

La Cafetería

del Hotel Alborán.

CARTA ADAPTADA CON PICTOGRAMAS

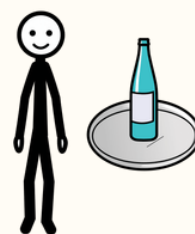
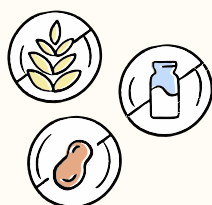


ELABORADA POR AUTISM FRIENDLY CLUB



La Cafetería

del Hotel Alborán.



CONSULTA LOS ALÉRGENOS AL PERSONAL DE SALA

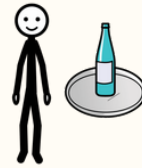


VEGANO



DESAYUNOS Y MERIENDAS

Desayuno buffet



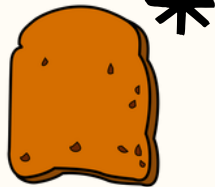
PREGUNTA POR EL DESAYUNO BUFFET AL PERSONAL DE SALA

Café y tostadas



CAFÉ

+



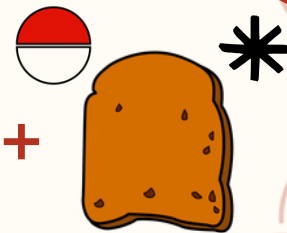
TOSTADAS

Café y media tostada



CAFÉ

+



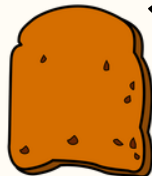
MEDIA
TOSTADA

Clásico con zumo natural



CAFÉ

+



TOSTADAS

+

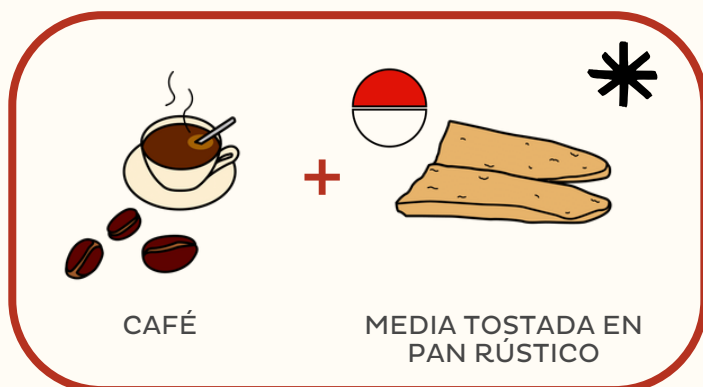


ZUMO DE
NARANJA

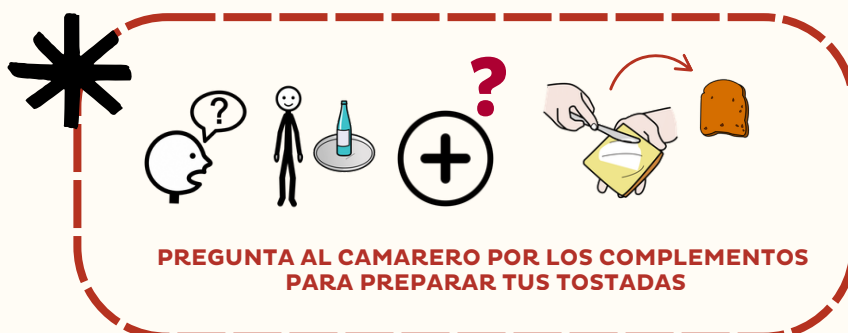
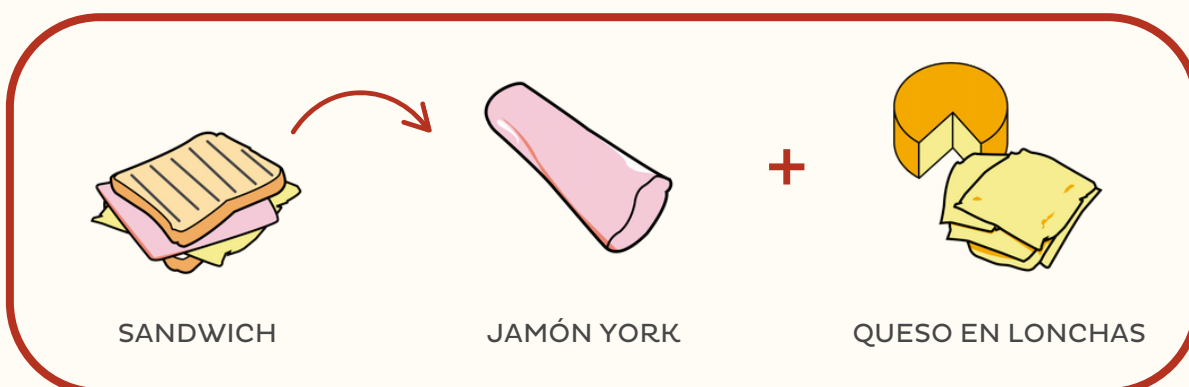
Desayuno gallego: café y tostadas



