

MI MARE HITS OUR TOP

‘Bicicleta’

Crispy caramelised puff pastry base and creamy salad topped with fresh piparra peppers. Gluten-free and vegetarian option available **3.50€** # 0 8 3 3 3

‘Our marinera’

Crispy caramelised puff pastry base and creamy salad topped with Cantabrian anchovies. Gluten-free available **3.50€** # 0 8 3 3 3

‘Marinero’

Crispy caramelised puff pastry base and creamy salad topped with anchovies in vinegar. Gluten-free available **3.50€** # 0 8 3 3 3

‘Joselito’ acorn-fed ham croquette

Gluten-free available.
Half portion (4 pieces) **10€** |
Full portion (6 pieces) **14.50€** # 8 0

Sobrasada-sausage and chocolate croquette

Vegetarian option available
Half portion (4 pieces) **9€** |
Full portion (6 pieces) **13.50€** # 8 0 May contain traces of: 0

‘Our exploradores’

Gluten-free and vegetarian option available. Half portion (4 pieces) **10€** |
Full portion (6 pieces) **14.50€** # 8 0 3 3

Mediterranean Gilda with Ricardo Fuentes bluefin tuna

6.50€/piece 3 3

‘Campo de Cartagena’ flower with vegetable sobrasada-sausage and honey

Gluten-free and vegetarian option available **4€/piece** # 8 0 3

Crispy pancetta, miso and smoked sardine taco

Gluten-free and vegetarian option available **4.50€/piece** # 0 8 3 3 3

Salmorejo bomb topped with bluefin tuna

Vegetarian option available **2.80€/piece** # 0 8 3 3 3

Cartagena-style manzanilla olives

2€ 3

Toasted almonds from Fuente Álamo

2.50€ 0

Load of sourdough bread and extra virgin olive oil

Organic cornicabra variety from Ortégas **5.50€** #

Crunchy with organic linseed and sesame seeds

2.80€ # 0 3



FIRST STOP

A GOOD WAY TO START

Oh, my God! russian salad

Gluten-free and vegetarian option available

Half **5.50€** | Full portion **11€** 🌱 🍷 🥄 🍴 🍴 🍴

Patatas bravas (spicy potatoes)

Suitable for vegetarians **6.50€** 🌱 🍷 🥄 🍴 🍴 🍴 🍴

100% beef steak tartare, fried free-range egg and crispy croissant

Gluten-free available **18€** 🌱 🍷 🥄 🍴 🍴 🍴 🍴

Sweet potato omelette with organic eggs from the region, a delicate layer of chiquillo (a typical regional sausage), topped with crispy fried rashers of chiquillo

Vegetarian option available | Can be made without onion **12€** 🌱 🍷 🥄 🍴 🍴 🍴 🍴

Ricardo Fuentes bluefin tuna tartare and Calasparra rice sushi style

Slightly spicy. Vegetarian option available **24€** 🌱 🍷 🥄 🍴 🍴 🍴 🍴

Cheese board selected by Adrián de Marcos

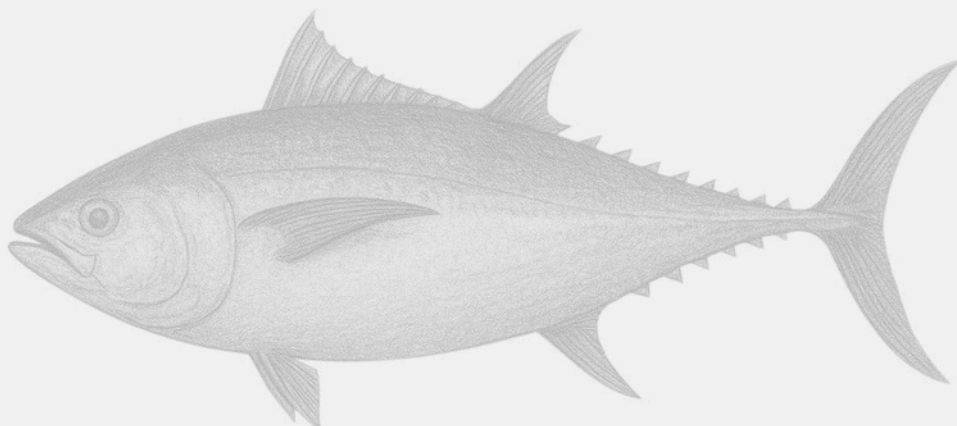
accompanied by quince jelly, grapes and toast **22€** 🌱 🍷 🥄 🍴 🍴

