

Mar De Norte

MENU





Shell Fish



Sesame
Seeds



Tree Nuts



Gluten



Eggs



Fish



Mollusc



Mustard



Celery



Peanut



Dairy



Sulphur
Dioxide
and Sulfites



Soja



Lupin

Our dishes may contain certain allergens. They are clearly specified in the menu, but if you have any doubt, please ask the staff. We will be happy to help you.

STARTERS



- Octopus tentacles  13.50€/half portion
Stewed, roasted or "a feira" type with black potatoes, paprika and salt crystals 18.00€/portion
- Potato and octopus salad     8.90€
Canarian potato salad, octopus and pickles with citrus fruit lactonesa accompanied by sea spaghetti served with bread peaks and churns
- Fran Alonso's acorn-fed ham   18.50€
Served with bread, breadsticks and grated tomato.   
- Canarian cheese    14.00€
Selection of three types of cheese, served with jams and dried fruit and nuts
- Mar DeNorte croquettes of the day       1.80€/unit
Selection of creamy croquettes, served with sauce
- Seafood sachets       1.90€/unit
Brick pastry sachets, filled with seafood and octopus, served with seaweed base
- Mixed fish fry (speciality)     16.50€
Selection of fish of the day and squid, floured in chickpea flour and a citric garlic mayonnaise
- Tuna tartar      18.70€
Fresh tuna tartar with tamarind or fried egg with garlic and fried egg
- Amazonian white fish ceviche    14.50€
White fish ceviche with passion fruit and grapefruit tiger milk, sweet potato, sprouts, avocado and crispy corn served with tortilla chips
- Mar DeNorte soup      8.00€
Dark fish broth, hints of lime and fennel, vegetables and seafood with rice
- Squid (Andalusian style)     16.00€
Saharan squid breaded with chickpea flour

I.G.I.C. INCLUDED

SALADS



Mar DeNorte Salad

Fresh lettuce mix with seaweed vinaigrette, red onion, peppers, peeled tomato, tuna or pickled tuna and lightly crunchy seaweed and sesame

12.00€

Tomato and avocado salad

Tomato carpaccio with avocado, rocket sprouts and caper vinaigrette

11.50€

Salad from the garden

Lettuce mix, sherry vinaigrette, tomato, cucumber, red onion, hard-boiled egg and natural carrot

10.00€

OUR SPECIALITIES



Lobster rice Mar DeNorte minimun 2 people

Mellow rice with lobster and saffron, served with a crispy tuille, lime aioli and sprouts

25.50€/person

Fetuccini Mar DeNorte

Tomato and squid sauce served with basil pesto, prawns and mussels

16.50€

I.G.I.C. INCLUDED

SEAFOOD



Razor shell

Grilled with Mar DeNorte sauce

16.00€/8 pcs.

Large Galician mussels

Galician mussels prepared to taste (steamed, seafood style, spicy, with butter and parsley...).

14.00€/portion

Cockles

Galician cockle prepared to taste (steamed or with garlic)

17.00€/portion

Clams

Japonica clam prepared to taste (steamed, marinière or green sauce)

19.00€

Wedge/Coquina clam

With garlic

18.00€

Variegated scallop

Grilled or steamed

15.00€/6 pcs.

Galician oyster

Natural, pickled, with spicy tomato or with Mar DeNorte sauce

4.50€/unit

Red king crab

Stewed and served with Mar DeNorte butter

96.00€/kg

Price according to market

White shrimp or red shrimp

Boiled or grilled with a bed of salt

25.00€

Barnacles

According to market

180.00€/kg

Price according to market



I.G.I.C. INCLUDED

National blue lobster

110.00€/kg

Price according to market

Live lobster

Stewed or grilled

115.00€/kg

Price according to market

Formentera styled: with eggs fried in the lobster juice

10€ supplement

Scarlet shrimp

Grilled or boiled

130.00€/kg

Price according to market

National norway lobster

Grilled on a bed of salt, boiled or raw

85.00€/kg

Price according to market

Spiny spider crab

Boiled and cut

75.00€/kg

Price according to market

Donostiarra styled: filled with its own meat and baked au gratin

15€ supplement

Edible crab

Boiled and cut

65.00€/kg

Price according to market

Donostiarra styled: filled with its own meat and baked au gratin

15€ supplement

I.G.I.C. INCLUDED

MARKET FISH

Visit our exhibitor and choose your fish (depending on the market)

26.80€/kg



Grilled, barbecued, stewed, served with marinara sauce with tomate and paprika,
Bilbao style and Mar DeNorte sauce...

Gallo	Vieja
Sama	Mero*
Sargo	Cabrilla
Brota	Abadejo
Alfonsiño	Sama Roquera
Jurel o Medregal	Lubina Salvaje
Cherne	Dorada Salvaje
Cherne Negro	Cantarero Cabracho

* Price according to market. Ask the staff.

