



# Lunch

## Club House Specials - Sandwiches

**Sandwich club** 14 €

**..com peito frango grelhado, bacon , ovo estrelado  
queijo e fiambre, molho de aioli e batata frita**

*...with grilled chicken breast, bacon, fried egg  
ham, cheese, aioli sauce and french fries*

**Prego no pão Arola** 14 €

**..em pão do caco com compota de cebola,  
queijo brie & batata frita**

*..Beef steak sandwich served in flat breadrolls with  
onion jam, brie cheese and french fries*

**Burguer Arola** 14 €

**..em pão de tomate seco, queijo, fiambre  
aioli e batata frita**

*..dried tomato bread, cheese, ham, aioli  
and french fries*

## Club House Specials - Salads

**Salada de Alcachofras** 11 €

**..com endívias temperada á Portuguesa**

*..with artichokes , endives and a Portuguese seasoning*

**Salada Verde** 7 €

**..com vinagrete de balsâmico branco**

*..green salad with a white balsamic vinaigrette*

**Salada Caesar** 6.5

**..queijo parmesão, molho caesar, anchovas,  
croutons & ovo cozido**

*Parmesan cheese, caesar dressing, anchovies,  
croutons & boiled egg*

<b>..a clássica</b>	<b>13 €</b>
<i>..the classic</i>	
<b>..com frango grelhado</b>	<b>14 €</b>
<i>..with grilled chicken</i>	
<b>..com camarão</b>	<b>16 €</b>
<i>..with shrimp</i>	

## Club House Specials - Massas

### Penne ou Spaguetti

Penne or Spaguetti

<b>..com Napolitana / with Napolitana</b>	<b>12 €</b>
<b>... com pesto frio / ... with cold pesto</b>	<b>12 €</b>
<b>.. com pesto cremoso / .. with creamy pesto</b>	<b>12 €</b>
<b>..com carbonara / ..with carbonara</b>	<b>12 €</b>
<b>..com bolognesa / ..with bolognese</b>	<b>12 €</b>

### *Cocas...*

À base de massa de farinha de trigo, originárias das Ilhas Baleares, a "Pizza" do Mediterrâneo Ocidental, mais natural e saudável

Based in wheat flour, from the Balearic Islands, this western mediterranean Pizzas are more natural and healthy

<b>Coca Original</b>	<b>11 €</b>
<b>..com vegetais e azeite virgem extra</b>	
<i>..with vegetables and extra virgin olive oil</i>	
<b>Coca Salmão</b>	<b>12 €</b>
<b>..com salmão fumado e funcho crocante</b>	
<i>..with smoked salmao and crispy fennel</i>	
<b>Coca Roquefort</b>	<b>12 €</b>
<b>..com tiras de lombo salteado e rúcula</b>	
<i>..with smoked salmao and crispy fennel</i>	
<b>Coca Ibérica</b>	<b>15 €</b>
<b>..com presunto ibérico, alcachofras e queijo de cabra</b>	
<i>..with Iberian ham, artichokes and goat cheese</i>	

## Club House Specials - Desserts

<b>Copa Catalana</b>	<b>6 €</b>
<b>creme de bolacha com sorbet de laranja</b>	
<i>Biscuit creame with orange sorbet</i>	
<b>Iogurte</b>	<b>6 €</b>
<b>cremoso, com coulis de frutos da época e gelado de côco</b>	
<i>creamy yogurt with seasonal fruit culis and coconut ice cream</i>	
<b>Gelados Caseiros</b>	<b>5 €</b>
<b>seleção de gelados (2 bolas)</b>	
<i>selection of ice creams (2 flavours)</i>	
<b>Queijos</b>	<b>12 €</b>
<b>variedade de queijos, compotas caseiras e pão de noz</b>	
<i>cheese selection with variety of homemade jams and Walnut bread</i>	

## Dinner

### Sergi Arola Classics

<b>Bravas Potatoes Arola</b>	<b>6/9/12€</b>
<i>Served with “Aioli” and spicy tomato sauce</i>	
<b>Thin Sliced Iberian pork</b>	<b>12 €</b>
<i>With parmesan and it’s oil, green apple and green peppers</i>	
<b>Steak Tartar</b>	<b>14€</b>
<i>Steer loin served with an onion crisp and soy infusion</i>	
<b>Eggplant</b>	<b>7 €</b>
<i>Braised with pinions and balsamic vinegar reduction</i>	
<b>Squid</b>	<b>9 €</b>
<i>Served in a “bocadillo” with a citric mayonnaise and lemon comfit</i>	

**Countryside Chicken** 11 €

*Comfit wings glazed with a sesame sauce*

**Oxtail** 12 €

*Wonton dough raviolis on a red wine sauce*

## **Cold Tapas**

**White asparagus** 8 €

*grilled, seasoned with olive oil  
balsamic reduction and pinion*

**Sun matured Tomatos** 8 €

*In a salad with smoked tuna and kalamata olives*

**Ceps** 14 €

*Confit and served on a carpaccio with pinnions, linguini and Iberian ham*

**Crab** 12 €

*Salad with coca bread toasts*

**Crawfish** 18 €

*Small Mediterranean crawfish,  
served in a Carpaccio with “ajo blanco” and crispy strips of Iberian ham*

**Cod fish** 10 €

*Thin sliced codfish slightly marinated,  
served with an “esqueixada”, with tomato, chives and black olives*

**Seabass** 11 €

## **Neither Hot nor Cold**

**Steer Sirloin** 18€

*Grilled and marinated served as a tataki with season baby vegetable*

**Spanish Tortilla** 6-9-12 €

*With and onion jam and egg yolk spheric*

**Suckling pig** 18€

*Comfit and marinated with sherry wine, season vegetables and white grapesy*

**Green asparagus** 6€

*Served with an emulsion, chives and season mushroomsl*

**Scallop** 4€

*Marinated en citrines, “d’espelette” pepper and currants*

## **Hot Tapas**

**Spinach** 8€

*Canelones stuffed with spinach, pinions and raisins*

**Baby artichokes** 5€

*Fried in Andalusia style with a lemon mayonnaise*

**Eggs** 10€

<i>Poached, served with sautéed potatoes and Iberian ham strips</i>	
<b>White prawns</b>	<b>14€</b>
<i>“al ajillo” – sautéed with garlic, paprika and sherry</i>	
<b>Codfish Bunuelos</b>	<b>7€</b>
<i>Fried codfish bunuelos</i>	
<b>Quail</b>	<b>12€</b>
<i>Marinated with fried onion rings</i>	

## **To end up with a sweet touch...**

<b>Copa Catalana</b>	<b>5€</b>
<i>On biscuit pannacota with a mandarine sorbet and Catalan foam</i>	
<b>Milk and Rice</b>	<b>5€</b>
<i>In a pudding, with rice ice cream, cinnamon emulsion and rice crisps</i>	
<b>Strawberries and Cream</b>	<b>5€</b>
<i>Meringue, Strawberries and cream with a rhubarb jam and wasabi ice cream</i>	
<b>Pà Amb Xocolata – Chocolate and Bread</b>	<b>5€</b>
<i>Chocolate ganache with toasted bread, sea salt and extra virgin caramel oil</i>	
<b>Arola Sweet moment</b>	<b>6€</b>
<i>Three mini desserts: Catalan cream, Pà amb Xocolata And strawberries and cream</i>	

## **Menu Arola**

**45€**

*Chef's choice* Minimum two persons

Three cold tapas  
One Fried  
One Scallop per person  
Two hot tapas  
Two mini desserts