

STARTERS - APERITIFS

| | | |
|----|--|--------------|
| 1 | COLD CUTS | 11.00€ |
| 2 | "RUSSIAN SALAD" / MARINERAS | 6.00€/2.50€ |
| 3 | FRESH ANCHOVIES IN VINEGAR..... | 12.50€ |
| 4 | SMOKED SARDINE, TOMATO AND RED PEPPER | 3.70€ |
| 5 | GRILLED FRESH CHEESE | 9.00€ |
| 6 | GRILLED PRAWNS | 26.00€ |
| 7 | PRAWNS WITH GARLIC | 12.50€ |
| 8 | RAW BAKED OCTOPUS (check availability) | s/m |
| 9 | CLAMS SEA WITH GARLIC | 15.00€ |
| 10 | "ANDALUZA" SQUIDS..... | 12.50€ |
| 11 | GRILLED SQUID | 18.00€ |
| 12 | GRILLED CUTTLEFISH | 13.00€ |
| 13 | FRIED BABY SQUID: "CHOPITOS" | 12.00€ |
| 14 | SPICY HOT POTATOES..... | 6.50€ |
| 15 | CROQUETTES (minimum four food rations)..... | 1.30€/unidad |

SALADS

| | | |
|----|--|--------|
| 16 | MIXTA: LETTUCE, TOMATO, ONION, OLIVES, TUNA, PEPPERS, HARD BOILED EGG, CUCUMBER | 10.00€ |
| 17 | MURCIANA: CANNED TOMATO, HARD BOILED EGG, ONION, TUNA, OLIVES | 10.00€ |
| 18 | ESPECIAL: LETTUCE, TOMATO, PEACH, HARD BOILED EGG, CARROT, MAIZE, PALM HEART, TUNA, ASPARAGUS, SALMON | 13.50€ |
| 19 | AHUMADOS: TOMATO, ONION SMOKED FISH CAPERS, | 12.50€ |
| 20 | "TUNAS VENTRESCA" SALAD WHIT FRESH CHEESE, RED PEPPER AND CAPERS | 12.00€ |

MEATS

| | | |
|----|---|--------|
| 21 | GRILLED LAMB..... | 16.00€ |
| 22 | GRILLED PORK SIRLOIN | 13.50€ |
| 23 | ENTRECOTE: VEAL FILLET STEAK 300/330 Grs | 18.50€ |
| 24 | GRILLED VEAL SIRLOIN..... | 19.00€ |
| 25 | VEAL STEAK 1Kg (chuletón) | 33.50€ |
| 26 | SAUCE: PEPPER / ROQUEFORT / WINE AND CURRANT..... | 3.00€ |
| | ALI-OLI..... | 1.80€ |

FISHES

| | | |
|----|----------------------------|--------|
| 27 | GRILLED SEA BASS..... | 17.50€ |
| 28 | GRILLED SEA BREAM..... | 17.50€ |
| 29 | GRILLED HAKE | 14.00€ |
| 30 | "A LA VASCA" HAKE..... | 18.50€ |
| 31 | MENIERE SOLE | 15.00€ |
| 32 | GRILLED SALMON | 18.50€ |
| 33 | GRILLED SARDINES..... | s/m |
| 34 | FRIED FRESH ANCHOVIES..... | s/m |
| 35 | FRIED FISH..... | 20.00€ |

RICES (Minimum two food rations)

| | | |
|----|--|---------------|
| 36 | MIXED "PAELLA" | 12.50€/ración |
| 37 | GREENS VEGETABLES PAELLA | 13.00€/ración |
| 38 | SEAFOOD PAELLA | 14.00€/ración |
| 39 | RICE "A BANDA" PRAWNS AND SQUIDS | 13.50€/ración |
| 40 | PAELLA "CALDERO of Mar Menor". TYPICAL RICE | 13.00€/ración |
| | Fish of Caldero (optional)..... | +2.00€/ración |
| 41 | RABBIT AND SNAILS PAELLA (custom-made product) | 14.00€/ración |
| 42 | RICE AND LOBSTER (custom-made product) | s/m |

VARIOUS DISHES

| | | |
|----|--|--------|
| 43 | GAZPACHO: VEGETABLE COLD SOUP..... | 6.00€ |
| 44 | TUNA OMELETTE WITH SALAD | 12.00€ |
| 45 | FRIED EGGS AND POTATOES..... | 8.50€ |
| 46 | HUERTANO: GRILLED PORK SAUSAGE, FRIED EGG WITH POTATOES..... | 13.00€ |
| 47 | GRILLED CHICKEN, FRIED EGG, AND POTATOES..... | 11.00€ |
| 48 | FRIED SQUIDS, FRIED EGG AND POTATOES | 11.00€ |
| 49 | PORK LOIN, FRIED EGG AND POTATOES | 11.00€ |
| 50 | MACARONI, TUNA, TOMATO SAUCE AND CHESSE | 8.50€ |