GARNISHES

Baked potatoes au gratin	5.00€
Papas arrugadas	5.00€
Sautéed vegetables	5.00€
Galician bread with Mar DeNorte butter	2.00€

I.G.I.C. INCLUDED

MEATS



Candied pork cheeks

Cheeks confited in their own juice, red wine and sherry wine

18.50€

Premium dry-aged beef tenderloin from Fran Alonso

National sirloin steak selected and matured by the master Fran Alonso, served with vegetables and baked potatoes or with garlic and brandy flambé



21.00€

Meat suggestions according to market and availability

MENÚ INFANTIL



Free-range chicken tentacles 

10.50€

Tomato fetuccini (fresh pasta) 

8.00€

Small sirloin steak (Fran Alonso) with chips

9.50€

Roasted pumpkin cream

5.00€


Tomato and cucumber salad

4.00€

I.G.I.C. INCLUDED

DESSERTS



Deconstructed banana and salted toffee cake 

Classic banoffee pie with banana flavours, chantilly cream, nut crunch, lemon zest and salted caramel, served with vanilla ice cream

5.80€

Spicy chocolate cake 

70% chocolate mousse with a brownie base, chocolate namelaka, nuts and passion fruit coulis

5.80€

Guava and beet cream 

Guava and beet cream with cheese ice cream, yoghurt and powdered popcorn

5.80€

Fruit of the day

Ask our staff for the fruit of the day

4.80€

Peña La Vieja Ice Cream

3 flavoured chocolates box

Strawberry - Almond - Rossana
Pineapple - Coconut - Crocantino



5.90€

Strawberries with chocolate

2.60€/unit
According to market

I.G.I.C. INCLUDED

DRINKS



SOFT DRINKS

Tonics Royal Bliss / Nordic

Normal / Strawberry / Lime

2.50€

Still mineral water 50cl

2.50€

Schweppes

2.50€

Perrier sparkling water

2.50€

Sprite

2.50€

Appletiser

2.50€

Coca Cola / Zero

2.50€

Juices

2.50€

Fanta Orange / Lemon

2.50€

Aquarius / Nestea

3.00€

Bitter Kas Original

2.50€

Red Bull

3.50€

BEERS



Dorada 0% Alcohol

1.90€

Dorada Pilsen

1.10€

1.70€

2.70€

1.90€

Dorada Especial

1.20€

2.60€

3.50€

2.00€

Dorada Black Essence

2.30€

Tropical

2.00€

Estrella Galicia Especial

2.00€

Erdinger Lemon

2.20€

Leffe

2.50€

1906 0% Alcohol

2.50€

1906

2.70€

1906 Red Vintage

2.70€

1906 Black

2.70€

Erdinger

3.50€

COFFEES AND TEAS

Glass of milk

1.20€

Infusions

1.80€

Espresso

1.20€

Cola Cao

2.00€

Espresso with a dash of milk

1.50€

Barraquito: condensed milk, liqueur, espresso and frothed milk

2.20€

Decaf

1.50€

Carajillo: liqueur and espresso

2.50€

Coffee with condensed milk

1.50€

Capuccino

2.80€

Americano

1.50€

Irish coffee

4.75€

Double espresso

1.80€

I.G.I.C. INCLUDED

OUR WINES



RED

RIBERA DEL DUERO

Pruno 2019		18.00€
Valtravieso Finca Santa María		17.50€
Rivendel Roble		19.00€
Pago De Los Capellanos Roble		22.50€
Carmelo Rodero 9 meses		22.50€
Protos 27 Vino De Autor		25.00€
Arzuaga Crianza		25.00€
Emilio Moro Crianza		26.50€
Pego Capellane Crianza		36.00€
Pago Carraovejas Crianza		49.00€

BIERZO

Petit Pittacum 2020		18.50€
---------------------	--	--------

TORO

Vetus 2017		22.00€
------------	--	--------

RIOJA

Añares Tinto Rioja Crianza		14.00€
Luis Gurpegui Crianza	2.95€	15.00€
Muga El Andén Crianza		19.00€
Luis Cañas Crianza		21.00€
Ramón Bilbao Crianza 17		21.50€

D.O. AOC CHÂTEAUNEUF-DU-PAPE

Inici Vintage 2019		22.50€
--------------------	--	--------

PAGO FLORENTINO

Pago Florentino		21.00€
-----------------	--	--------

SPARKLING

D.O. ALICANTE

Marina Espumante		18.00€
------------------	--	--------



I.G.I.C. INCLUDED

WHITE

RIAS BAIXAS

Condes Albarei		17.00€
Gran Bazan Etiqueta Ambar		20.50€
Pazo Baion 2019		21.50€
Terras Gauda		24.50€

D.O. RUEDA

4R4U Verdejo	2.95€	15.00€
Nuva Blanco Afrutado	3.50€	14.00€
Terranova Blanco Verdejo		14.00€
Jose Pariente Verdejo		19.00€

D.O. VALDEORRAS

O Luar Do Sil Godello		21.50€
-----------------------	--	--------

RIOJA

Finca Zurieta 2018 Crianza		29.00€
----------------------------	--	--------

D.O. LANZAROTE

Yaiza Seco Malvasia		21.00€
Yaiza Afrutado Malvasia		21.00€
Gara Seco Malvasia		22.50€

D.O. ISLAS CANARIAS

Viñátigo (Listán Blanco)		16.00€
Ferrera Blanco		18.00€
Ferrera Blanco Afrutado		18.00€

D.O. ABONA

Anzuelo Azul Blanco		17.00€
Anzuelo Azul Afrutado		17.00€
Mencey de Chasna Blanco		17.50€
Mencey de Chasna Afrutado		17.50€

* Canary white wines according to season

ROSÉ

VALLE DE GÜIMAR

Ferrera Rosado Güimar		18.00€
-----------------------	--	--------

I.G.I.C. INCLUDED



MAR DENORTE

RESTAURANTE