

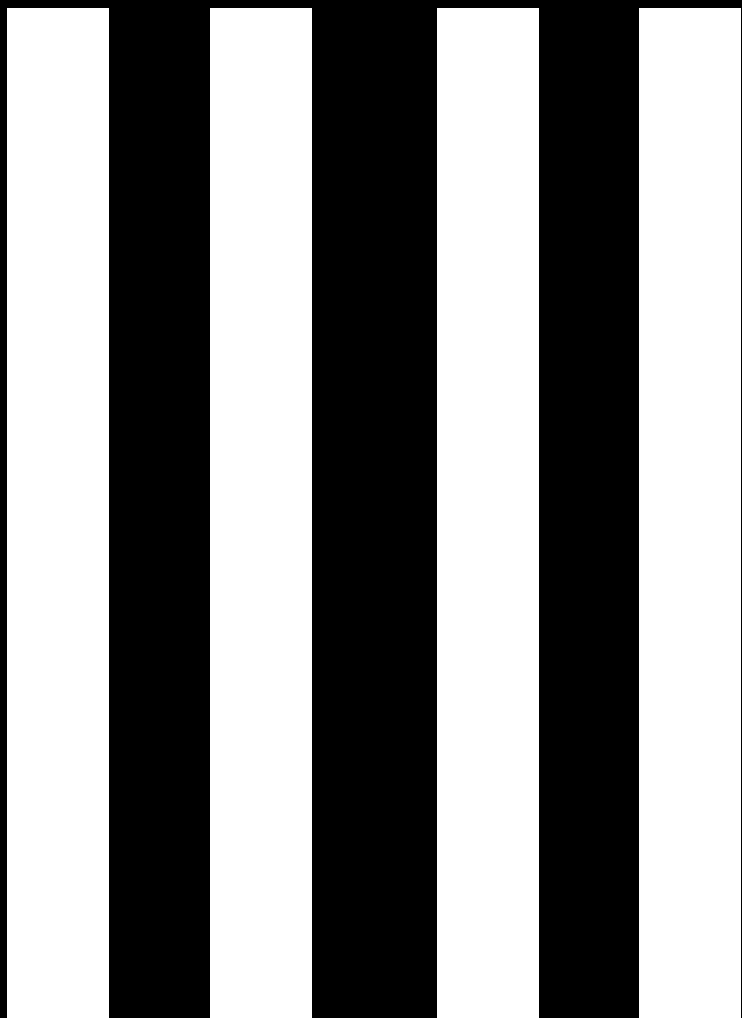
CARTA DE HAMACAS



SOLARIUM MENU

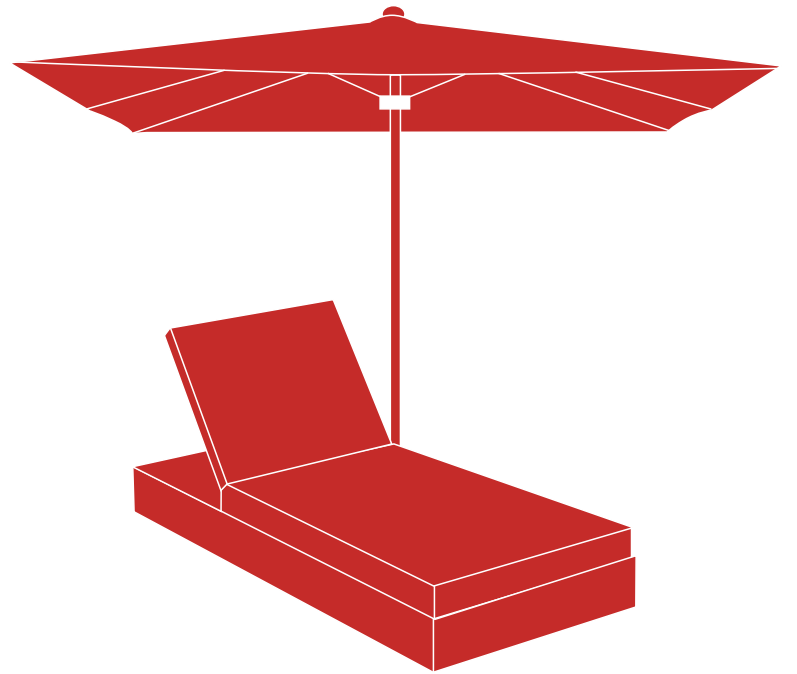
SPEISEKARTE SOLARIUM

SOLARIUM MENY





CARTA DE HAMACAS



SUPLEMENTOS

Servicio de Pan 1,00€

Ingredientes extra 0,50€

IGIC incluido en todos los precios de esta carta

* Pregunte por nuestros platos sin gluten

* Pida nuestros helados sin gluten y sin azúcar

BIENVENIDOS

Aperitivos

Papas chips

2,50€

Aceitunas maceradas con ajo y pimiento

2,50€

Selección de croquetas artesanas 10 uds

9,50€

Ración de jamón ibérico de bellota

18,50€

Nachos con guacamole, crema agria, jalapeños, queso cheddar fundido, salsa de tomate picante y pico de gallo

9,90€

Tabla de quesos con embutidos ibéricos

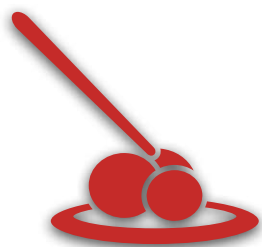
16,50€

Sashimi de salmón fresco, marinado en jengibre, soja y sake con semillas de sésamo tostadas

14,20€

Quesadilla con guacamole, queso, pico de gallo y nachos

8,50€



Sandwiches

Sándwich club

Pollo, lechuga, tomate, beicon, huevo frito y alioli

7,90€

Sándwich mixto

Jamón y queso

7,90€

Roll de salmón

Salmón ahumado, crema agria, salsa de berros y rúcula

8,70€

Roll de atún

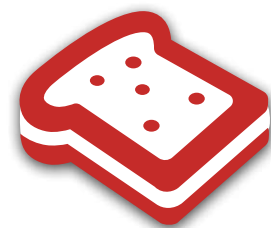
Lechuga, alioli del Piquillo, huevo, zanahoria rallada, atún y espárrago blanco

7,10€

Roll de pollo

Pollo braseado, calabacín plancha, queso emmental, cebolla morada, rúcula y mostaza dulce