Grilled lettuce hearts Caesar salad with crispy chicken and Parmesan cheese

Gluten-free available **17.50€** 🌱 🍷 🥄 🍴 🍴 🍴 🍴 May contain traces of: 🌱

Seasonal tomato salad, basil emulsion and sheep's milk labneh ice cream powder

17.50€ 🌱 🍷 🥄 🍴



FROM ONE HARBOUR TO ANOTHER

CARTAGENA CONNECTION

CARTAGENA-MEXICO

Cartagena-style octopus taco

Corn tortilla, Cartagena-style octopus, roasted vegetables, chipotle chilli, Idiazabal cheese cloud **7.50€**    

CARTAGENA-JAPAN

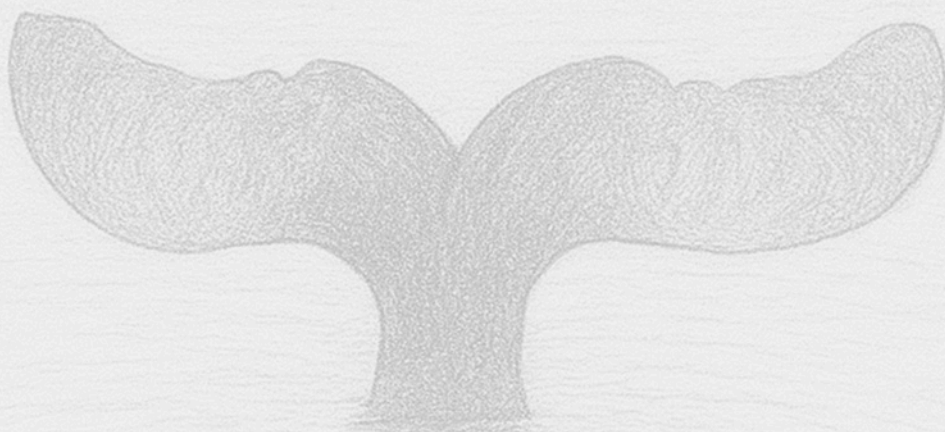
Ramen with a Cartagena soul

Michirones broth, pancetta, shiitake mushrooms, soft-boiled egg **18€**  

CARTAGENA-UNITED STATES OF AMERICA

Mediterranean lobster roll

A sandwich in the purest American style but with all the essence of Cartagena and our cuisine **10€**    



THE MAIN ADVENTURE

AN UNFORGETTABLE JOURNEY

**Monkfish from our bay with fried
garlic and candied potatoes**

35€ 🍷 🌱

**Beef sirloin, maraschino cherry sauce
and truffled cabbage**

32.50€ 🍷

Tandoori-style prawn muffin

Gluten-free available **17€** 🌱 🍷 🌱 🌱 🌱

'La Consentida de Mi Mare' beef burger

100% beef, cheddar cheese, gherkin,
secret sauce and chips **18€** 🌱 🍷 🌱 🌱 🌱 May contain traces of: 🍷 🌱

