

ALLERGENS ENGLISH

Thanks for your visit. Open all year.

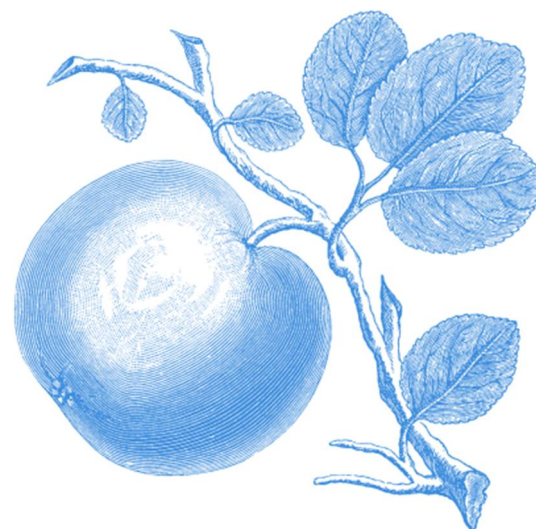
**IF YOU WOULD LIKE INFORMATION
ABOUT CELEBRATING EVENTS AT OUR
PREMISES (WEDDINGS, FIRST
COMMUNIONS, COMPANY,
BIRTHDAYS...), PLEASE FEEL FREE TO
CONTACT US AND WE WILL BE
DELIGHTED TO ASSIST YOU**

—

T. +34 971 401 031

reservas@balnearioioilletas.com

balnearioioilletas.com





DAIRY (Milk, cheese, ice cream...)



EGGS (Products that may contain eggs, even in traces, such as some doughs or drinks)



SESAME GRAINS



CONTAINS GLUTEN (Wheat, rye, barley, oats, spelt, kamut or their hybrid varieties and derived products)



FISH (Fish and fish-based products)



CELERY



CRUSTACEANS (Shrimps, spider crabs, prawns, scarlet shrimp...)



PEANUTS



SULFUR DIOXIDE AND SULPHITES



MOLLUSCS (Mussels, squid, cockles, clams, razors...)



SOY (Soy sauce, teriyaki)



MUSTARD



LUPINS












NUTS (Almonds, hazelnuts, walnuts, cashews, pecans, Brazil nuts, pistachio, macadamia nuts or Australia nuts and derivative products)




Illetas's Breakfasts

From 10:00 a.m. to 12:00 p.m.

BREAKFASTS

All breakfasts include: fresh orange juice, croissant (   Trazas  ), and fruit salad.



Greek yogurt with muesli, candied figs, and fresh fruit. 17,00 €    

 Açaí bowl with Guaraná, fresh fruit, grated coconut, nuts and seeds. 16,50 €  




Avocado toast on crystal bread with tomato, poached egg, and Grana Padano shavings. 18,00 €

   Trazas  




Smoked salmon toast on seeded sourdough with dill cream, arugula, hard-boiled egg, capers, and red onion. 19,80 €      Trazas  

Burrata toast on seeded sourdough with young garlic pesto and roasted peppers. 18,50 €  

  Trazas 





Fried or scrambled eggs with bacon, ham and cheese, and Brioche toast. 18,00 €   

Trazas   

Eggs Benedict with smoked salmon, bacon, or avocado and hollandaise sauce. 19,00 €   

   Trazas 

Croissant with butter and jam. 4,50 €    Trazas  

Brioche toast with butter and jam. 6.50 €    Trazas  








Crystal bread toasts with grated tomato. 6.50 €  Trazas   










SANDWICHES






From 10:00 a.m. to 7:30 p.m.

Lobster sandwich. Caramelized apple, celery, Chantilly sauce and julienne lettuce with salad.

22.30 €        Trazas  

Sandwich Club. Roasted chicken, bacon, cheddar cheese, hard-boiled egg, caramelized onion, lettuce, tomato and cream cheese, with French fries. 18,50 €       







 Vegetable Club Sandwich. Tomato, avocado, hard-boiled egg, green asparagus, lettuce, and cream cheese, with French fries. 17,90 €       Trazas  

Grilled fresh salmon sandwich with tomato, avocado, caramelized onion, lettuce and herbed cream with French fries. 19,50 €       Trazas  


Enjoy our cuisine


COLD STARTERS

French Guillardau Oyster No. 3. 6,00 €/unit. 