8€



Pizzas

Pizza Margarita

Tomate, queso y orégano

8,50€

Pizza Hawaii

Tomate, queso,
orégano, jamón y piña

9,80€

Pizza Especial

Tomate, queso, orégano,
jamón, champiñones y salami

9,80€

Pizza Prosciutto

Tomate, queso, orégano,
jamón y champiñones

9,80€



Hamburguesas

Hamburguesa de Pollo

Pollo empanado, escarola,
tomate y salsa del chef
(En pan de semillas)

8,50€

Hamburguesa Maroña

Ternera, cerdo, escarola, tomate,
cebolla frita, beicon, queso
cheddar y salsa Maroña

9,80€

Hamburguesa de cordero

Cordero, cebolla caramelizada,
rúcula, mahonesa de tahini
y queso cheddar blanco

9,80€

Hamburguesa Gourmet

Ternera, cerdo, escarola, cebolla
caramelizada, foie, manzana asada
y mascarpone

9,80€



Para los "Peques"

Croquetas de jamón
8 unids.

6,50€

Filete de merluza empanada

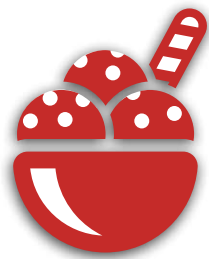
6,50€

Hamburguesa Baby

6,50€

Muggets de pollo

7€



Postres y Helados

Ensalada de frutas de temporada
Macerada en zumo y licor de naranja

7,50€

Yogur
con gelatina de fresa y miel de palma

6,50€

Banana Maroa
con helado, fresas y crujiente de trigo

7€

Semifrio Maroa 6,50€

Tarta Maroa 4,50€

Copas de helados sabores 6€
Straciatella - Vainilla - Chocolate
Turrón - Piña - Arándanos - Pistacho -
Dulce de leche - Brownie - Menta Chips,
Ron con Pasas - Yogur - Fresa

