

elRais

SESFORQUILLES

APPETIZERS

Strogonoff niguiris ®
12.00 (L, SU)

Crispy-rice coated baby jacket
potatoes ®
10.00 (G)

Tiger mussels VOSF
8.50 (G, H, L, SU)

“The Croquette” by Ses Forquilles
2.70 (G, L)

Grilled prawns
35.00 (C)

Black pork Gyozas ®
12.00 (G, S)

Fresh veggie salad from Binissaida
with “crystal” prawns
12.50 (G, H, M, SE)

RAW FOOD

Menorcan prawn carpaccio with pine
nuts and basil pesto
18.00 (C, FC)

Coconut ceviche
with fresh fish and baby prawns
16.00 (C, P)

Slices of salt-cured Menorcan beef
with local pickles and Menorcan olive oil
2 pcs. 6.00 (G, L)

Tuna tartare, white rice and *furikake*
19.00 (G, L)

Menorcan beef tartare
with Chinese bread and *hoisin* sauce
19.00 (G, MO, P)

TO SHARE

Grilled “coca” flatbread with: (G)
Tomato and Menorcan olive oil 6.00
Iberian ham 18.00
Anchovies 24.00 (P)

Brioche with porcini mushrooms,
egg yolk and Comté cheese
13.50 (G, H, L)

Burrata with preserved tomato, basil,
Greek olives and Menorcan olive oil
12.50 (L, SU)

“Cecina de Rubia Gallega”
(cured beef)
11.00 – 16.00 (FC)

RICE ®

Grilled “senyoret”
Bombeta rice / Toasted fish broth
Double 42.00 - Triple 63.00 (C, H, M, P)

Black
Bombeta rice / Toasted rockfish broth
Double 42.00 - Triple 63.00 (C, H, M, P)

Iberian pluma with wild asparagus
Bomba rice / Meat broth
Double 42.00 - Triple 63.00

Menorcan beef
Bomba rice / Meat broth
Double 50.00 - Triple 75.00

Menorcan lobster
Bomba rice / Toasted rockfish broth
500 g. 75.00

Daily rice dish
According to season and market

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SESFORQUILLES

MAINS

Grilled fish fillet
Market price (**G, P**)

Grilled sea bass
with vegetables and romesco sauce
23.50 (**FC, G, P, SU**)

Parpatana, bluefin tuna steak
with "chimichurri" sauce and fries
25.00 (**G, P, SU**)

Marinated seabass "Fish & Chips"
22.00 (**G, H, P**)

Grilled Menorcan beef
26.00 (**G**)

Grilled Iberian pluma
20.00 (**S, U**)

Menorcan T-bone steak
1.200g approx. 62.00 (**G**)

DESSERTS

Coca bamba "torrija" with hazelnut ice
cream
7.50 (**FC, G, H, L**)

"El Rais" rice pudding ®
6.50 (**L**)

Peanut coulant with chocolate ice cream
(10 minutes baking required)
8.00 (**FC, H, L**)

Lemon cream Long John doughnut
with coffee ice cream
7.00 (**G, H, L**)

A delicate apple tart with vanilla ice
cream
(Made to order / 10 minutes baking required)
8.00 (**G, H, L**)

Binissaida melon with lemon and mint
6.80

Artisanal cheese board
8.50 per portion (**G, L**)

Homemade ice cream
4.50 (**FC, H, L**)

This establishment guarantees that the products of fish for consumption raw or undercooked, they have been previously frozen at -20°C for at least 24h, to destroy the possible parasitism by anisakis or its larvae.

® Dishes made with rice

SPECIFIC ALLERGY INFORMATION

A: CELERIAC **C:** CRUSTACEANS **FC:** NUTS **G:** GLUTEN
H: EGG **L:** DAIRY **M:** MOLLUSCS **MO:** MUSTARD **P:**
FISH **S:** SOY **SU:** SULPHITES