Iberian acorn-fed ham (5J) with crystal bread and tomato. 33,00 €  Trazas     






 Gazpacho with crostones. 12,00 €   Trazas   



Escalivada. Roasted red peppers, onion, and eggplant with tuna belly and salad. 18,50 € 

Marinated salmon tartar with avocado, tomato, red onion, dill vinaigrette and capers. 22,80 € 

Soy-marinated tuna tartare with strawberries, mango, and avocado. 23,00 €  

Sea bass and shrimp ceviche with cherry tomatoes, corn, red onion, mango and cilantro. 21,70 €  

Prawn cocktail with lettuce, avocado, pineapple, apple and cocktail sauce. 20,80 €     

Thai salad. Prawns, mango, cucumber, carrot and peanuts, with spicy sauce. 20,00 €  

Potato salad with lobster. 25,00 €   

Caesar salad. Grilled chicken on mixed greens, Caesar dressing, Grana Padano, and croutons.

17,80 € 🍗 🍳 🌾 🐟 🥒 🥬 🌿

Burrata Salad. Tomato, burrata, arugula, capers, and basil pesto. 19,30 € 🍗 🍷

🌱 Quinoa salad with falafel, avocado, cherry tomatoes, cucumber, and red onion. 17,50 € 🌾 🍗 🥒

WARM STARTERS

Nachos with melted cheese, guacamole and “pico de gallo”. 15,70 € 🍗

🌱 Padrón peppers with Maldon salt. 14,00 €

Thai mussels with coconut milk and ginger sauce. 18,50 € 🦪 🦪 🐟

Fried small fish. 18,00 € 🐟

Battered fried squid rings. 18,50 € 🦑 🍳

Mallorcan-style cuttlefish “pica-pica” with potato salad. 19,80 € 🦪 🦪 🐟 🍷 🍳 🌿

Garlic prawns. 18,00 € 🦪

Steamed clams. 18,50 € 🦪 🦪 🐟

Tumbet with fried egg. 17,00 € 🍳 🌿

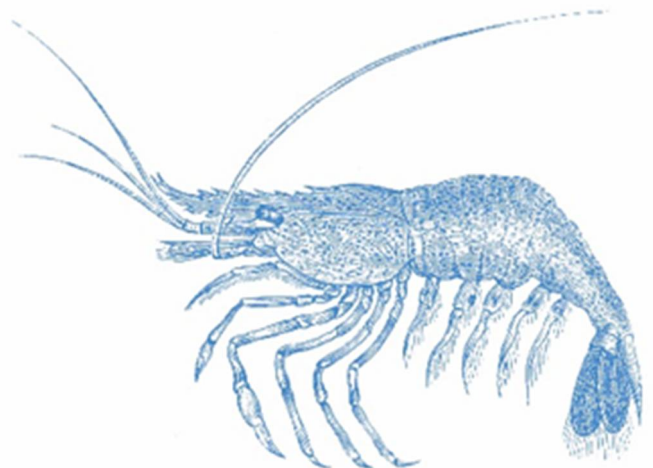
Grilled artichokes with crispy Iberian ham. 18,50 €

🌱 Vietnamese rolls with sweet chili sauce. 14,50 € 🌾

Iberian ham croquettes. 17,00 € (8 pieces) 🌾 🍗 🍳

Boletus and Gorgonzola croquettes. 17,00 € (8 pieces) 🌾 🍗 🍳

Monkfish and shrimp croquettes. 17,50 € (8 pieces) 🌾 🍗 🍳 🦪 🐟 🦪



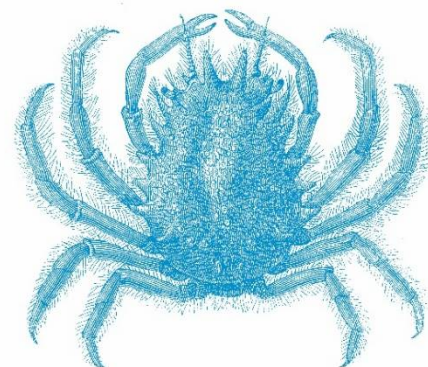
VEGETARIAN OPTIONS

- ✓ Veggie burger with avocado, green asparagus, and fries. 17,00 € 🌾 🌱 Trazas 🍌 🥥 🍷 🍷
- ✓ Stir-fried vegetables and Heura (plant protein) in curry sauce with coconut rice. 17,50 € 🌱

PAELLAS

Price per person, minimum 2 people

- “Blind” seafood and fish paella (shell-free) 23.50 € 🐟 🦀 🍷 🍷
- Mixed paella (fish, seafood and meat). 23.50 € 🐟 🦀 🍷 🍷
- Lobster paella. 35,00 € 🐟 🦀 🍷 🍷
- ✓ Vegetable paella. 21,50 €
- Black paella (squid ink). 23,50 € 🐟 🦀 🍷 🍷
- Free-range chicken paella, artichokes and boletus. 22.50 € 🍷 🌱 🍌
- Seafood and fish fideua (shell-free). 23.50 € 🌾 🐟 🦀 🍷 🍷