Sorbete de mojito
Con gelatina de hierbabuena

6,50€

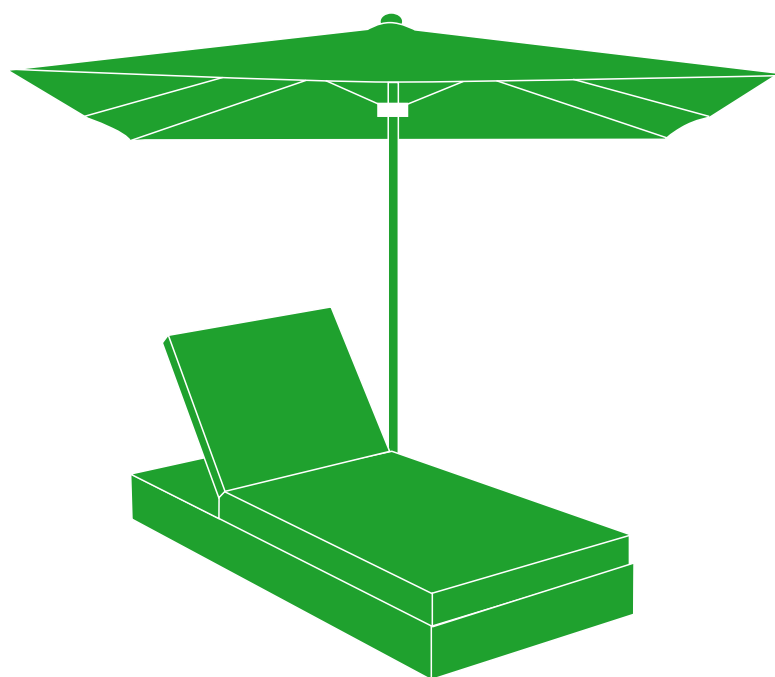
Sorbetes Sabores 6€
Sandía - Limón - Frambuesa

Helados sin gluten
Trufo Plus Almendrado 3€
Kriatur Ices 2,50€

Helados sin azúcar
Cono 3 chocolates 3€



SOLARIUM MENU



EXTRAS

Additional bread 1,00€

Additional ingredients 0,50€

VAT included

*Please don't hesitate to ask about our gluten-free dishes

* We have gluten and sugar-free ice-creams

WELCOME

Appetizers

Chips
2,50€

Green Olives marinated
with Peppers and Garlic
2,50€

Selection of home-made croquettes
10 pieces
9,50€

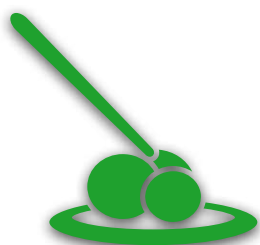
Iberian Acorn-Serrano Ham
18,50€

Nachos with guacamole, sour cream,
jalapeños, melted cheddar cheese,
spicy tomato sauce + Pico de gallo
(Mexican chopped salad)
9,90€

Cheese Platter
with Iberico Charcuterie
16,50€

Fresh salmon sashimi
Marinated in soy sauce, sake & ginger
with toasted sesame seeds
14,20€

Quesadilla garnished with guacamole,
cheese, pico de gallo (Mexican chopped
salad) and served with nachos
8,50€



Sandwiches

Club Sandwich
With chicken, lettuce,
tomato, bacon, fried egg and aioli
7,99€

Ham and Cheese Sandwich
7,90€

Smoked Salmon Roll
Smoked salmon with
watercress-creme and lemon juice
8,70€

Vegetable Roll with Tuna
Lettuce, piquillo pepper
ali-oli, egg, grated carrot,
tuna and white asparagus
7,10€

Chicken Roll
Roast chicken, grilled
courgette, rocket, emmental cheese,
red onion and sweet mustard
8€



Pizzas

Margherita pizza

Tomato, cheese and oregano

8,50€

Hawaiian pizza

Tomato, cheese, oregano,
ham and pineapple

9,80€

Special pizza

Tomato, cheese, oregano,
ham, mushrooms and salami

9,80€

Prosciutto ham pizza

Tomato, cheese, oregano,
ham and mushrooms

9,80€



Burgers

Chicken Burger

Breaded chicken, iceberg lettuce,
tomato and Chef's sauce (in seed bread)

8,50€

Maroa Hamburger

Beef, pork, iceberg lettuce,
tomato, fried onion, bacon,
cheddar and Maroa sauce

9,80€

Lamb Burger

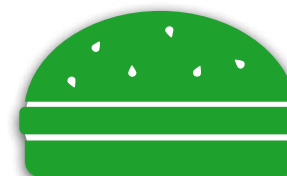
Lamb, caramelized onion, rocket
lettuce, tahini mayonnaise
and white cheddar cheese

9,80€

Gourmet Hamburger

Veal, pork, iceberg lettuce,
caramelized onion, foie gras,
roasted apple, mascarpone cheese

