



SINCE



2021

DELICIOUS HEALTHY FOOD
COLOMBIAN AND KOREAN FUSION.
·VEGGIE, VEGAN AND GLUTEN FREE OPTIONS·

MAREANDO LA HUERTA

· comida saludable ·

HEALTHY HEALTHY HEALTHY
FOOD FOOD FOOD

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STARTERS



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|--|-------|---|-------|
| ★ Cream or soup of the day. | 6,45 | ★ Candied leeks | 9,85 |
| ★ Party picnic of pâté, hummus, cheeses (2 varieties), nuts, vegetable and fruit chips, crudites and breadsticks. 🌾 ➡ 🍷 🍷 (vo) (gfo) | 15,75 | sous vide on romesco sauce, potato straw and toasted almond crunch. 🍷 | |
| ★ Veggi potato salad with pickles, capers, wakame, spirulina powder and veganesa with breadsticks. 🌾 🌿 (gfo) | 6,55 | Ke sí, Quesadillas adzuki beans, pico de gallo and cheese quesadillas. 🌾 🍷 (vo) (gfo) | 10,95 |
| Pickle salad with smoked eel sriracha mayonnaise and cherries on breadsticks. 🌾 ➡ 🌿 (gfo) | 8,25 | ★ Crispy Spiced Vegetable Ssam with kimchi mayonnaise, sriracha and sesame oil. (gf) | 10,55 |
| Coca marinera with pickled salad, smoked sardines, dried tomato sauce and green shoots. ➡ 🌾 | 5,50 | Patatín, potatoes roasted river potatoes with spicy creole sauce, guacamole and vegan chorizo and beans. 🌿 | 11,55 |
| Cod fritter with sweet potato parmentiere, orange and liquorice. ➡ 🌾 | 2,45 | Latín lovers Chips plantain chips with vegan chorizo and beans, guacamole, sour cream, pico de gallo and mozzarella. 🌿 🍷 🍷 (vo) | 10,95 |
| ★ Kimchi croquette with yuzu, miso and lime sauce. 🌿 | 2,00 | ★ Bueno, bonito boniato sweet potato with veganesa, guacamole, pomegranate, rocket, dijon vinaigrette and almond soil. 🌿 🍷 🍷 (gf) | 9,25 |
| Squid croquette in its own ink with aioli. ➡ | 2,00 | Cod Tiradito with mango tiger's milk, corn, avocado, mote, cassava chips and red onion. ➡ 🌿 | 16,95 |



SALADS AND BOWLS



- | | | | |
|---|-------|---|-------|
| ★ Korean very Mediterranean fresh salad of lettuce hearts stuffed with Valencian tomato, tuna belly, mojama shavings, piparras, pickled onion with kimchi oil. ➡ (sg) | 16,00 | ★ Energy bowl de Bulgur, with bulgur, spinach, legums, edamame, feta cheese, beetroot and carrot zoodles, marinated tofu, avocado, cherries, radish and lime and Dijon vinaigrette. 🌾 🌿 🍷 🍷 (vo) (gf) | 12,65 |
|---|-------|---|-------|

MAINS

*Photo: Bibimbap

* **Korean Bibimbap** with wild rice, shitake, carrot zoodles, courgette, bean sprouts, kimchi marinated crispy vegan chicken, avocado, spinach, poached egg and soy dressing, mirin and gochujang. 🌱 🍲 🥚 (vo) 13,55

Rolled aubergine stuffed with lentil and tomato bolognese, with béchamel sauce au gratin with mozzarella. 🍲 🍷 (vo)(gf) 11,75

Battered cod tacos on a bed of ratatouille with vegetables. ➡️ 13,95

* **Roasted watermelon tartar** with tomatoes, avocado, seaweed, black olives, pistachio soil and sherry vinaigrette. 🥗 13,95

Grilled octopus leg with sweet potato and orange parmentiere, kimchi emulsion and roasted potatoes. 🦑 🍷 (gf) 16,95



* **Hake and leek rolls** with turmeric béchamel, tomato chutney and crispy onion. ➡️ 🌱 (gfo) 13,95

* **Korean salmon and octopus sashimi** with pickled radish and ginger, with wasabi soy sauce and gochujang sauce. 🦑 ➡️ 🍲 🥚 19,25

Salmón teriyaki on a bed of rice noodles and roasted vegetables. ➡️ 🍲 🥚 (gf) 16,95

Low temperature cod fillet with celery sauce, leeks, dashi and spirulina, prawns and crispy cassava. 🦑 ➡️ 🍲 17,85



*Photo: Salmón teriyaki

KIDS

* **Whole wheat pasta** with homemade tomato sauce and tuna bits. ➡️ (vo) 7,85

Omelette with chips, sweet potato and avocado. 🌱 7,25

Pizzetta with homemade tomato sauce, mozzarella, corn, avocado and cherries. 🌱 🍷 7,95



comida saludable

COLOMBIAN BURGER AND BAOS

comida saludable

★ **Vegan burger** pea, beetroot, carrot and soya protein burger with lamb's lettuce, tomato, red onion, kimchi, vegan cheddar and avocado with kimchi emulsion with roasted potatoes and sweet potatoes. 🌱 🌾 🥗

