



Fish and seafood

Served with vegetables and canarian potatoes

115 White fish fillet	9,50	134 Grilled sole	15,50
116 Breaded fish fillet	9,50	135 Sole "Meunière"	16,75
117 Grilled tuna	12,50	136 Sole "La Mar"	18,50
118 Tuna "Costa Torres"	13,95	Sole roll with onion, king prawns, mussels, clams, seafood sauce	
Tomato sauce, garlic, onions, peppers, chilli Hot!		137 Grilled king prawns	16,50
119 Grilled salmon	14,50	138 King prawns "La Mar"	17,95
120 Salmon "Béarnaise"	15,75	With lemon cream and mushrooms	
121 Salmon "Le Mar"	16,75	139 "Zarzuela"	21,00
King prawns, clams, champagne sauce		(Min. 2 pers./Price per person)	
122 Grilled squids	9,50	Scallops, white fish, prawns, king prawns, mussels, salmon, squids, tomato sauce, Provencal, authentic family recipe	
123 Grilled gold bream	17,00	140 "Mariscada"	35,00
124 Gold bream in salt crust	21,00	(Min.2 pers./Price per person)	
125 Grilled sea bass	17,00	Lobster, king prawns, prawns, mussels, clams and scallops	
126 Sea bass in salt crust	21,00	141 Lobster	40,00
127 Grilled cod	15,95		
128 "Marinera" cod	19,95		
King prawns, prawns, mussels, clams, onion, pepper, garlic and tomato sauce			
129 Mixed grilled fish and seafood	21,00		
Salmon, tuna, gold bream, squids, prawns, king prawns, mussels, scallop			
130 Grilled sardines	9,95		
131 Fried squids	9,50		
132 Grilled cuttlefish squid	14,50		
133 Grilled small squids	12,95		



Pizza

142 Margarita	7,95
Tomato, mozzarella	
143 Pepperoni	9,50
Tomato, mozzarella, pepperoni, chilli Hot!	
144 Hawaii	9,50
Tomato, mozzarella, ham, pineapple	
145 Vegetariana	8,95
Tomato, mozzarella, vegetables	
146 New York	9,50
Tomato, mozzarella, onions, bacon, egg	
147 Mexicana	9,50
Tomato, mozzarella, chicken, corn, pepperoni, chilli	
148 Quattro Formaggi	8,95
Tomato, 4 kinds of cheese	
149 Quattro Stagioni	10,50
Tomato, mozzarella, ham, mushrooms, mussels, prawns	
150 Americana	9,50
Tomato, mozzarella, salami, onions, peppers, anchovies, olives	
151 Calzone Clásica	8,95
Tomato, mozzarella, ham	

Pizza as you like it

You are the Chef!
Make your own pizza
starting from Margarita

152 Extra cheese	1,00
153 Pepperoni	1,00
154 Ham	1,00
155 Bacon	1,00
156 Salami	1,00
157 Chicken BBQ	1,00
158 Bolognese sauce	1,00
159 Mushrooms	1,00
160 Corn	1,00
161 Peppers	1,00
162 Pineapple	1,00
163 Prawns	1,00
164 Tuna	1,00
165 Mussels	1,00
166 Squids	1,00
167 Anchovies	1,00
168 Garlic & onions	1,00



Bread

01 Bread	1,20	Chips	3,50
02 Garlic bread	1,35	Spanish crazy potatoes	5,50
03 Garlic bread with tomato	2,25	with cheese and ham	
04 Garlic bread with tomato & cheese	2,75	Chips	4,00
05 Garlic bread with Serrano ham	2,95	with cheese	
06 Bruschetta	4,50	Bravas potatoes	4,95
Serrano ham, goat cheese, garlic, tomato			
07 Focaccia with tomato	5,95		
08 Focaccia with tomato, Serrano ham & rocket salad	6,95		

Soups

09 Chicken and noodle soup	4,55
10 Vegetable soup	4,25
11 Cream of tomato soup	4,25
12 Onion soup	4,35
13 Seafood soup	5,75