9,80€



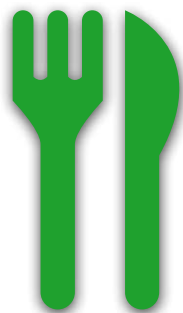
For the Children

Ham croquettes
8 pieces
6,50€

Breaded hake fillet
6,50€

Baby Burger
6,50€

Chicken nuggets
7€



Desserts and Ice Cream

Seasonal fruit salad
macerated in orange juice and orange liquor
7,50€

Yoghurt
with strawberry gelatine and palm honey
6,50€

Banana Maroa with banana, ice-cream,
strawberries and crunchy wheat
7€

Maroa homemade dessert
6,50€

Maroa homemade cakes
4,50€

Ice cream cups, assorted flavours
Straciatella - Vanilla - Chocolate - Nougat
Pineapple - Blueberries - Pistachio
Brownie - Mint Chips
Dulce de Leche (milk toffee) - Yoghurt
Rou with raisins - Strawberry
6€

Mojito sorbet with peppermint gelatine
6,50€

Sorbets assorted flavours 6€
Watermelon - Lemon - Raspberry

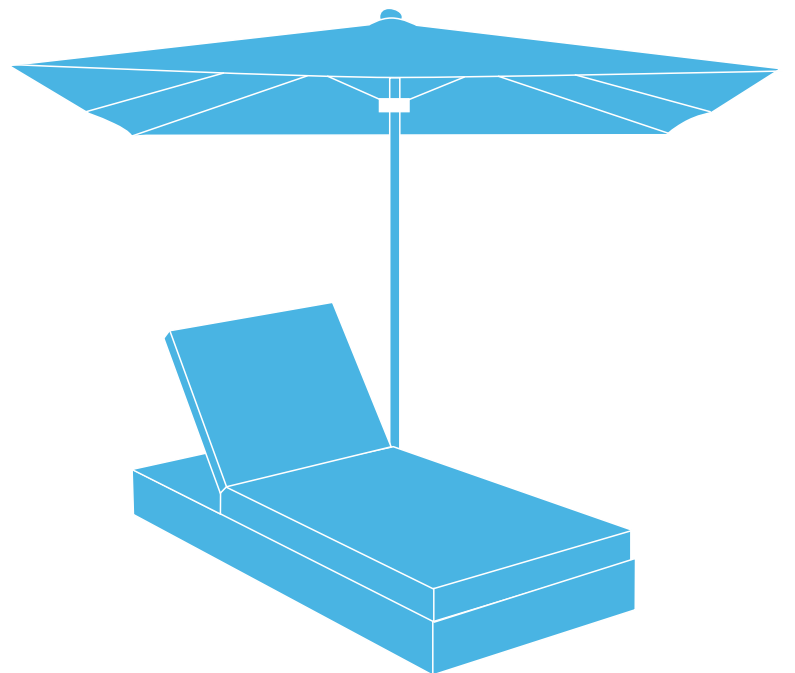
Gluten free ice-creams
Trufo Plus Almendrado (Almond-Mandel) 3€
Kriatur Ices 2,50€

Sugar free ice-creams
Three chocolate ice cream cone 3€



SPEISEKARTE SOLARIUM

WILLKOMMEN



EXTRAS

Brot 1,00€

optionale Zutaten 0,50€

Einschließlich IGIC

*Fragen Sie nach unseren glutenfreien Gerichten

*Bestellen Sie unsere Eissorten ohne Gluten und ohne Zucker.

Appetithappen

Kartoffel Chips

2,50€

Grüne Oliven eingelegt
in Paprika und Knoblauch

2,50€

Auswahl hausgemachter Kroketten
10 Stück

9,50€

Portion iberischer Eichelschinken

18,50€

Nachos mit Guacamole serviert zu
Sauerrahm, jalapeños, geschmolzener
Cheddar-Käse, pikanter Tomatensauce
und frischer Salsa

Käseplatte mit
iberischen Wurstsorten

16,50€

Sashimi aus frischem Lachs
mariniert in Sojasauce, Sake und Ingwer
Mit gerösteten Sesam

14,20€

Quesadilla mit Guacamole, Käse,
frischer Salsa und Nachos

8,50€



Sandwiches

Club Sandwich

Huhn, Kopfsalat, Tomate,
Bacon, Spiegelei und aioli

7,99€

Sandwich mit Schinken und Käse

7,90€

Lachs-Rolle

Geräucherter Lachs mit
Wasserkresse-Creme
und Zitrusfrüchten

8,70€

Gemüserolle mit Thunfisch

Salat, Aioli aus "Piquillo"-Paprika,
Ei, geraspelte Karotte, Thunfisch
und weißer Spargel