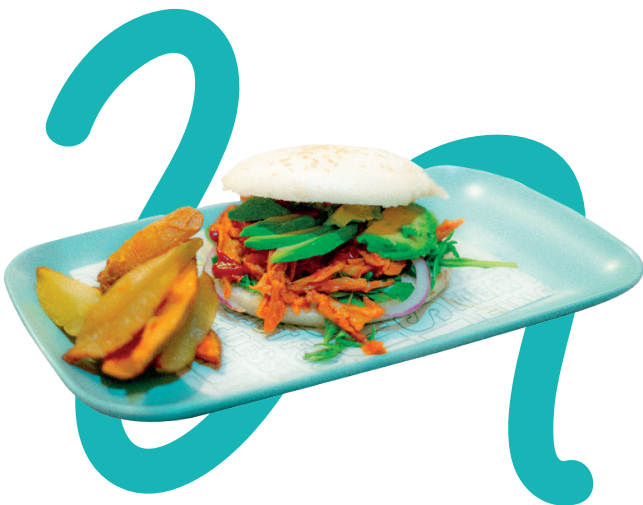
★ **Veggies and hake Mareona burger** with tartar sauce, rocket, cherries and avocado with dijon sauce served with roast potatoes. 🌱 🐟 🍷 🥗 (gfo)

★ **Pumpkin burger** with seeded red lentil batter, fresh leaves, melted manchego cheese, tomato, guacamole, mozzarella and onion chips served with roasted potatoes and sweet potatoes. 🌱 🌾 🥗 (vo)

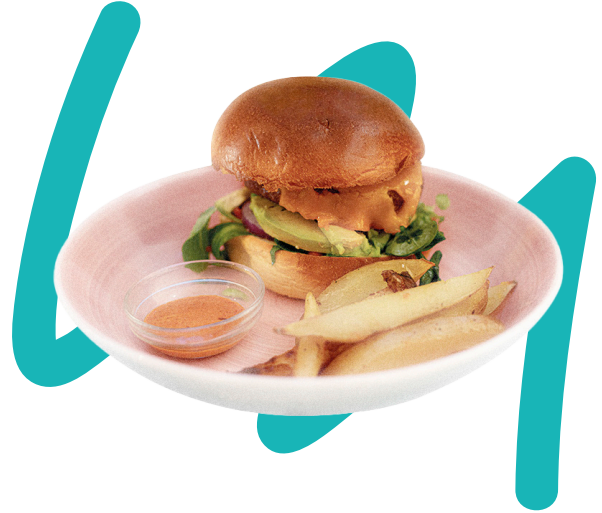
★ **Pulled pork bao** (vegan BBQ chicken) with red onion, avocado and rocket served with roasted potatoes and sweet potatoes. 🌱 🌾 🥗

Xoripan crunchy ciabatta bread with veggie sausage, chimichurri and veganesa served with baked potatoes and fresh leaves. 6,00

*Photo: Bao pulled pork



*Photo: Burger Mareona



★ **Tikka masala bao** stuffed with crispy vegetable chicken with tikka masala sauce, mango chutney and pickled red onion served with roasted potatoes. 🌱 🌾 (v)(gfo) 7,55

★ **Cuban ciabatta sandwich** with roasted veggie chicken, vegan york, pickles, mozzarella, vegan aioli and mustard with vegetable chips. 🌱 🌾 🍷 🥗 (gfo) 11,00

Taco roll paratha with sautéed vegetable meat with ssamjang sauce, lime and mint marinated courgette slices and avocado served with vegetable chips. 🌱 🌾 10,95

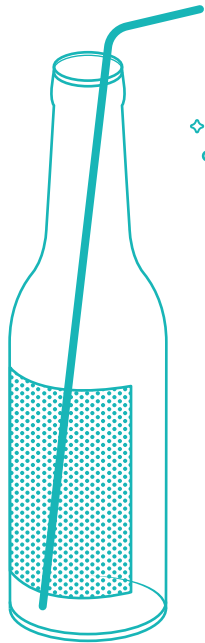
SOMOS *Lo que* COMEMOS

WE ARE WHAT WE EAT. OUR MANTRA.

*Chef's note: All raw fish dishes have been frozen for at least 24 hours prior to preparation.

DRINKS

Filtered water 1/2l	2,00
Carbonated water Perrie	2,50
Mineral Water	2,25



Soft Drinks

Kola	2,90
Kola light	2,90
Apple bio	3,00
Lemon	2,90
Orange (green tea and ginger)	2,90
Té lindo	3,00

Ambar beer	2,25
1/3 Ambar beer	2,65
Ambar Morena	2,90
Ambar Export	3,20
Ambar Triple Zero	2,75
Ambar Triple Zero Tostada	2,95
Ambar gluten free	3,00
Ambar gluten free alcohol-free	3,20
Ambar Radler	2,90
IPA de Ambar	3,50
Ambiciosa seasonal	3,90
Sr. Mendrugo (Crafted beer)	4,00

Tinto de verano	3,85
Eco Galipette Cider	3,90

Kombucha Mun

Red berries	3,90
Ginger	3,90

JUICES

CLASSIC 4,80
apple, orange and carrot.

PURA VITA 6,25
beetroot, celery, apple, carrot, banana and ginger.

GREEN PASSION 6,55
cucumber, apple and spinach.

RED POWER 6,35
rice milk, berries, pomegranate, oat flakes and lemon juice.

CHOCO NICOLATE 6,00
pure cocoa, banana, almonds and rice milk and rice milk.

FRUIT & LIFE 6,65
strawberry, banana and mango with goji berries and rice milk.

Lassi 6,25
mango and passion fruit, turmeric, dates and yoghurt.

Banana and mango 5,00
with almond milk.

ALLERGENS



Vegan Recommendations

*(VO) Vegan option. *(V) Vegan. *(GFO) Gluten free option. *(RAW) Raw. *(GF) Gluten free.