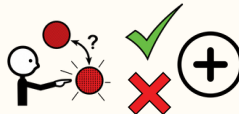
Medio desayuno gallego: café y media tostada



Sandwich mixto



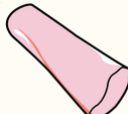
Suplemento de embutido



ELEGIR SI SE QUIERE
O NO SE QUIERE AÑADIR
EMBUTIDO



ELEGIR
EMBUTIDO



JAMÓN
YORK



QUESO



CHORIZO



SALCHICHÓN



JAMÓN CURADO

Doble suplemento de embutido



ELEGIR SI SE QUIERE
O NO SE QUIERE AÑADIR
EMBUTIDO DOBLE



ELEGIR
EMBUTIDO



JAMÓN
YORK



QUESO



CHORIZO

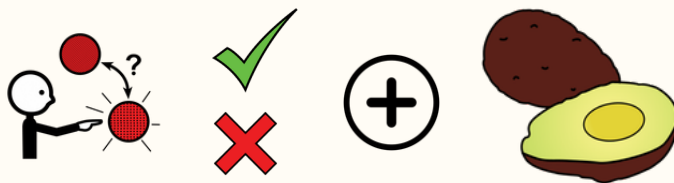


SALCHICHÓN



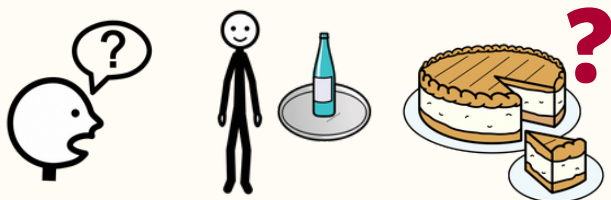
JAMÓN CURADO

Suplemento de aguacate



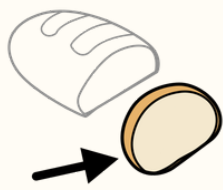
ELEGIR SI SE QUIERE O NO SE QUIERE AÑADIR AGUACATE