7,10€

Hähnchen-Roulade

Gegrilltes Hähnchen, Zucchini leicht
angebraten, Rucola, Emmentaler Käse,
rote Zwiebel und süßer Senf

8€



Pizzas

Pizza Margherita

Tomaten, Käse und Oregano

8,50€

Pizza Hawaii

Tomaten, Käse, Oregano,
Schinken und Ananas

9,80€

Pizza Spezial

Tomaten, Käse, Oregano,
Schinken, Pilzen und Salami

9,80€

Pizza Prosciutto

Tomaten, Käse, Oregano,
Schinken und Champignons

9,80€



Hamburger

Chicken Hamburger

Panierte Hähnchenbrust, Gartensalat,
Tomate, und Sauce
des Küchenchefs (in Kernbrot)

8,50€

"Maroo" Hamburger

Rindfleisch, Schwein, Gartensalat,
Tomate, geröstete Zwiebel,
Bacon, Cheddar-Käse
und Maroo"-Sauce

9,80€

Lammfleisch-Hamburger

Lammfleisch, Karamalisierte Zwiebel,
Rucola, Tahini-Mayonnaise
und Weißem Cheddar-Käse

9,80€

Gourmetburger

Kalbfleisch, Schwein, Gartensalat,
Karamalisierte, Foie gras, Zwiebel,
Gebackener Apfel und Mascarpone

9,80€



Für Unseren Kleinen Gäste

Schinkenkroketten
8 Stück
6,50€

Seehecht paniert
6,50€

Kinder-Hamburger
6,50€

Hähnchen Nuggets
7€



Nachspeisen und Eiskarte

Saison-Obstsalat mazerierten in
Orangensaft und Orangenlikör
7,50€

Joghurt mit Erdbeergelee und Palmhonig
6,50€

Banane "Maroa" Zu Eis, Banane, Erdbeeren
und Weizen-Croutons
7€

Maroa hausgemachtes Halbgefrorenes
6,50€

Maroa Verschiedene Kuchen
4,50€

Eisbecher mit verschiedenen Eissorten 6€
Straciatella - Vanille - Schokolade
Nougat - Ananas - Blaubeeren - Pistazien
Dulce de Leche (Milchkonfitüre), - Brownies
Mint Chips - Ron mit Rosinen
Joghurt - Erdbeere

Mojito-Sorbet mit Minz-Gelee
6,50€

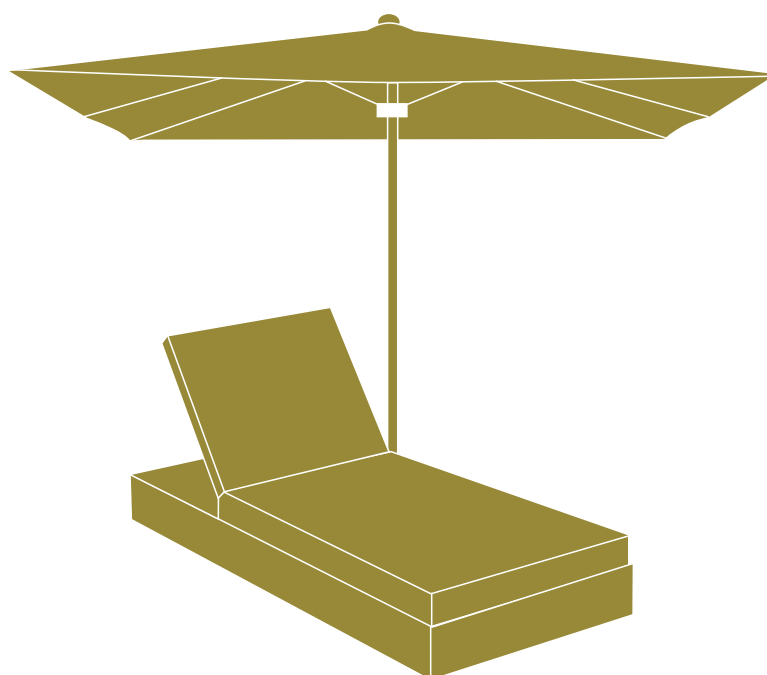
Sorbet Aromen
Wassermelone - Zitrone - Himbeere
6€

Eissorten ohne Gluten
Mandel Trüfo plus 3€
Kriatur Ices 2,50€

Eissorten ohne Zucker
Drei-Schokoladen Eistütte 3€



SOLARIUM MENY



VELKOMMEN

EKSTRA

Brød 1,00€

Ekstra ingrediens 0,50€

MOMS inkludert

*Ikke nøl med å spørre om våre glutenfrie matretter

*Vi har gluten og sukkerfri iskrem

Småretter

Pommes frite

2,50€

Oliven marinert
i hvitløk og paprika

2,50€

Forskjellige hjemmelagde krokeretter
10 stk.

