

# el balneario

BAÑOS DEL CARMEN EST. 1918



## ENTRANTES

- |                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |     |
|------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| 1 · Ensalada Rusa                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 12€ |
| 2 · Ensalada de tomate con atún y aguacate                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 17€ |
| 3 · Ensalada de Pimientos asados                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 12€ |
| 4 · Ensalada de la Huerta                                        |                                                                                                                                                                                                                                                                                                                                                                 | 10€ |
| 5 · Ensalada de cabra con confitura de higos                     |                                                                                                                                                                                              | 16€ |
| 6 · Ensalada César                                               |                                                                                                                                                                                                                                                                               | 13€ |
| 7 · Boquerones en vinagre                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 14€ |
| 8 · Porra Antequerana                                            |                                                                                                                                                                                                                                                                                                                                                                 | 10€ |
| 9 · Gazpacho Andaluz Guarnecido                                  |                                                                                                                                                                                                                                                                                                                                                                 | 8€  |
| 10 · Ajoblanco de la Axarquía con manzana verde                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 8€  |
| 11 · Tartar de Salmón marinado al eneldo y vinagreta de cítricos |                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 18€ |
| 12 · Patatas Bravas                                              | Fructosa                                                                                                                                                                                                                                                                                                                                                        | 10€ |
| 13 · Sopa de pescado y mariscos                                  |                                                                                                             | 18€ |
| 14 · Gazpachuelo Malagueño                                       |                                                                                                                                                                                                                                                                         | 18€ |
| 15 · Croquetas de Jamón                                          |                                                                                             | 13€ |
| 16 · Croquetas de Puchero                                        |                                                                                             | 13€ |
| 17 · Croquetas de Bacalao                                        |          | 13€ |
| 18 · Berenjenas Thai                                             |                                                                                             | 12€ |
| 19 · Parrillada de verduras                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 13€ |

## AL CORTE

- |                                                |                                                                                                                                                                                      |
|------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 20 · Jamón Ibérico 100% Bellota (1/2 o ración) | 14€ / 26€                                                                                                                                                                            |
| 21 · Queso curado Manchego (1/2 o ración)      |   11€ / 18€ |



Gluten



Crustáceos



Huevos



Pescado



Cacahuete



Soja



Lácteos



Frutos  
secos



Apio



Mostaza



Sésamo



Sulfitos



Moluscos



Altramucos

# LA BARCA DE EL BALNEARIO

## ESPETADOS

|                                         |                                                                                                                                                                                                                                                                 |
|-----------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 22 · Espeto de Sardinas                 |  6€                                                                                                                                                                          |
| 23 · Calamar espetado                   |   6€ / 100gr                                                                                 |
| 24 · Dorada espetada                    |  45€ / 1kg                                                                                                                                                                   |
| 25 · Lubina espetada                    |  50€ / 1kg                                                                                                                                                                   |
| 26 · Pargo espetado                     |  7€ / 100gr                                                                                                                                                                   |
| 27 · Rodaballo espetado                 |  55€ / 1kg                                                                                                                                                                   |
| 28 · Pata de pulpo espetada (300/350gr) |    30€ |
| 29 · Carabinero espetado                |   18€ / 100gr                                                                                |

## DE LA BAHÍA

|                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|-------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 30 · Ostras                                     |  6€ unidad                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| 31 · Conchas finas                              |  5€ unidad                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| 32 · Coquinas de Málaga salteadas               |  20€                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| 33 · Almejas de Málaga salteadas                |  17€                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| 34 · Almejas del carril a la marinera           |  22€                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| 35 · Mejillones al vapor                        |  12€                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| 36 · Gambas cocidas                             |   19€                                                                                                                                                                                                                                                                                                                                                    |
| 37 · Gambas plancha                             |   26€                                                                                                                                                                                                                                                                                                                                                    |
| 38 · Gambones al Pil-Pil                        |   17€                                                                                                                                                                                                                                                                                                                                                    |
| 39 · Gambas cristal fritas con huevo frito      |       17€ |
| 40 · Cazón en adobo frito                       |      15€                                                                                     |
| 41 · Boquerones fritos                          |     15€                                                                                                                                                                         |
| 42 · Boquerones al limón                        |      16€                                                                                     |
| 43 · Salmonetitos fritos                        |     18€                                                                                                                                                                         |
| 44 · Jibia frita o a la plancha                 |     /  16€                                                                                   |
| 45 · Anillas de calamar nacional fritas         |     20€                                                                                                                                                                         |
| 46 · Calamaritos fritos                         |     19€                                                                                                                                                                         |
| 47 · Chanquete (pez plata) con pimientos asados |     14€                                                                                                                                                                         |
| 48 · Taquitos de bacalao frito con alioli       |      18€                                                                                     |
| 49 · Rosada frita o a la plancha con alioli     |     /  14€                                                                                     |
| 50 · Suprema de lubina a la bilbaína            |   22€                                                                                                                                                                                                                                                                                                                                                    |
| 51 · Lubina a la sal (guarnicionada)            |  60€                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| 52 · Dorada a la sal (guarnicionada)            |  60€                                                                                                                                                                                                                                                                                                                                                                                                                                          |

