallorca — 40

rosé wines

4 Llaunes
Cabernet Sauvignon, Manto negro
Mallorca — 7 — 28

Dominio de Unx
Garnacha
Navarra — 7 — 28

Excellens Rosé
Tempranillo, Garnacha
Rioja — 29

Le bijou de Sophie
Cinsault, grenache, Caladoc, Syrah
Côtes de Provençe — 8 — 32

Cercle Rosat Macia Batle*
Manto negro / Cabernet
Mallorca — 39

red wines

Viña Alcorta Crianza
Tempranillo
Rioja — 7 — 26

Muac
Callet, Manto negro, cabernet
Mallorca — 7 — 28

Petit Pittacum
Mencia
Bierzo — 7 — 29

Comenge Biberus Roble
Tempranillo
Ribera del Duero — 30

Viña Pedrosa Cepa Gavilán
Tempranillo
Ribera del Duero — 35

Cercle Macia Batle Tinto*
Manto negro / Cabernet / Merlot
Mallorca — 39

Origen Resalte Crianza
Tempranillo
Ribera del Duero — 45

cava & champagne

Blau de Mar Brut
Macabeu, Xarello, Parellada
Cataluña — 7 — 28

Arts de Lluna Rosé
Garnacha
Requena — 8 — 40

Moët Chandon
Pinot Noir, Chardonnay, Pinot meunier
Francia — 95

Veuve Clicquot
Pinot Noir, Pinot meunier, Chardonnay
Francia — 120

*Cercle Mallorca's first circular wine: native grapes grown using compost made from organic waste generated in our hotels. Local flavour and sustainability in perfect balance.

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	

All our wines contain 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.
Gluten-free bread +1.5 per person

*€1 is allocated to '12 bajo par' for social purposes.

Prices in euros. VAT included