PIZZAS

| | | |
|----|---|--------|
| 51 | MARGARITA: TOMATO, CHEESE, HAM | 10.00€ |
| 52 | VEGETAL: TOMATO, CHEESE, ONION, MUSHROOM, PEPPERS, ASPARAGUS, CAPERS | 11.50€ |
| 53 | MARINERA: TOMATO, CHEESE, ONION, TUNA, PRAWNS, ANCHOVIES | 11.50€ |
| 54 | CUATRO ESTACIONES: TOMATO, CHEESE, HAM, TUNA, MUSHROOM CHAMPIÑON..... | 11.50€ |
| 55 | ROQUEFORT: TOMATO, CHEESE, ROQUEFORT, HAM | 11.50€ |
| 56 | TROPICAL: TOMATO, CHEESE, HAM, PINEAPPLE | 10.00€ |
| 57 | CARNAVAL: TOMATO, CHEESE, MINCED MEAT, BACON..... | 11.50€ |

TOASTS / SANDWICHES / HAMBURGUERS

| | | |
|----|---|--------|
| 58 | SOBRASADA TOAST WITH HONEY AND WALNUTS | 6.00€ |
| 59 | BANANA TOAST ROQUEFORT | 6.00€ |
| 60 | SALMON AND FRESH CHEESE TOAST | 11.00€ |
| 61 | MIXED SANDWICH..... | 5.00€ |
| 62 | "PEPITO": PORK LOIN | 7.50€ |
| 63 | FRESH CLASSIC ANGUS HAMBURGUER WITH CHEESE, LETTUCE, TOMATO | 10.50€ |
| 64 | FRESH ANGUS HAMBURGUER WITH GOAT CHEESE, BACON AND MARMALADE OF TOMATO | 12.50€ |
| 65 | FRESH ANGUS HAMBURGUER WITH BACON, ROQUEFORT AND CAMELIZED ONION | 12.50€ |

DESSERTS


| | | |
|----|--|---------------------------------|
| 66 | CREAM CARAMEL..... | 5.00€ |
| 67 | CUSTARD | 4.00€ |
| 68 | RICE PUDDING..... | 4.50€ |
| 69 | ASIÁTICO ICECREAM | 3.70€ |
| 70 | CHEESE CAKE | 4.00€ |
| 71 | CHOCOLATE CAKE..... | 4.00€ |
| 72 | HOUSE DESSERT | 5.00€ |
| 73 | MELON / WATERMELON..... | 3.00€ |
| 74 | LEMON SORBET WITH CAVA..... | according to the ice cream menu |
| 75 | ICE CREAM GLASSES/SPECIAL COFFEE AND ICE CREAM | ask the ice cream menu |

ASK FOR THE WINE LIST.

TAXES INCLUDED

BREAKFASTS FROM 9 a.m.


Dear customer: For information regarding the presence of a food allergen on the menu, ask our staff.





El Ancla
Restaurant & Ice Cream

PASEO MARÍTIMO
ALDEAS DE TARAY CLUB
LA MANGA DEL MAR MENOR

www.restaurantelancla.es
reservas/bookings: +34 630392939



 @elanclamanga  Restaurante El Ancla

WINE LIST
RED WINE

D.O. JUMILLA

LA PRIMERA. De autor. Monastrell, Cabernet Sauvignon, Syrah ...18.00€
ALCEÑO 12 MESES. Monastrell19.00€

DE LA TIERRA – CAMPO DE CARTAGENA

DARIMUS. Cabernet Sauvignon – Merlot15.00€

D.O. BULLAS

TRAVESURA. Shiraz. Producción Artesanal12.00€

D.O. RIOJA

ÓBALO. Crianza. Tempranillo20.00€
LUIS CAÑAS. Crianza. Tempranillo, Garnacha21.00€
DOMINIO DE EGUREN. Joven.....12.00€
RAMÓN BILBAO. Crianza.....18.00€

D.O. RIBERA DEL DUERO

FINCA RESALSO. Tempranillo. Emilio Moro.....19.00€
EL LAGAR DE ISILLA. Crianza24.00€

ROSÉ

D.O. JUMILLA

ALCEÑO. Monastrell12.00€

D.O. BULLAS

CARRASCALEJO12.00€

WHITE WINE

D.O. JUMILLA

RIBERA DEL SEGURA. Macabeo12.00€
ALCEÑO. Sauvignon17.00€

DE LA TIERRA – CAMPO DE CARTAGENA

VIÑA GALTEA. Macabeo10.00€

D.O. RIOJA

EL COTO. Chardonnay. Semidulce12.00€

D.O. RUEDA

LA ÚLTIMA. Vino de autor. Verdejo12.00€
JOSÉ PARIENTE. Verdejo.....20.00€
ORO DE CASTILLA. Verdejo15.00€
RAMÓN BILBAO. Verdejo16.00€

D.O. RIAS BAIXAS

NORA. Albariño20.00€
MAR DE FRADES. Albariño28.00€

D.O. CAVA

CAVA TRENCADIS BRUT NATURE.....21.00€

ESPUMOSO DE CARTAGENA

GALTEA – BRUT NATURE15.00€

SIDRAS

SIDRA “EL GAITERO”9.00€

TAXES INCLUDED.
BREAKFAST FROM 9AM.

Dear customer: for information regarding the presence of a food allergen on the menú, ask our staff.

