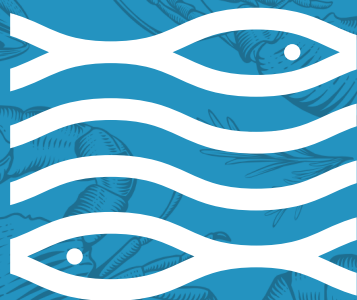




*La Mar Salada*

RESTAURANTE



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RESTAURANTE

|                                                |       |
|------------------------------------------------|-------|
| Brød                                           | 1.50€ |
| Hvitløksbrød                                   | 2.50€ |
| Hvitløksbrød med ost                           | 3.00€ |
| Ciabatta-lignende brød med tomat og olivenolje | 3.00€ |
| Brød med alioli                                | 2.50€ |
| Brød med smør                                  | 2.00€ |

## KALDE FORRETTER

|                                            |        |
|--------------------------------------------|--------|
| Marinerte oliven                           | 4.50€  |
| Ostebrett med ost fra Kanariøyene          | 14.50€ |
| Avokado med reker                          | 13.50€ |
| Rekecocktail                               | 12.50€ |
| Tynnskåret rått oksekjøtt                  | 15.50€ |
| Tynnskåret rå blekksprut                   | 15.50€ |
| Tynnskåret rå laks                         | 16.00€ |
| Tynnskåret rå, rød tunfisk                 | 16.00€ |
| Ceviche av tunfisk eller laks              | 14.50€ |
| Ansjos fra Santoña (6 Ud.)                 | 18.00€ |
| Tartarbiff                                 | 20.00€ |
| Laksetartar                                | 16.50€ |
| Tartar av rød tunfisk                      | 16.50€ |
| Ibericoskinke fra gris foret på eikenøtter | 22.50€ |

## VARME FORRETTER

|                                                             |        |
|-------------------------------------------------------------|--------|
| Frityrstekte skinkeboller                                   | 8.50€  |
| Frityrstekte torskeboller                                   | 8.50€  |
| Stekt ost med vår spesielle marmelade                       | 10.50€ |
| Stekt Padrón-paprika                                        | 8.50€  |
| Saltkokte kanaripoteter med kanari "mojo" saus              | 5.00€  |
| Blanchert maispuré med rødløk                               | 4.50€  |
| Reker i hvitløk                                             | 12.50€ |
| Blekksprut (akkar)                                          | 10.00€ |
| Fritert blekksprut                                          | 11.00€ |
| Fritert småblekksprut                                       | 11.00€ |
| Fritert ansjos                                              | 8.50€  |
| Grillstekt blekksprut med kanari "mojo" saus                | 14.50€ |
| Fritert blekksprut med kanari "mojo" saus                   | 18.00€ |
| Galisisk blekksprut med poteter, røkt paprika og olivenolje | 17.00€ |



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## SALAT

|                                                                                                                              |               |
|------------------------------------------------------------------------------------------------------------------------------|---------------|
| <b>«La Mar Salada»-salat:</b> salat, tomat, agurk, rødløk, avokado, asparges, egg og tunfisk med honning- og sennepsdressing | <b>12.00€</b> |
| <b>Norsk salat:</b> salat, cherrytomat, avokado og laks med vår spesialdressing                                              | <b>12.50€</b> |
| <b>Cæsarsalat:</b> salat, kylling, parmesanost, krutonger og cæsardressing                                                   | <b>11.50€</b> |
| <b>Blandet salat:</b> salat, tomat, løk, tunfisk og agurk                                                                    | <b>8.00€</b>  |
| <b>Skalldyrssalat:</b> reker, blåskjell, akkar og blekksprut                                                                 | <b>14.50€</b> |
| <b>Capresesalat:</b> tomat, mozzarella og basilikum                                                                          | <b>9.50€</b>  |
| <b>Tomatsalat:</b> tomat, avokado, tunfisk og løk                                                                            | <b>8.50€</b>  |