Porción de tarta



PREGUNTAR AL CAMARERO
POR LAS OPCIONES DE TARTA

Tosta con atún, tomate y huevo duro



REBANADA DE PAN

+



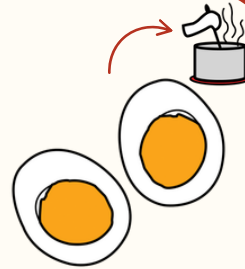
ATÚN

+



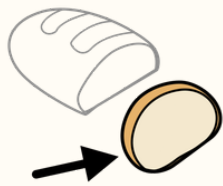
TOMATE

+



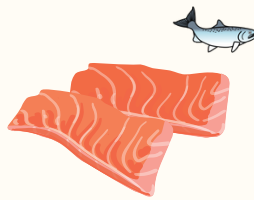
HUEVO DURO

Tosta de salmón ahumado con queso crema



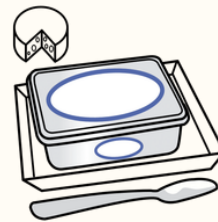
REBANADA DE PAN

+



SALMÓN AHUMADO

+



QUESO CREMA

Pan de centeno integral con aceite, tomate y aguacate



PAN DE CENTENO*
INTEGRAL
*CEREAL

+



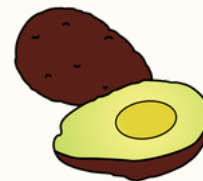
ACEITE

+



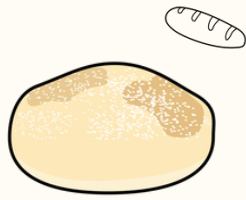
TOMATE

+



AGUACATE

Mollete de "tumaca" ibérico



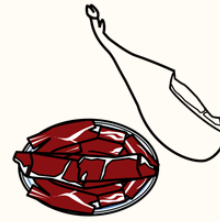
PAN DE MOLLETE

+



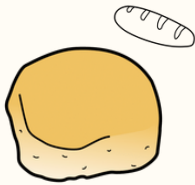
TOMATE RALLADO

+



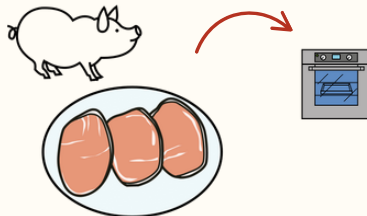
JAMÓN IBÉRICO

Bollo con lomo al horno



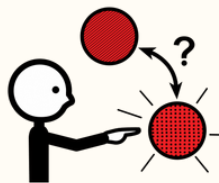
BOLLO DE PAN

+



LOMO AL HORNO

Bol con cereales o muesli y leche



ELEGIR



CEREALES



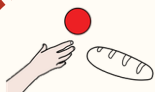
MUESLI*

*MEZCLA DE CEREALES INTEGRALES, FRUTOS SECOS, SEMILLAS Y FRUTAS DESHIDRATADAS

+

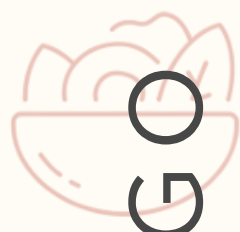
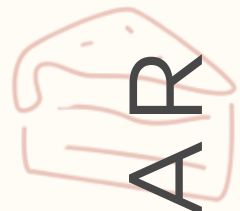


LECHE



PIDE TU PAN: INTEGRAL, DE PIPAS Y CEREALES, REBANADA DE PUEBLO, PAN SIN GLUTEN.

ALGO PARA PICAR

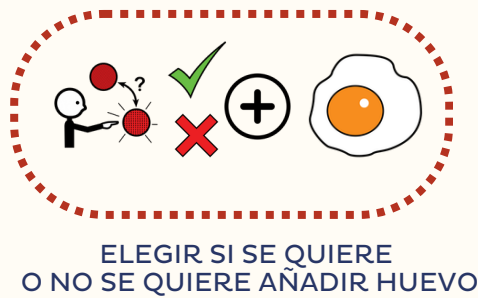
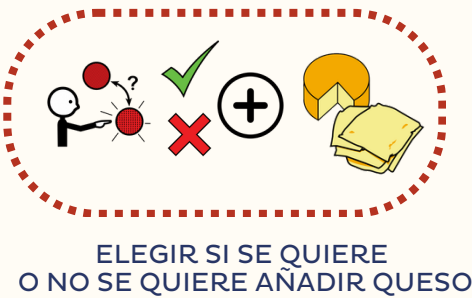
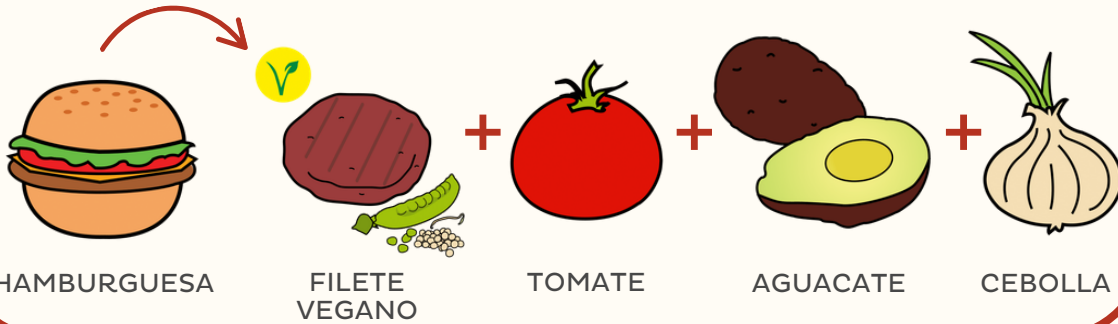


ALGO PARA PICAR

PLATOS VEGANOS

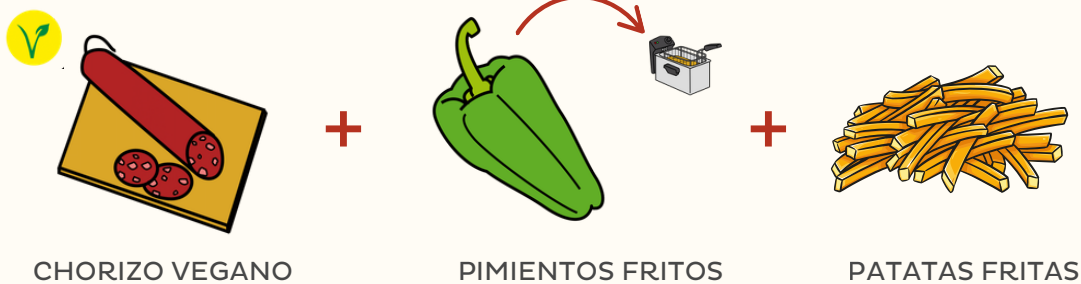
Hamburguesa con tomate, cebolla y aguacate