Starters

20 Melon	5,95	35 Mussels "La Mar"	8,50
21 Melon with ham	7,95	Onion, white wine, cream, dill	
22 Prawns cocktail	8,25	36 "Arrabiata" mussels	8,95
23 Avocado with prawns	10,50	Garlic, fresh tomato, bacon, basil, cherry tomato, white wine, spicy tomato sauce	
24 Fried Camembert	8,50	37 "Marinera" mussels	8,95
25 Fried squids	8,50	Garlic, white wine, tomato, chilli	
26 Fried small squids	8,50	38 "Frutti di Mare Pica/Pica"	9,95
27 Garlic prawns	8,25	Garlic, squid, prawns, clams, mussels, fresh tomato, cherry tomato, white wine, spicy tomato sauce	
28 Garlic mushrooms	6,50	39 Prawns "Chef"	8,50
29 Prawns and garlic mushrooms	8,50	Garlic, cherry tomatoes, white wine, basil, tomato sauce	
30 Curry Prawns	8,95	40 Steamed mussels	8,95
31 Fillet steak Carpaccio	9,95	Garlic, white wine	
32 Grilled octopus	13,95		
33 Galician octopus	13,95		
34 Octopus in vinaigrette	13,95		



Salads

14 Mixed salad	6,95
Lettuce, tomato, onion, corn, carrot, cucumber, olives	
15 Caprese salad	7,25
Tomato, mozzarella, basil	
16 Tuna salad	7,50
Lettuce, tomato, onion, corn, carrot, cucumber, tuna	
17 Tropical salad	7,95
Lettuce, cherry tomato, pineapple, kiwi, orange, melon, apple	
18 Chicken Caesar salad	8,50
Lettuce, cherry tomato, fresh cheese, toasted bread, chicken, parmesan and Caesar sauce	
19 Salad of the house	9,50
Lettuce, tomato, onion, avocado, chicken, prawns, tuna, pink sauce	



Pastas

SPAGHETTI

- 41 Spaghetti "Bolognese" 8,50
Onion, carrot, ground beef, tomato sauce
- 42 Spaghetti "Napolitana" 7,00
Cherry tomato, fresh tomato, basil, tomato sauce
- 43 Spaghetti "Carbonara" 9,50
Bacon, onion, white wine, pepper, nutmeg, parmesan, cream
- 44 Spaghetti "Vongole" 9,50
Garlic, clams, cherry tomato, white wine, parsley
- 45 Spaghetti "Venecia" 9,50
Garlic, prawns, chicken, mushrooms, chilli, parsley, brandy
- 46 Spaghetti "Pesto" 9,50
Onion, prawns, squid, pesto, cream
- 47 Spaghetti "Ajillo" 12,50
Garlic, prawns, king prawns, parsley, chili
- 48 Spaghetti "Frutti di Mare" 13,50
Garlic, king prawns, prawns, mussels, squids, fresh tomatoes, tomato sauce

PENNE

- 55 Penne "Arrabiata" 8,50
Garlic, fresh tomato, cherry tomato, basil, bacon white wine, chili, tomato sauce
- 56 Penne "Curry" 9,50
Onion, pepper, pineapple, chicken, Curry
- 57 Penne "Pepper Steak" 10,50
Onion, strips of fillet steak, brandy, pepper sauce
- 58 Penne "Tonno" 8,50
Onion, tuna, fresh tomato, cherry tomato and tomato sauce
- 59 Penne "Cazadora" 8,95
Onion, garlic, chicken, basil, white wine, cherry tomatoes, tomat
- 60 Penne 4 Cheeses 9,50

PAELLAS

Price per person

- 66 Mixed paella 16,00
Prawns, mussels, clams, chicken, fish, squids, meat and vegetables
- 67 Fish and seafood paella 15,50
King prawns, prawns, mussels, clams, fish, squids and vegetables
- 68 Vegetable paella 13,00
With fresh vegetables
- 69 Canarian paella 14,50
Chicken, vegetables



FETTUCCINE

- 49 Fettuccine "Mama Mia" 9,50
Garlic, chicken, prawns, dill, tomato sauce, brandy, cream
- 50 Fettuccine "Diablo" 9,50
Garlic, chicken, mushrooms, fresh tomato, tomato cherry, basil, wine, chili, tomato sauce
- 51 Fettuccine "Salmon" 9,50
Onion, fresh salmon, brandy, tomato sauce, cream
- 52 Fettuccine "La Mar" 10,50
Garlic, mushrooms, strips of fillet steak, rosemary, red wine, cream
- 53 Fettuccine "Paradiso" 9,50
Garlic, mushrooms, prawns, white wine, cream
- 54 Fettuccine "Vegetariana" 8,50
Garlic, onion, mushrooms, fresh vegetable, basil, fresh tomatoes, rocket salad