## SUPPE

|                           |               |
|---------------------------|---------------|
| <b>Skalldyrssuppe</b>     | <b>12.00€</b> |
| <b>Gratinert løksuppe</b> | <b>7.00€</b>  |
| <b>Tomatsuppe</b>         | <b>6.00€</b>  |

## RIS OG PAELLA (30 minutters ventetid)

|                                                                                        |               |
|----------------------------------------------------------------------------------------|---------------|
| <b>«La Mar Saladas» spesialris</b> (hummer, sjøkreps og scampi)<br>minimum to personer | <b>S.M.</b>   |
| <b>Ris med kraft og kongereker</b>                                                     | <b>S.M.</b>   |
| <b>Kremet ris med sopp og trøfler</b>                                                  | <b>18.50€</b> |
| <b>Sort ris med breiflabb, akkar og reker</b>                                          | <b>19.90€</b> |
| <b>Fisk- og skalldyrpaella</b>                                                         | <b>18.50€</b> |
| <b>Blandet paella</b> (kjøtt, fisk og skalldyr)                                        | <b>17.50€</b> |
| <b>Grønnsakspaella</b> (sesongens grønnsaker)                                          | <b>16.00€</b> |

## PASTAS

|                                      |               |
|--------------------------------------|---------------|
| <b>Linguini «Frutos del Mar»</b>     | <b>18.00€</b> |
| <b>Spaghetti con almejas frescas</b> | <b>17.50€</b> |
| <b>Ravioli rellenos de Salmón</b>    | <b>17.50€</b> |
| <b>Paccheri con Bogavante</b>        | <b>21.00€</b> |



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RESTAURANTE

## FISK

|                                                                                                                                                   |               |
|---------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| <b>Grillet scampi</b> (6 stk.)                                                                                                                    | <b>23.00€</b> |
| <b>«La Mar Saladas» scampi</b> (grillet med vår spesialsaus)                                                                                      | <b>24.00€</b> |
| <b>Grillet akkar</b>                                                                                                                              | <b>17.50€</b> |
| <b>Frityrstekte akkarringer</b>                                                                                                                   | <b>15.50€</b> |
| <b>Grillet tunge</b> (flyndrefisk)                                                                                                                | <b>19.90€</b> |
| <b>Frityrstekt tunge</b>                                                                                                                          | <b>21.00€</b> |
| <b>Posjert tunge i mornaysaus</b>                                                                                                                 | <b>22.50€</b> |
| <b>Grillet laks</b>                                                                                                                               | <b>20.00€</b> |
| <b>Grillet tunfisk</b>                                                                                                                            | <b>19.00€</b> |
| <b>Ovnsbakt pargo «Sama»</b>                                                                                                                      | <b>22.50€</b> |
| <b>Grillet lysing</b>                                                                                                                             | <b>16.50€</b> |
| <b>Lysing</b> (tomatsaus, paprika og løk)                                                                                                         | <b>18.00€</b> |
| <b>Dorade</b> (grillet eller åpnet som en sommerfugl)                                                                                             | <b>19.50€</b> |
| <b>Havabbor</b> (grillet eller åpnet som en sommerfugl)                                                                                           | <b>19.50€</b> |
| <b>Havabbor i saltskorpe</b>                                                                                                                      | <b>25.00€</b> |
| <b>Havabbor a la «La Mar Salada»</b><br>(ovnsbakt med skalldyr: hjerteskjell, blåskjell og reker)                                                 | <b>22.00€</b> |
| <b>Grilltallerken med fisk</b>                                                                                                                    | <b>20.00€</b> |
| <b>Fritert fisk</b>                                                                                                                               | <b>17.50€</b> |
| <b>Dagens fangst, fisket på kysten av Kanariøyene.</b>                                                                                            | <b>s/m</b>    |
| <b>*Spør kelneren om dagens fangst</b>                                                                                                            |               |
| Alle rettene kommer med valgfritt tilbehør: Pommes frites, saltkokte kanaripoteter, Folio-poteter, salat, ovnsbakt paprika, ris eller grønnsaker. |               |
| <b>Ekstra tilbehør</b>                                                                                                                            | <b>3.00€</b>  |