FISH AND SEAFOOD

- Lobster with fried eggs, potatoes, peppers and Iberian ham shavings. 32,50 € 🦀 🍌 🥥
- Monkfish and king prawns' skewer with basmati rice. 27,00 € 🐟 🦀 🍷
- Grilled fresh squid. 24,00 € 🍷
- Sole Meunière with capers and pan-fried potatoes. 32,50 € 🥥 🐟
- Grilled sole with pan-fried potatoes and roasted peppers. 32,00 € 🐟
- Teriyaki salmon with wok vegetables. 24,80 € 🐟 🌱 🍌 🌾 Trazas 🍷 🍌 🦀 🍷 🍌
- 🍌 🥥 🌱 🍷
- Tuna tataki with sesame crust, Soybean sprouts, and wakame. 27,00 € 🐟 🍌 🌱 🍌 🌾
- Salt-baked Sea bass. 🐟 🍌

Price per person, minimum 2 people. 32,50 €

Confit cod with aioli mousseline, mashed potatoes and roasted peppers. 26,50 €



Trazas

Baked turbot with fried garlic and paprika.

Price per person, minimum 2 people. 31,50 €

Grilled fish and seafood platter with lobster.

Price per person, minimum 2 people. 38,70 €

PASTA

Spaghetti with squid. 19,00 € Trazas

Spaghetti Vongole. 21,50 € Trazas

Linguine with lobster. 28,50 € Trazas

Ask for gluten free pasta (Trazas)

MEAT DISHES

Steak tartare. 25,00 € Trazas

Beef burger with cheddar, bacon, lettuce, tomato, caramelized onion, and fries. 18,70 € Trazas







Marinated chicken skewer with vegetables and baked potatoes. 21,50 €



Chicken curry with coconut rice, dates and crushed peanuts. 19,50 €

Roasted suckling pig (boneless) with “patató” and sweet potato. 26,00 € Trazas

Grilled lamb chops with rosemary and fries. 24,50 € Trazas

Beef entrecôte with roasted pepper and potatoes. 25,50 €


Confit Angus beef rib with mashed potatoes and mushroom sauce. 25,00 €   Trazas 
  






Iberian pork escalope with “tumbet” (traditional vegetable dish). 25,00 €   


Rib steak on hot stone.

1.100kg. Recommended for two people. 65,50 €

SIDES

Portion of fries. 6,00 € Trazas 







Crispy sweet potato sticks with two sauces. 7,50 €   Trazas   

Roasted “patató” potatoes with rosemary oil. 8,50 € Trazas 

Basmati rice with vegetables. 7,50 €

Sauteed vegetables. 8,50 €

Cristal bread with tomato. 6,50 €  Trazas    

Breadbasket with olives, tapenade, and aioli. 2,90 €/person    Trazas   

Ask for gluten free bread (Trazas  ) and gluten free pasta (Trazas )

CHILDREN'S MENU

Recommended for children under 12 years.

Spaghetti Bolognese. 10,00 €    Trazas   

Spaghetti Carbonara. 10,00 €   Trazas  

Battered hake*. 10,00 €   

Chicken nuggets*. 9,50 €  


Cheeseburger*. 10,00 €    Trazas    



Margherita pizza. 13,50 €   Trazas 

* Choose a side: fries, “patató” potatoes, or basmati rice.



DESSERTS








 Fruit salad. 8,50 €





Strawberries with Mascarpone. 8,50 €    Trazas   

Cheesecake with berries. 8,50 €     Trazas   

Gluten free Chocolate coulant with Pistachio ice cream. 8,50 €    

 Vegan mango and passion fruit mousse. 8,80 € 

Gató (Typical Mallorca almond cake, gluten-free) with almond ice cream 8,50 €    
Trazas   

Quarto embetumat. Classic Majorcan sponge cake with meringue and chocolate
topping. 8,50 €    Trazas 




Cardenal de Lloseta with vanilla sauce. 8.50 €   

Apple puff pastry tartlet. 8,50 €   Trazas  

Chocolate truffles. 4 units. 8,00 €     Trazas  

HOMEMADE ICE CREAM

Toasted almond ice cream. 7,50 €   Trazas      

“Mantecado” (Spanish vanilla-cinnamon) ice cream. 7,50 €    Trazas 