## ALA BRASA

- |                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |     |
|----------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| 53 · Hamburguesa de ternera      |        | 16€ |
| 54 · Presa ibérica a la parrilla |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 25€ |
| 55 · Entrecotte 300gr            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 28€ |

## ARROCES

- |                                                        |                                                                                                                                                                                                                                                                                                                                                 |     |
|--------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| 56 · Arroz caldoso de verduras                         |                                                                                                                                                                                                                                                              | 17€ |
| 57 · Arroz caldoso tierra y mar                        |     | 18€ |
| 58 · Arroz caldoso de langostinos                      |     | 18€ |
| 59 · Arroz caldoso de pescado y mariscos (arroz negro) |     | 18€ |
| 60 · Arroz caldoso de bogavante                        |     | 30€ |

\* precio por persona / mínimo 2 personas.

## NIÑOS

- |                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |     |
|--------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| 61 · Pizza                           |                                                                                                                                                                             | 15€ |
| 62 · Pasta con tomate o al gusto     |                                                                                                                                                                                                                                                                                                                                                                                                                                            | 11€ |
| 63 · Lagrimitas de pollo con patatas |       | 13€ |
| 64 · Patatas fritas                  |                                                                                                                                                                                                                                                                                                                                                                                                                                            | 8€  |

## POSTRES

- |                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |       |
|--------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| 65 · Tarta de zanahoria glaseada                 |         | 6,50€ |
| 66 · Tocino de cielo con nata                    |                                                                                                                                                                                                                                                                                                                                                       | 6,50€ |
| 67 · Tarta de queso con helado de fresa          |                                                                                                                                                                                                                                                                    | 6,50€ |
| 68 · Coulant de chocolate con helado de vainilla |                                                                                              | 6,50€ |
| 69 · Copa de helado variada                      |                                                                                                                                                                                                                                                                                                                                                       | 6,50€ |
| 70 · Fruta de temporada                          |                                                                                                                                                                                                                                                                                                                                                       | 6,50€ |
| 71 · Pan                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 1€    |

10% IVA incluido



## STARTERS

- |                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |     |
|-----------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| 1 · Ensalada rusa                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 12€ |
| 2 · Tomato salad with tuna and avocado                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 17€ |
| 3 · Roasted pepper salad                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 12€ |
| 4 · Garden salad                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 10€ |
| 5 · Goat cheese salad with fig jam                        |                                                                                                                                                                                                                                                                                      | 16€ |
| 6 · Caesar salad                                          |                                                                                                                                                                                                                                                                                                                                                                       | 13€ |
| 7 · Anchovies in vinegar                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 14€ |
| 8 · Cold tomato soup (Porra antequerana)                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 10€ |
| 9 · Cold vegetable soup (Gazpacho Andaluz)                |                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 8€  |
| 10 · Ajoblanco from la Axarquía with green apple          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 8€  |
| 11 · Dill marinated Salmon tartar with citrus vinaigrette |                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 18€ |
| 12 · Spicy potatoes                                       | Fructose                                                                                                                                                                                                                                                                                                                                                            | 10€ |
| 13 · Fish and seafood soup                                |                                                                                                                                                                                                     | 18€ |
| 14 · Gazpachuelo Malagueño (Hot fish soup)                |                                                                                                                                                                                                                                                                      | 18€ |
| 15 · Iberian ham croquettes                               |                                                                                                | 13€ |
| 16 · Stew croquettes                                      |                                                                                                | 13€ |
| 17 · Cod croquettes                                       |           | 13€ |
| 18 · Thai eggplant                                        |                                                                                                | 12€ |
| 19 · Assorted grilled vegetables                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 13€ |

## SLICED

- |                                                    |                                                                                                                                                                                      |
|----------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 20 · Iberian Ham 100% Bellota (1/2 or full ration) | 14€ / 26€                                                                                                                                                                            |
| 21 · Manchego cheese (1/2 or full ration)          |   11€ / 18€ |