## SKALLDYR (utvalg)

|                                                  |                          |
|--------------------------------------------------|--------------------------|
| <b>Grillet hummer</b>                            | <b>(100 gr) x 10.00€</b> |
| <b>Grillet sjøkreps</b>                          | <b>s/m</b>               |
| <b>etter tilgjengelighet Kamskjell</b> (1 stk.)  | <b>7.00€</b>             |
| <b>Grillede knivskjell</b> (12 stk.)             | <b>24.00€</b>            |
| <b>Østers</b> (1 stk.)                           | <b>5.50€</b>             |
| <b>Hjerteskjell i hvitvin</b>                    | <b>18.00€</b>            |
| <b>Hjerteskjellgryte</b>                         | <b>18.00€</b>            |
| <b>Blåskjell</b> (dampet eller med urter og vin) | <b>14.00€</b>            |



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## KJØTTRETTER

**Grillet biff** 22.50€

**Grillet biff med saus**

(pepper, sjampinjong, bearnés eller roquefort) 23.50€

**Grillet entrecôte** 16.50€

**Grillet entrecôte med saus** (pepper, sjampinjong, bearnés eller roquefort) 17.50€

**Chateaubriand** (fire sauser: pepper, sjampinjong, bearnés eller roquefort) **Minimum 2 personer** p.p 23.00€

**Angus indrefilet (300 g)** 22.50€

**Spansk biff** (vellagret) etter vekt. kg / 60.00€

**Biff Stroganoff (med ris)** 22.00€

**Ovnsbakt lammeskank** 22.00€

**Grillede lammekoteletter (pattelam)** 23.00€

**Grillede svinekoteletter** 17.90€

**Halv grillet kylling med pommes frites** 11.50€

Alle rettene serveres med valgfritt tilbehør:

Pommes frites, saltkokte kanaripoteter, Folio-poteter, salat, grillet paprika, ris eller grønnsaker.

**Ekstra tilbehør** 3.00€

## BARNEMENY

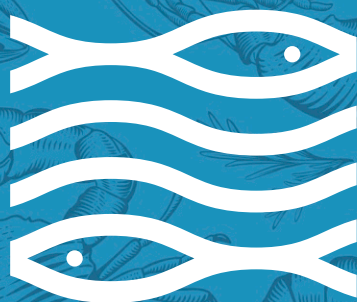
**Panert kylling og pommes frites Pizza Margarita** 7.50€

**Spagetti i tomatsaus** 7.50€

**Panert fiskefilet og pommes frites** 7.50€

**Inkluderer drikke (jus, vann eller brus)** 8.50€





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**Pasta & Pizza**



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## Spaghetti & Macaroni

|                                                                           |               |
|---------------------------------------------------------------------------|---------------|
| <b>1 Arrabbiata</b> (Tomato, garlic, and chili sauce)                     | <b>9.90€</b>  |
| <b>2 Spaghetti</b> (Extra virgin olive oil, garlic, chilies, and parsley) | <b>9.90€</b>  |
| <b>3 Napolitana</b> (Tomato sauce)                                        | <b>9.90€</b>  |
| <b>4 Puttanesca</b> (Tomato sauce, olives, capers, anchovies, and garlic) | <b>11.90€</b> |
| <b>5 Carbonara</b> (Cream, egg, bacon and black pepper)                   | <b>11.90€</b> |
| <b>6 Bolognese</b> (Meat with tomato sauce)                               | <b>11.00€</b> |
| <b>7 Vegetarian</b> (Assorted vegetables)                                 | <b>12.00€</b> |
| <b>8 Amatriciana</b> (Onion, bacon, and tomato sauce)                     | <b>11.90€</b> |
| <b>9 4 Formaggi</b> (Assorted cheeses)                                    | <b>11.90€</b> |