VEGAN



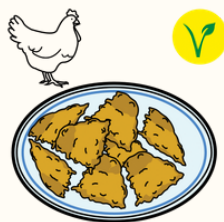
Plato campero

VEGAN



Nuggets con ensalada y patatas fritas

VEGAN 



NUGGETS VEGANOS

+



ENSALADA

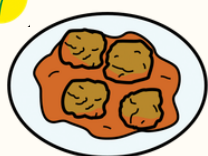
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PATATAS FRITAS

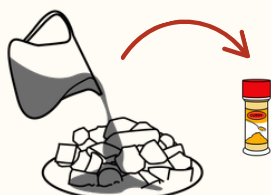
Curry de albóndigas con arroz

VEGAN 



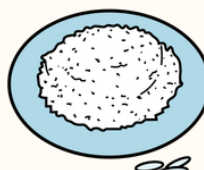
ALBÓNDIGAS
VEGANAS

+



SALSA CREMOSA
DE CURRY

+

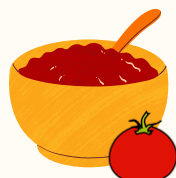


ARROZ

Pizza vegetal

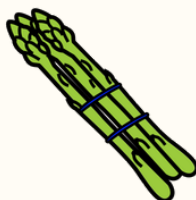


PIZZA



SALSA DE
TOMATE

+



ESPÁRRAGOS
VERDES

+



CALABACÍN



COLIFLOR

+



BRÓCOLI

+

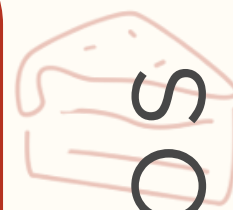


ZANAHORIA

+



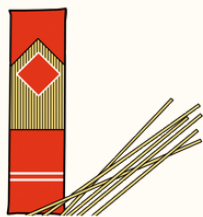
QUESO



PLATOS VEGANOS

Pasta con salsa boloñesa

VEGAN 



ESPAGUETIS

+



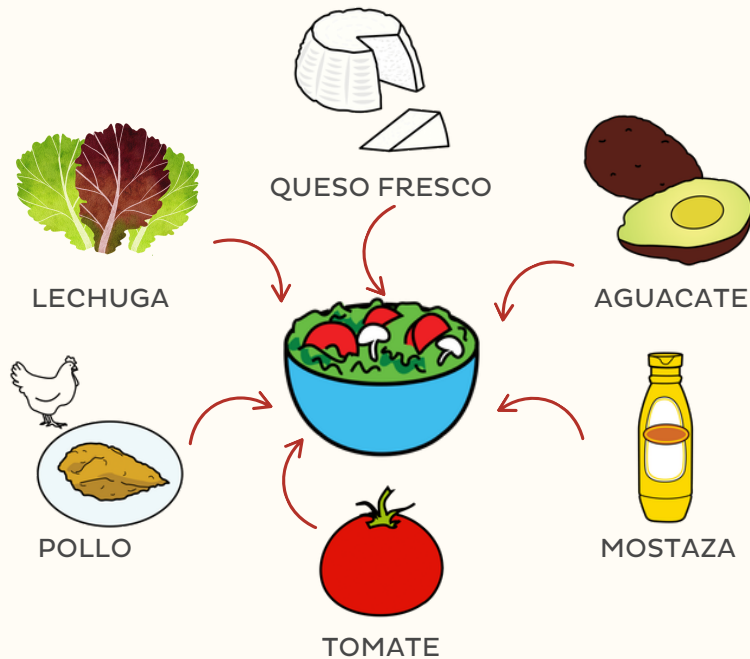
SALSA BOLOÑESA VEGANA*
*TOMATE, CEBOLLA, ZANAHORIA Y CARNE
PICADA VEGANA



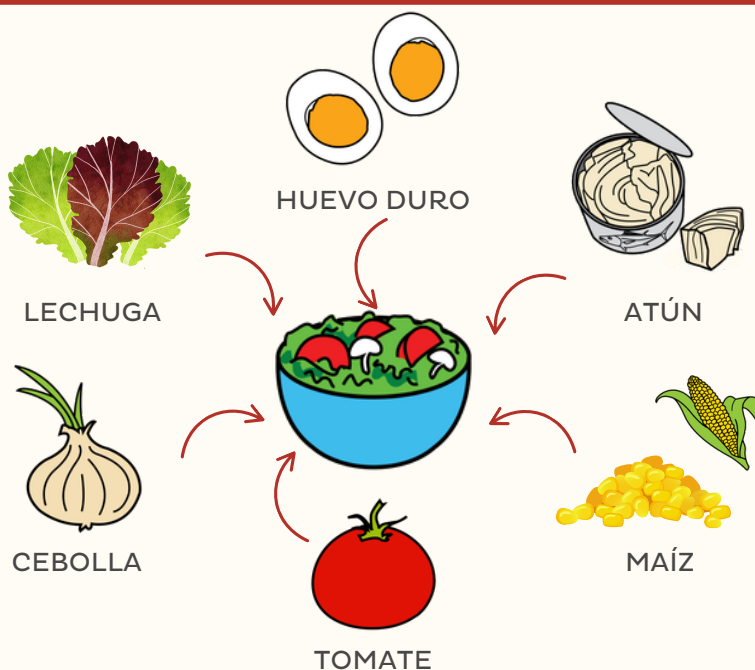
PLATOS VEGANOS

ENSALADAS

Ensalada del chef



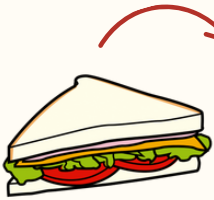