Gluten-free available

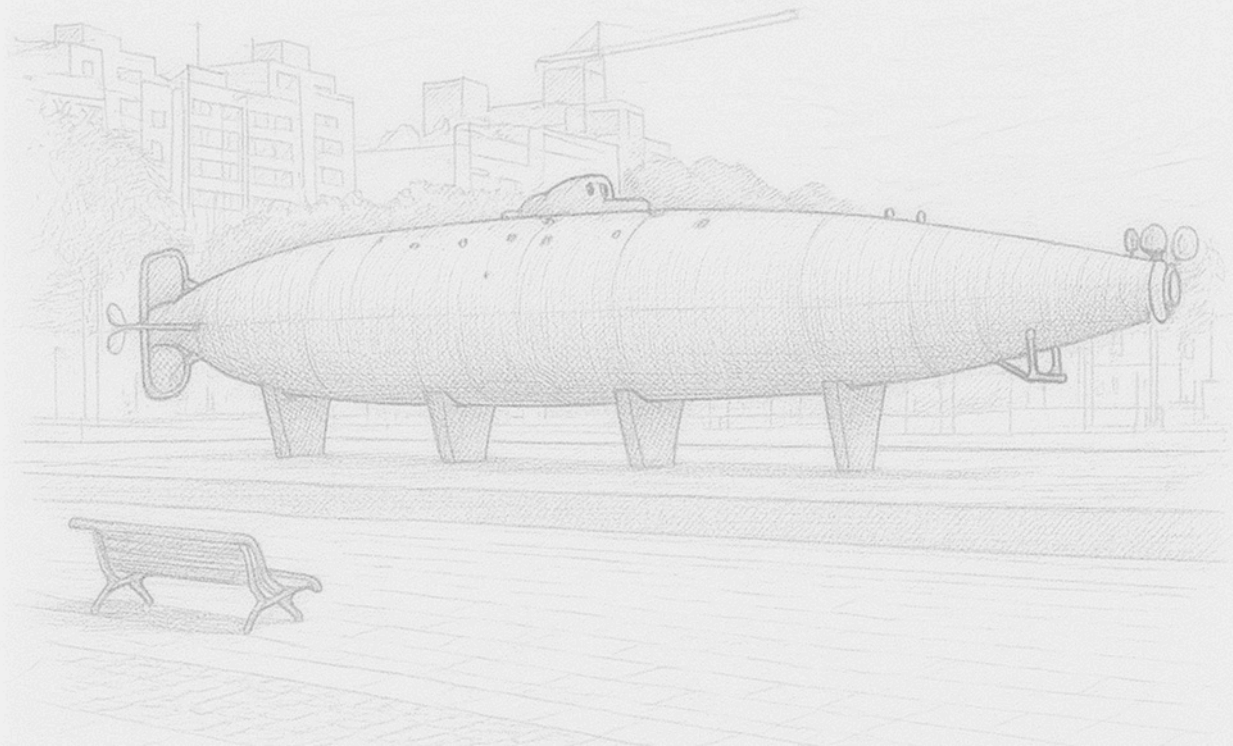
Brava sauce supplement for potatoes **+2€**

Vegetable burger and chips

Suitable for vegetarians. Gluten-free available **16€** 🌱 🍷 🌱 🌱

**Tandoori-style crispy vegan
chicken breast muffin**

Suitable for vegetarians. Gluten-free available **17€** 🌱 🍷 🌱 🌱



DRINKS MENU

A SIP OF PEACE

WATER

Mi Mare Water 2.20€

San Pellegrino 500 ml. 2.80€

REFRESCOS

Coca Cola 350 ml. 2.80€

Coca Cola Zero / Zero Zero 350 ml. 2.80€

Orange Fanta 350 ml. 2.80€

Lemon Fanta 350 ml. 2.80€

Aquarius 300 ml. 2.80€

Fuze Tea 300 ml. 2.80€

Bitter Kas 200 ml. 2.50€

Fever Tree Tonic Water 2€

KOMBUCHA

Kombucha brava Citric 250 ml. 3.90€

Kombucha brava Flowers 250 ml. 3.90€

Kombucha brava Ginger 250 ml. 3.90€

Kombucha brava Lemon 250 ml. 3.90€

100% artisanal, healthy
and low-sugar soft drink.
Premium kombucha made using
slow fermentation.

BEERS

Estrella de Levante

22 cl. **1.90€** 33 cl. **2.90€**

Wheat beer

22 cl. **2.30€** 33 cl. **3.50€**

Estrella de Levante 0,0

33 cl. **2.90€**

Estrella de Levante 0,0 Toasted

33 cl. **2.90€**

Estrella de Levante Verna (with lemon)

33 cl. **2.90€**

Voll-Damm

33 cl. **3.50€**

Complot IPA

33 cl. **3.80€**

Damm Daura Gluten-Free

33 cl. **3€**

Vermouth Viña Elena 3€

Summer Red Wine 3€



INFORMATION ON ALLERGENS

WE CARE ABOUT YOUR HEALTH

ALLERGENS

-  Gluten
-  Milk / Lactose
-  Egg
-  Mustard
-  Celery
-  Soy
-  Sesame
-  Lupin beans
-  Peanuts
-  Nuts / Nuts with shells
-  Crustaceans / Molluscs
-  Fish
-  Sulphites