## Special Pasta

|                                                                         |               |
|-------------------------------------------------------------------------|---------------|
| <b>10 Tagliatelle al Pesto</b> (basil sauce)                            | <b>13.00€</b> |
| <b>11 Tagliatelle Norwegian</b> (salmon and cream)                      | <b>14.90€</b> |
| <b>12 Tagliatelle Mare e Monti</b> (with mushrooms, shrimp, and garlic) | <b>14.90€</b> |
| <b>13 Tagliatelle Bombay</b> (cream, zucchini, shrimp and curry)        | <b>14.90€</b> |
| <b>14 Tagliatelle Boscaiola</b> (mushrooms and truffle cream)           | <b>13.90€</b> |
| <b>15 Gnocchi Sorrentina</b> (tomato sauce, mozzarella, and basil)      | <b>13.90€</b> |
| <b>16 Gnocchi Gorgonzola</b> (Gorgonzola cheese)                        | <b>13.90€</b> |
| <b>17 Tortellini di Carne</b> (cream and ham)                           | <b>12.90€</b> |
| <b>18 Bolognese Lasagna</b>                                             | <b>11.90€</b> |
| <b>19 Cannelloni</b> (Cheese and spinach)                               | <b>12.90€</b> |
| <b>20 Ravioli stuffed with salmon and cream</b>                         | <b>17.50€</b> |
| <b>21 Linguini "With Seafood"</b> (Tomato sauce and assorted seafood)   | <b>18.00€</b> |
| <b>22 Linguini</b> con almejas frescas                                  | <b>17.50€</b> |
| <b>23 Paccheri</b> with fresh lobster                                   | <b>27.00€</b> |





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## Pizzas

|                                                                                         |        |
|-----------------------------------------------------------------------------------------|--------|
| <b>24 Focaccia</b> (white with oil, rosemary and garlic)                                | 6.00€  |
| <b>25 Focaccia</b> (with fresh tomato and basil sauce)                                  | 6.50€  |
| <b>26 Margherita</b> (Tomato sauce, mozzarella and basil)                               | 7.50€  |
| <b>27 Napolitana</b> (Tomato sauce, mozzarella and anchovies)                           | 10.00€ |
| <b>28 Prosciutto</b> (Tomato sauce, mozzarella and ham)                                 | 9.50€  |
| <b>29 Tuna and onion</b> (Tomato sauce, mozzarella tuna and onion)                      | 10.50€ |
| <b>30 Pizza Funghi</b> (Tomato sauce, mozzarella and Mushrooms)                         | 10.00€ |
| <b>31 Capricciosa</b> (Tomato sauce, mozzarella ham and mushrooms)                      | 11.90€ |
| <b>32 4 Stagioni</b> (Tomato sauce, mozzarella, ham, mushrooms, artichokes and olives)  | 10.90€ |
| <b>33 Diavola</b> (Tomato sauce, mozzarella and spicy salami)                           | 9.50€  |
| <b>34 4 cheeses</b> (Tomato sauce, mozzarella and four cheeses)                         | 11.90€ |
| <b>35 La mar salada</b> (Parma ham, arugula, Parmesan and cherry tomatoes)              | 11.90€ |
| <b>36 Pio Pio</b> (Tomato sauce, mozzarella, tuna, shrimp, and corn)                    | 11.90€ |
| <b>37 Arguineguín</b> (Tomato sauce, mozzarella tuna, shrimp, ham and onion)            | 11.90€ |
| <b>38 Bufalina</b> (Buffalo mozzarella and cherry tomatoes)                             | 11.50€ |
| <b>39 Marinera</b> (Tomato sauce, mozzarella, tuna, mussels, shrimp, and squid)         | 12.90€ |
| <b>40 Gamberetti</b> (Tomato sauce, mozzarella and shrimp)                              | 11.90€ |
| <b>41 Siciliana</b> (Tomato sauce, mozzarella, olives and capers)                       | 9.90€  |
| <b>42 Vegetarian</b> (Tomato sauce, mozzarella and assortment vegetables)               | 10.90€ |
| <b>43 Milano</b> (Tomato sauce, mozzarella and salami)                                  | 9.90€  |
| <b>44 Norwegian</b> (Mozzarella, salmon, cream, and onion) (without tomato)             | 12.90€ |
| <b>45 Bolognese</b> (Bolognese sauce)                                                   | 11.90€ |
| <b>46 Carbonara</b> (cream, mozzarella, bacon and egg) (without tomato)                 | 10.90€ |
| <b>47 Mare e Monti</b> (Tomato sauce, mozzarella, mushrooms and shrimp)                 | 12.90€ |
| <b>48 Tirolesa</b> (Tomato sauce, mozzarella, bacon and Gorgonzola cheese)              | 11.00€ |
| <b>49 Gorgonzola</b> (Cream and gorgonzola cheese) (without tomato)                     | 10.50€ |
| <b>50 Caprese</b> (natural tomato, mozzarella and basil)                                | 10.50€ |
| <b>51 Hawaiian</b> (Tomato sauce, mozzarella pineapple and ham)                         | 11.00€ |
| <b>52 Calabrese</b> (Tomato sauce, mozzarella, anchovies, capers, olives, spicy salami) | 11.90€ |
| <b>53 Calzone</b> (Tomato sauce, mozzarella, ham, salami, and mushrooms)                | 11.90€ |

