

# 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 # # # # #

### 'Our marinera'

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

### 'Marinero'

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

### 'Joselito' acorn-fed ham croquette

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

### Sobrasada-sausage and chocolate croquette

Vegetarian option available  
Half portion (4 pieces) **9€** |  
Full portion (6 pieces) **13.50€** # # 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€** # # 0 # #

### Mediterranean Gilda with Ricardo Fuentes bluefin tuna

**6.50€/piece** # # # # #

### 'Campo de Cartagena' flower with vegetable sobrasada-sausage and honey

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

### Crispy pancetta, miso and smoked sardine taco

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

### Salmorejo bomb topped with bluefin tuna

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

### Cartagena-style manzanilla olives

**2€** #

### Toasted almonds from

Fuente Álamo **2.50€** 0

### Load of sourdough bread and extra virgin olive oil

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

### Crunchy with organic linseed and sesame seeds

**2.80€** # 0 #



# FIRST STOP

## A GOOD WAY TO START

### Oh, my God! russian salad

Gluten-free and vegetarian option available

Half **5.50€** | Full portion **11€** 🌾 🍷 🥚 🍌 🍌 🍌

### 100% beef steak tartare, fried egg

and crispy croissant Gluten-free available **18€** 🌾 🍷 🥚 🍌 🍌 🍌

### Sweet potato omelette with Padrón peppers

Vegetarian option available | Can be made without onion **12€** 🍷 🥚 🍌 🍌 🍌

### Ricardo Fuentes bluefin tuna tartare and Calasparra rice sushi style

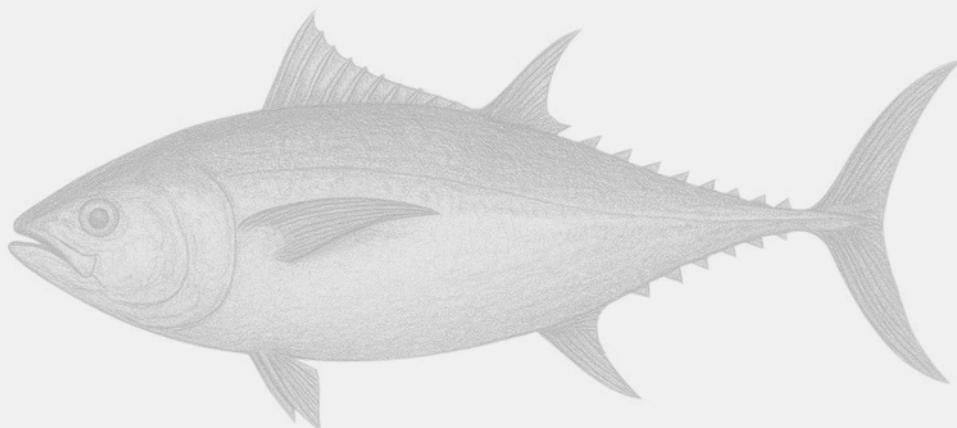
Slightly spicy. Vegetarian option available **24€** 🌾 🍷 🥚 🍌 🍌 🍌 🍌 🍌

