Na Capitana
de Lluc Sin Reclamo

WELCOME

Healthy
Cousine menu

Starters

Soup of the day – ask us about today's soup or cream
300 kcal per serving
1, 5, 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, 11, 13 — 15

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

Andalusian-style calamari fritters with homemade aioli
1006 kcal per serving
1, 3, 4, 5, 7, 8, 11, 12, 14 — 15

Crispy chicken wings with our duo of sauces
(spicy barbecue & tartar)
198 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€)
1084 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
1001 kcal per serving
1, 6, 7 — 17

Garlic and chili prawn casserole
1106 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
900 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)
653 kcal per serving
3, 1, 6, 5, 4, 7, 2, 8, 9, 11 — 15

Tuna sandwich salad served with French fries
390 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
1106 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
398 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
1075 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 Fobla mashed potatoes (30 min)
820 kcal per serving
1, 5, 8, 10, 11, 6 — 36

Our seasonal specials

Garlic Soup
1, 3, 4, 6, 8, 9, 12 — 10

Cream of Pea Soup with Crispy Onion
1, 5, 8, 11 — 10

Goat's Cheese Salad with Mustard Vinaigrette
1, 5, 7, 8, 10, 11, 12 — 15

Spaghetti Aglio e Olio with King Prawns
1, 5, 7, 8, 12, 14 — 20

Grilled Salmon on Rice with Dill Sauce
2, 4, 9, 12, 14 — 25

Garlic Lamb Chops with Homemade Potatoes and Padrón Peppers
1, 5, 6, 8, 10, 11, 12 — 27

Iberian Pork Tenderloin with Blue Cheese Sauce
1, 3, 5, 6, 7, 8, 11, 12, 13 — 27

Red Berry Tartlet
1, 3, 5, 6, 7, 8, 11 — 8

Vanilla Ice Cream with Pistachio Crumble and Chocolate-Hazelnut Sauce
5, 6, 7, 8, 11, 12 — 8

Traditional Baked Cheesecake
3, 7 — 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, garnacha, Cabaldoc, 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 *Mencía* 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
2 Crustaceans
3 Egg
4 Fish
5 Peanuts
6 Soy
7 Milk
8 Tree nuts
9 Celery
10 Mustard
11 Sesame
12 Sulphites
13 Lupins
14 Molluscs

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