### EXTRA INGREDIENTS

Tuna, ham €2.00, Mozzarella €2.50, Shrimp €2.50, Buffalo mozzarella €3.50





## La Mar Salada

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### REFRESCOS / SOFTDRINK

|                           |        |
|---------------------------|--------|
| Agua sin gas              | 1.80 € |
| Agua con gas              | 2.20 € |
| Coca Cola                 | 2.50 € |
| Coca Cola Light           | 2.50 € |
| Coca Cola Zero            | 2.50 € |
| Fanta Naranja             | 2.50 € |
| Fanta Limón               | 2.50 € |
| Sprite                    | 2.50 € |
| Clipper fresa             | 2.50 € |
| Soda                      | 2.50 € |
| Tónica                    | 2.50 € |
| Nestea limón / mango piña | 2.50 € |
| Aquarius limón            | 3.10 € |
| Appletiser                | 3.00 € |
| Biter kas                 | 2.50 € |
| Red Bull                  | 3.50 € |

### CERVEZAS / BEER

|                          |        |
|--------------------------|--------|
| Tropical 0.20L           | 2.50 € |
| Tropical 0.40L           | 4.00 € |
| Tropical botella         | 2.50 € |
| Tropical Limón           | 2.50 € |
| Dorada Especial          | 3.00 € |
| Dorada Tostada 0/0       | 3.00 € |
| Dorada sin Alcohol       | 2.50 € |
| Estrella Galicia Botella | 3.00 € |
| Estrella Galicia 1906    | 3.00 € |
| Corona                   | 3.00 € |
| ErdingerHefe             | 4.00 € |

### ZUMOS / JUICE

|                      |        |
|----------------------|--------|
| Zumo natural Naranja | 3.50 € |
| Zumo Melocotón       | 2.50 € |
| Zumo de Manzana      | 2.50 € |

### COFFEE

|                       |        |
|-----------------------|--------|
| Espresso              | 1.50 € |
| Espresso doble        | 2.50 € |
| Café cortado          | 1.50 € |
| Descafeinado máquina  | 1.50 € |
| Descafeinado sobre    | 2.00 € |
| Leche y Leche (largo) | 2.50 € |
| Leche y Leche (corto) | 2.00 € |
| Café alemán           | 1.75 € |
| Café con Leche        | 2.00 € |
| Carajillo             | 2.50 € |
| Cappuccino Italiano   | 2.50 € |
| Cappuccino con Nata   | 2.75 € |
| Vaso de Leche         | 1.50 € |
| Café Americano        | 1.75 € |
| Café bombón           | 2.00 € |
| Barraquito            | 3.50 € |
| Café con Helado       | 4.00 € |