Gluten



Crustaceans



Egg



Fish



Peanut



Soya



Dairy



Nuts



Celery



Mustard



Sesame



Sulfites



Molluscs



Lupines



## FISH

|                                      |                                                                                                                                                                                                                                                                 |
|--------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 22 · Grilled sardines                |  6€                                                                                                                                                                          |
| 23 · Grilled squid                   |   6€ / 100gr                                                                               |
| 24 · Grilled Sea bream               |  45€ / 1kg                                                                                                                                                                   |
| 25 · Grilled Sea bass                |  50€ / 1kg                                                                                                                                                                   |
| 26 · Grilled red porgy               |  7€ / 100gr                                                                                                                                                                  |
| 27 · Grilled Turbot                  |  55€ / 1kg                                                                                                                                                                   |
| 28 · Grilled octopus leg (300/350gr) |    30€ |
| 29 · Grilled Red prawns              |   18€ / 100gr                                                                               |

## FROM THE BAY

|                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|-------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 30 · Oysters                                          |  6€ unit                                                                                                                                                                                                                                                                                                                                                     |
| 31 · Pink clams                                       |  5€ unit                                                                                                                                                                                                                                                                                                                                                     |
| 32 · Sauteed coquinas from Málaga                     |  20€                                                                                                                                                                                                                                                                                                                                                         |
| 33 · Local clams with garlic                          |  17€                                                                                                                                                                                                                                                                                                                                                         |
| 34 · Clams marinera - style                           |  22€                                                                                                                                                                                                                                                                                                                                                         |
| 35 · Steamed mussels                                  |  12€                                                                                                                                                                                                                                                                                                                                                         |
| 36 · Boiled prawns                                    |   19€                                                                                                                                                                                                                                                                   |
| 37 · Grilled prawns                                   |   26€                                                                                                                                                                                                                                                                   |
| 38 · Pil-Pil prawns                                   |   17€                                                                                                                                                                                                                                                                   |
| 39 · Fried small prawns with fried egg                |      17€    |
| 40 · Fried and marinated dogfish                      |     15€                                                                                        |
| 41 · Fried anchovies                                  |    15€                                                                                                                                                                             |
| 42 · Fried anchovies with lemon                       |     16€                                                                                        |
| 43 · Fried red mullet                                 |    18€                                                                                                                                                                             |
| 44 · Cuttlefish fried or grilled                      |     /  16€ |
| 45 · Squid ring fried                                 |    20€                                                                                                                                                                             |
| 46 · Baby squid fried                                 |    19€                                                                                                                                                                             |
| 47 · Chanquetes white fish fried with roasted peppers |    14€                                                                                                                                                                             |
| 48 · Fried cod with alioli                            |     18€                                                                                        |
| 49 · Haddock fried or grilled with alioli             |    /  14€                                                                                        |
| 50 · Sea bass Bilbaina style                          |   22€                                                                                                                                                                                                                                                                   |
| 51 · Sea bass in salt (garnished)                     |  60€                                                                                                                                                                                                                                                                                                                                                         |
| 52 · Sea bean in salt (garnished)                     |  60€                                                                                                                                                                                                                                                                                                                                                         |



## MEAT

- |                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |     |
|---------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| 53 · Beef burger                |        | 16€ |
| 54 · Pork fillet (Iberian pork) |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 25€ |
| 55 · Entrecotte Steak 300gr     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 28€ |

## RICES

- |                                                    |                                                                                                                                                                                                                                                                                                                                                |     |
|----------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| 56 · Soupy rice with vegetables                    |                                                                                                                                                                                                                                                             | 17€ |
| 57 · Soupy rice land and sea                       |     | 18€ |
| 58 · Soupy rice with king prawns                   |     | 18€ |
| 59 · Soupy rice with fish and seafood (black rice) |     | 18€ |
| 60 · Soupy rice with lobster                       |     | 30€ |

\* price per person / minimum 2 people.

## KIDS

- |                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |     |
|---------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| 61 · Pizza                            |                                                                                                                                                                             | 15€ |
| 62 · Pasta with tomato sauce or plain |                                                                                                                                                                                                                                                                                                                                                                                                                                           | 11€ |
| 63 · Fried chicken fingers with fries |       | 13€ |
| 64 · French fries                     |                                                                                                                                                                                                                                                                                                                                                                                                                                           | 8€  |

## DESSERTS

- |                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |       |
|-----------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| 65 · Glazed Carrot cake                       |         | 6,50€ |
| 66 · Egg yolk custard with caramel and cream  |                                                                                                                                                                                                                                                                 | 6,50€ |
| 67 · Cheese cake with strawberry ice-cream    |                                                                                                                                                                              | 6,50€ |
| 68 · Chocolate coulant with vanilla ice-cream |        | 6,50€ |
| 69 · Assorted Ice-cream                       |                                                                                                                                                                                                                                                                 | 6,50€ |
| 70 · Fruit in season                          |                                                                                                                                                                                                                                                                 | 6,50€ |
| 71 · Bread                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 1€    |

10% VAT included

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[www.elbalseariodemalaga.com](http://www.elbalseariodemalaga.com)