TORTELLINI

- 61 Tortellini "Chef" 11,50
Garlic, chicken, prawns, fresh tomato, cherry tomato, basil, tomato sauce
- 62 Tortellini "Napolitana" 8,50
Fresh tomato, cherry tomato, basil, tomato sauce
- 63 Tortellini "Diablo" 9,50
Garlic, chicken, mushrooms, fresh tomato, cherry tomato, basil, white wine, spicy tomato sauce
- 64 Tortellini 4 Cheeses 9,50
- 65 Classic Lasagna 7,95

RISOTTOS

- 70 Seafood risotto 13,50
Garlic, prawns, mussels, clams, fish, king prawns and tomato sauce
- 71 Risotto "Vongole" 11,50
Onion, prawns, mushrooms, cream
- 72 Risotto Salmon 11,50
Onion, prawns, salmon, dill, brandy, tomato sauce, cream
- 73 Risotto "Carne Fiesta" 12,50
Garlic, pork fillet, fillet steak, chicken, tomato sauce
- 74 Risotto "Vegetal" 11,50
Fresh vegetables
- 75 Risotto "Apollo" 11,50
Chicken and mushrooms

Chicken

Served with chips and salad

- 76 1/2 Roast chicken 8,95
- 77 Grilled chicken breast 8,95
- 78 Chicken breast "Tropical" 10,95
Sliced chicken breast with Curry sauce
- 79 Chicken breast "Mexicana" 10,95
Strips of chicken breast with onion, garlic, peppers, white wine, hot chilli
- 80 Chicken breast "Romana" 10,95
With ham and cheese gratin with spinach cream
- 81 Chicken breast "La Mar" 10,95
Strips of chicken breast with peppers, onion, garlic and white wine
- 82 Chicken breast "Sicilia" 10,95
Strips of chicken breast with peppers, onion, mushrooms and tomato sauce
- 83 Breaded chicken escalope 10,50
- 84 Garlic chicken 10,50



Beef



Served with chips and salad

- 85 Grilled sirloin steak 13,95
- 86 Grilled fillet steak 18,95
- 87 Stroganoff 19,95
Onion, peppers, garlic, pickles, mushrooms, cream and mustard
- 88 Filet Mignon "Black & White" 21,50
Bearnaise sauce and Port wine sauce
- 89 Fillet steak "Sangre de Toro" 21,50
Onion, garlic, mushrooms, red wine sauce, bacon
- 90 Fillet steak "Gipsy" 21,50
Onion, garlic, mushrooms, red wine sauce, tomato sauce and peppers

Our sauces

- 91 Mushroom 1,50
- 92 3 Peppers 1,50
- 93 Roquefort 1,50
- 94 Béarnaise 1,50
- 95 Mexican 1,50
Garlic, onions, peppers, tomato sauce, chili Hot!
- 96 Curry 1,50
- 97 BBQ 1,50
- 98 Port wine 1,50
- 99 Sangre de toro 1,95
- 100 Jack Daniel's 1,95
- 101 Alioli 1,50



Other meat dishes

Served with chips and salad

- 102 Grilled pork fillet 11,50
- 103 Pork fillet "Sangre de toro" 13,95
Onion, garlic, mushrooms, sauce, red wine, bacon
- 104 Pork fillet "La Mar" 13,95
Sautéed onion, rosemary, red wine, mushrooms
- 105 Grilled pork chop 9,95
- 106 Spare ribs with BBQ sauce 9,95
- 107 Grilled lamb chop 15,95
- 108 Duck in orange sauce 16,95
- 109 Chicken skewer 10,75
- 110 Mixed skewer 13,25
- 111 "Tres Reyes" 15,95
Chicken, pork and beef with three sauces
- 112 Mixed grilled meat p.p. 18,50
Pork chop, chicken, veal, bacon, lamb chops
- 113 Roasted leg of lamb 21,50
- 114 T-Bone 22,95