



THE **BOW**  
FOOD & DRINK XPERIENCE



## SALADS

### CAESAR 14€

Mix of seasonal lettuce, crunchy chicken, cherry tomato, crunchy onion, croutons and our caesar salad sauce.



### ELBA SUNSET 14€

Tender shoots of lettuce, boiled egg, carrot, onion, tomato, white asparagus, Sweetcorn, olives and tuna fish.



### GOATS CHEESE 15€



Tender shoots of lettuce, goats cheese, tomato, onion, cucumber and dried nuts with a honey and mustard vinaigrette.



### BURRATA 16€



Burrata salad with a tomato tartar, avocado and a basil infused romesco sauce.



## SANDWICHES

Served with french fries

### MIXED 12€

The cooked ham and cheese classic three stories sandwich.



### CLUB 15€

Chicken, bacon, tomato and lettuce, cheese, mayonnaise and a fried egg.



### VEGETABLE 12€



Lettuce, tomato, cucumber, onion, avocado and mayonnaise.



### WRAP 14€

Bread wrap, chicken, avocado, lettuce and fresh coriander.



## BURGERS

Served with french fries

### ELBA SUNSET 16€

200 gr of beef, cheddar cheese, bacon and fried egg with tomato and lettuce.



### FRENCH 16€

200 gr of beef, goats cheese, mushrooms and caramelized onion with tomato & lechuga.



### ITALIAN 16€

200 gr of beef, mozzarella cheese, parmesan, rocket and tomato with a basil mayonnaise.



### MEXICAN 16€

200 gr of veal, tender sprouts, tomatoes, guacamole, jalapeño, onions and Cheddar.



### VEGAN 16€



150 gr of Seitan meat, Zucchini, Onion, Tofu, Piquillo Pepper, Mushroom, Tomato.



## PIZZA

### PROSCIUTTO 14€

The cooked ham and cheese classic.



### BOCCHERINI 15€



Mozzarella cheese, roasted vegetables, tomato and fresh basil.



### QUATTRO FORMAGGI 15€



Mozzarella, pecorino, gorgonzola and provolone cheese.



### BURRATA FOCACCIA 16€



Burrata, arugula, red onion, cherry tomato and rosemary oil.



### PEPPERONI 16€

Tomato sauce, parmesan cheese & salami.



### MARGARITA 13€



Tomato sauce and mozzarella cheese.



## PASTAS & WOKS

### BOLOGNESE 14€

Spaguetthi, Penne, Tagliatelle.



### CARBONARA 14€

Spaguetthi, Penne, Tagliatelle.



### SEPIA NOODLES 18€

Black cuttlefish noodles with prawns and seafood sauce.



### BOLOGNESE LASAGNA 15€



### CHICKEN WOK 18€

Chicken, vegetables & noodles with an oyster sauce.



### VEGETABLE WOK 16€



Vegetables & noodles with an soy sauce.



### BREAD SERVICE 2€

## \* RICE AND PAELLA

### SHELLFISH 22€



### VEGETABLE 18€

### MIXED (Seafood and chicken) 20€



\* Minimum 2 people. Price per person

## TO STAR OR TO SHARE

### SALMOREJO 10€

Traditional salmorejo tomato cream with Iberian ham shavings and grated egg.



### SQUID 16€

Fried andaluz style squid.



### CROQUETTES

Iberian Ham croquettes (6 units) 10€

Shrimps & seafood (6 units) 11€

Boletus (6 units) 11€ 



### KING PRAWN TEMPURA 16€

With Kimuchi sauce.



### CHICKEN WINGS 14€

Baked in Jospoer oven with BBQ sauce.



### PAN AMB OLI 14€

Bread with ham and Mahon cheese.



### PRAWNS IN A GARLIC SAUCE 16€



### GRILLED VEGETABLES 14€

Seasonal grilled vegetables grilled in our Jospoer charcoal oven with a romesco sauce.



### NACHOS WITH GUACAMOLE & CHEESE 13€



### SALMON AND AVOCADO TOAST 14€

Sliced tomato, lettuce, avocado cream, white asparagus and salmon.



## FISH

### SALMON 21€

Salmon grilled with roasted vegetables and a sun dried tomato and basil vinaigrette.



### OCTOPUS 23€

Octopus grilled in our Jospoer charcoal oven with paprika infused potatoes.



### TURBOT 22€

Turbot fillet grilled with green asparagus.



### SEA BREAM 18€

Sea bream loin on season vegetables, orchard potatoes and light sweet garlic sauce.



## MEATS

### CHICKEN 19€

Chicken breast marinated with chimichurri grilled in Jospoer oven with guacamole and nachos.



### PORK RIBS 20€

Slow roasted pork ribs with corn on the cob our special home made sauce.



### ENTRECOT 23€

Beef entrecot grilled in our Jospoer charcoal oven with piquillo peppers and homemade French fries.

### LAMB 22€

Lamb cutlets grilled in our Jospoer charcoal oven with with piquillo peppers and homemade French fries.

### BRAISED BEEF CHEEKS 21€

Red wine braised beef cheeks with a tetilla cheese infused mashed potato.



## DESSERTS

### PINEAPPLE CARPACCIO WITH PISTACHIO ICE-CREAM 7€



### CHEESECAKE 8€



### HOT APPLE TATIN WITH VANILLA ICE CREAM 9€



### CHOCOLATE COOLANT 9€



### RICE PUDDING 7€

Lactose - free milk.

### FRUIT PLATE 9€

### ICE CREAM SUNDAE 7€



### BREAD SERVICE 2€



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ELBA SUNSET MALLORCA  
THALASSO SPA HOTEL

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