### 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: 🌾



# 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

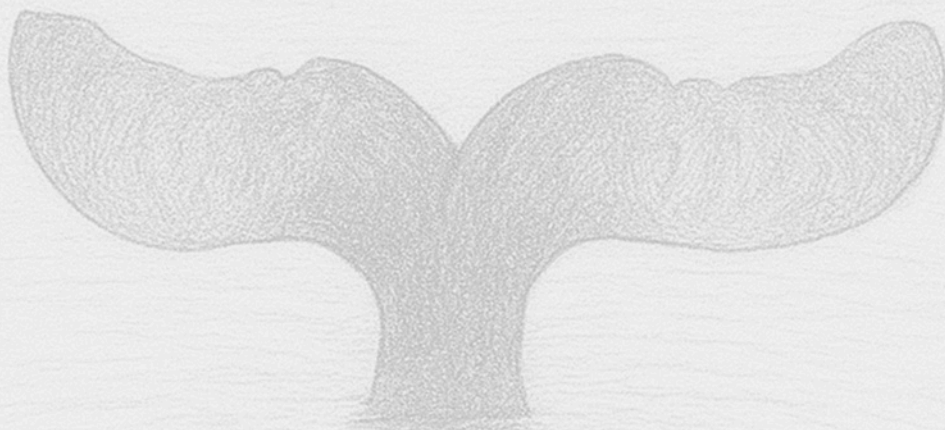
#### Ramen with a Cartagena soul

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

**Grilled beef sirloin, green pepper sauce,  
potatoes and roasted carrots from our organic garden**

**32.50€** 🍴 🍴 🍴 🍴

**Tandoori-style prawn muffin**

Gluten-free available **17€** 🍴 🍴 🍴 🍴 🍴

**'La Consentida de Mi Mare' aged beef burger**

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

Gluten-free available

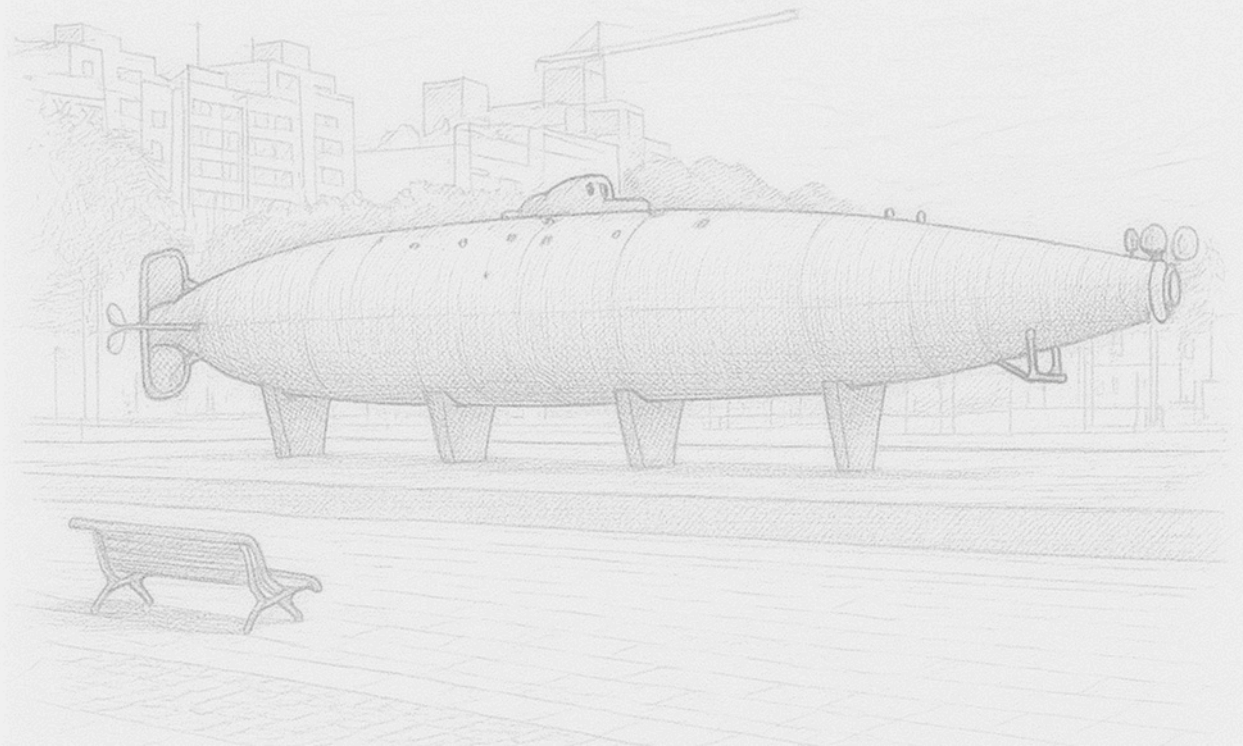
Brava sauce supplement for potatoes **+2€**

**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