9,50€

Portsjon med iberisk bellota skinke

18,50€

Nachos med guacamole, rømme,
jalapeñopepper, smeltet cheddarost,
sterk tomatsaus og pico de gallo
(Mexikansk hakket salat)

9,90€

Ostefat og iberisk spekemat

16,50€

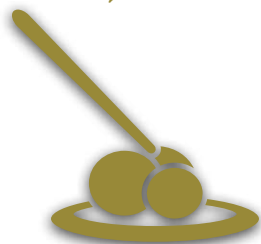
Sashimi av fersk laks

Sashimi av laks marinert med soja,
ingefær og sake med ristede sesamfrø

14,20€

Quesedilla garnert med guacamole, ost, pico
de gallo (Mexikansk hakket salat)
og servert med nachos

8,50€



Sandwich

Club Sandwich

Kylling, salat, tomat,
bacon, speilegg og aioli

7,99€

Sandwich med skinke og ost

7,90€

Lakserull

Røkelaks med saus av
brønnkarse og sitrusfrukter

8,70€

Grønn rull med tunfisk

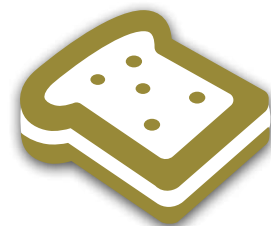
Salat, hvitløksaus
av piquillopaprika,
egg, revet gultot,
tunfisk og asparges

7,10€

Kyllingrull

Stekt kyllingkjøtt
med squash, arugula, emmental,
rødløk og øt sennep

8€



Pizzas

Margherita pizza

Tomat, ost og oregano

8,50€

Hawaii pizza

Tomat, ost, oregano,
skinke og ananas

9,80€

Spesialpizza

Tomat, ost, oregano,
skinke, sopp og salami

9,80€

Prosciutto skinkepizza

Tomat, ost, oregano,
skinke og sopp

9,80€



Hamburgere

Kyllinghamburger

Panerte kylling, salat, tomat
og kokkens saus i øtt brød
(i frø brød)

8,50€

Hamburger Maroa

Kalvekjøtt, svin, salat, tomat,
stekt løk, bacon, cheddarost,
og Maroa-saus

9,80€

Burger lam

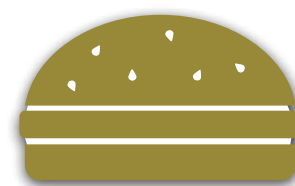
Lam, karamelliserte løk,
Arugula, tahini og cheddar
ost majones

9,80€

Gourmet hamburger

Kalv, svin, salat, karamelliserte
løk, foie gras, ristede eple,
mascarpone

9,80€



For de Små

Skinkekrokette
8 stk.

6,50€

Panert lysingfilet

6,50€

Baby-Burger

6,50€

Kylling Nuggets

7€



Dessert und iskrem

Salat av årstidens fruktermarinert
i appelsinjuice og orange likø

7,50€

Yoghurt med jordbærgele
og Palmehonning

6,50€

Banana Maroa med is, banan, jordbær
og sprø hvete

7€

Maroa husets dessert

6,50€

Maroa husets kaker

4,50€

Copa - blandet is 6€

Vanilla - Sjokolade - Nougat - Ananas

Blåbær - Pistasj - Dulce de leche

(karamellisert melk) - Brownie

Mint Chips - Rum Raisin

Yoghurt - Jordbær

Mojitosorbet med myntegele

6,50€

Sorbet flavors 6€

Vannmelon - Sitron - Raspberry

Glutenfri iskrem

Trufo Plus Amendrado (nuttig) 3€

Kriatur Ices 2,50€

Sukkerfri iskrem

Tre sjokolade iskrem 3€



Isla Corazón / Anfi del Mar
Arguineguín - Mogán - Gran Canaria

