LA SOLANA

BAR & RESTAURANT

STARTERS

(V) GAZPACHO	7,50
"MARINERA cantonal"	3.50
"EXPLORADORES" typical sweet and savory Cartagena-style pastry filled with Iberian pork, foie gras and mushrooms (4 pieces)	8.00
Homemade IBERIAN HAM CROQUETTES (3 pieces)	7.50
Homemade RED PRAWN CROQUETTES (3 pieces)	7.50
MEXICAN NACHOS with chili con carne, pico de gallo, cheese and guacamole.	10,00
OCTOPUS with cured fish Roe and extra virgin olive oil ice cream	19.00
(V) SAUTÉED SPINACH, PINE NUTS, SULTANAS & ONION	10,00

SALADS

SERRANO HAM & MELON	12.00
MIXED SALAD basic salad, tuna, egg, white asparagus, corn, olives and onion	13,00
CAESAR SALAD crispy chicken, roman lettuce, black olives, croutons, Parmesan cheese & caesar dressing	13,50
GOLF SALAD mixed leaves, cherry tomatoes, smoked salmon, avocado, red onion prawns & honey dressing	14,50
AVOCADO & PRAWNS	14,50
SALMON POKE* fresh salmon marinated in soy sauce & sesame oil, avocado, cucumber, red cabbage, wakame, radish, rice & fresh seasonal fruit *VEGAN OPTION WITH TOFU AVAILABLE	15.00

CREATE YOUR OWN SALAD!
WE GIVE YOU THE BASE AND YOU CHOOSE YOUR FAVORITE TOPPINGS

BASIC SALAD: lettuce, tomato and cucumber	6,00
ADD YOUR FAVOURITE TOPPINGS:	
smoked salmon	3,50
goats cheese or avocado or prawns or cherry tomatoes or iberian ham	3,00
ham or extra tomato or extra cucumber or tuna or onion or sweet corn or fresh seasonal fruit or caramelised onion or white asparagus	2,00
pistachio nuts or walnuts	2,00
sunflower seeds or croutons	1,00
french dressing, marie rose sauce or honey dressing	1,50

CHILDREN'S CORNER

SPAGHETTI BOLOGNESE	5,50
dishes below served with french fries:	
FRENCH OMELETTE	5,50
HOME MADE CHICKEN NUGGETS	7,00
HOME MADE FISH FINGERS	7,00
MINI BEEF BURGERS (2 units)	7,50
GRILLED CHICKEN BREAST	8,00

SIDE ORDERS

BREAD & BUTTER (basket 2 pax)		2,00
SMALL MIXED SALAD		7,50
FRENCH FRIES	half portion 3,00 / portion	5,50
ONION RINGS		7,00
FRENCH FRIES WITH CHEESE, BACON & CHEESE SAUCE		10,00

FISH

TURBOT in kaffir lime and lemongrass oil with wild green asparagus	23.00
GARLIC PRAWNS	15,50
FISH & CHIPS	15,50
DEEP FRIED CALAMARI WITH TARTARE SAUCE	18,00

MEAT

IBERIAN PORK "PRESA" wrapped in a veil of Iberian bacon	23.00
DUCK MAGRET with vanilla-infused tomato and orange syrup	21.00
PORK RIBS slow-cook glazed with BBQ sauce	14,50
GRILLED CHICKEN BREAST	13,50

VEGAN

NASI GORENG	14.00
PAD THAI	14.00

side dishes for meat
- french fries
- sautéed vegetables
- basmati rice

OMELETTES

FRENCH OMELETTE	8,00
TOPPINGS	
tuna or onion or mushroons or parsley or cheese or ham	2,00
prawns or avocado	3,00

Omelettes are served with french fries

PASTA / PIZZA

(V) SPAGHETTI VEGETARIAN	10,00
((V) SPAGHETTI AL PESTO	10,00
SPAGHETTI BOLOGNESE	12,00
SPAGHETTI CARBONARA	12,00
HOME MADE BEEF LASAGNA	14,00
(V) MARGHERITA cheese & tomato sauce	10,00
4 STAGIONI ham, cheese, mushrooms & black olives	13,50
PEPPERONI pepperoni, cheese & tomato sauce	13,50
(V) HUERTANA courgette, red pepper, green pepper, aubergine, mushrooms & onion	14,00
PIZZA TOPPINGS tuna or onion or mushroons or capers or black olives or egg	2,00

GLUTEN FREE PASTA/PIZZA AVAILABLE 1€ EXTRA

Meat paella 14.00/ Seafood paella 16.00 per person (minimum 2 people)
please order in advance

ALL DAY FULL ENGLISH BREAKFAST

If you have any allergies,
please speak to your waiter and check
our allergens menu