### COFFEE DRINKS

|                           |        |
|---------------------------|--------|
| Irish coffee              | 6.50 € |
| Bayleys Coffee            | 6.50 € |
| Calipso Coffee            | 6.50 € |
| Francesse Coffee (Brandy) | 6.50 € |

### INFUSIONES

|             |        |
|-------------|--------|
| Té          | 1.75 € |
| Té Verde    | 1.75 € |
| Manzanilla  | 1.75 € |
| Menta Poleo | 1.75 € |

### RON / RUM

|                      |        |
|----------------------|--------|
| Bacardi              | 6.00 € |
| Arehucas blanco/ oro | 5.00 € |
| Havana Club 7 años   | 9.00 € |
| Havana club 5 años   | 8.00 € |
| Havana Club 3 años   | 7.00 € |
| Ron Cacique          | 8.50 € |
| Ron Santa Teresa     | 9.00 € |

### COGNAC / BRANDY

|                    |         |
|--------------------|---------|
| Veterano           | 4.00 €  |
| Magno              | 5.00 €  |
| 103                | 5.00 €  |
| Carlos III         | 5.00 €  |
| Carlos I           | 9.00 €  |
| Hennessy           | 10.00 € |
| Remy Martin        | 9.00 €  |
| Gran Duque de Alba | 9.00 €  |
| Cardenal Mendoza   | 12.00 € |

### GINEBRAS

|                  |        |
|------------------|--------|
| Gordon           | 6.50 € |
| Beefeater        | 6.50 € |
| Larios           | 6.50 € |
| Bombay           | 7.00 € |
| Bulldog          | 7.00 € |
| Brockmans        | 7.00 € |
| Puerto de Indias | 7.00 € |
| Hendrick's       | 7.00 € |

### VODKAS

|             |        |
|-------------|--------|
| Smirnoff    | 8.00 € |
| Absolut     | 6.00 € |
| Moskovskaya | 6.00 € |

### WHISKIES

|                    |         |
|--------------------|---------|
| J & B              | 6.00 €  |
| 100 Pipers         | 6.00 €  |
| Ballantines        | 6.00 €  |
| Jack Daniels       | 7.00 €  |
| John Haig          | 7.00 €  |
| Jonny Walker Rojo  | 9.00 €  |
| Jonny Walker Negro | 10.00 € |
| Cardhu             | 10.00 € |
| Buchan`s de luxe   | 13.00 € |

### APERITIVOS/APERITIVE DRINKS

|                      |        |
|----------------------|--------|
| Martini Blanco/ Rojo | 6.00 € |
| Martini Dry          | 6.00 € |
| Campari              | 6.00 € |
| Cynar                | 6.00 € |
| Aperol               | 6.00 € |

### DIGESTIVOS

|               |        |
|---------------|--------|
| Averna        | 7.50 € |
| Ramazzotti    | 7.50 € |
| Fernet Branca | 7.50 € |
| Grappa        | 7.50 € |
| Jägermeister  | 7.50 € |
| Orujo Gallego | 7.50 € |

### LICORES

|                     |        |
|---------------------|--------|
| Amaretto di Saronno | 7.50 € |
| Licor 43            | 6.50 € |
| Bayleys             | 6.50 € |
| Licor Banana        | 6.50 € |
| Limoncello          | 6.50 € |
| Ron miel            | 6.50 € |
| Sambuca             | 6.50 € |
| Tía María           | 6.50 € |
| Frangelico          | 6.50 € |
| Chupito             | 3.00 € |

### SANGRÍA

|                      |                  |
|----------------------|------------------|
| Sangría de Vino      | 1 Litro 16.50 €  |
| Sangría de Vino      | 1/2 Litro 8,50 € |
| Sangría de Vino      | Copa 6.50 €      |
| Sangría de Champagne | 1 Litro 18.50 €  |
| Sangría de Champagne | 1/2 Litro 9,50 € |
| Sangría de Champagne | Copa 7.50 €      |