Ensalada mixta



ENSALADAS

ENTREPAN

Sandwich vegetal



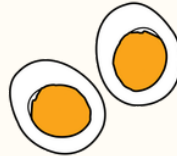
SANDWICH



PAN
INTEGRAL



LECHUGA



HUEVO

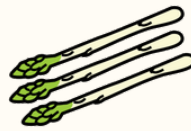


TOMATE



CEBOLLA

+



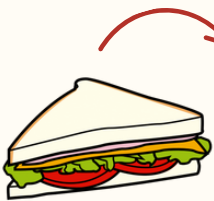
ESPÁRRAGOS

+



MAYONESA

Sandwich club

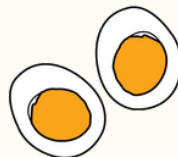


SANDWICH



LECHUGA

+



HUEVO

+



TOMATE

+

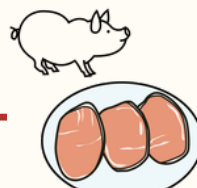


QUESO



BACON

+



LOMO

+

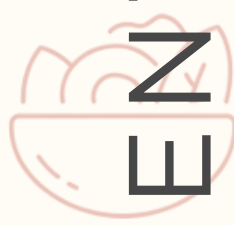
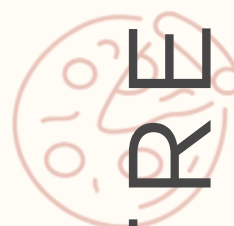


JAMÓN

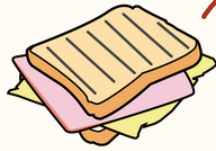
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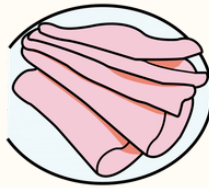
MAYONESA



Sandwich mixto doble

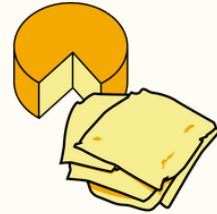


SANDWICH



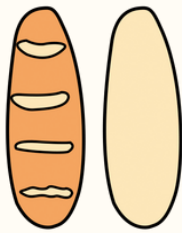
JAMÓN YORK

+



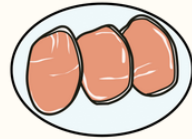
QUESO EN LONCHAS

Baguette de lomo, queso y tomate



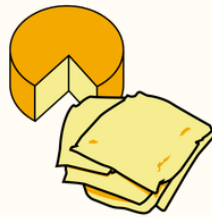
BARRA DE PAN FINA

+



LOMO

+



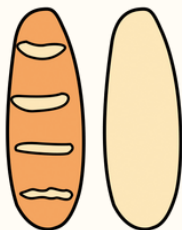
QUESO

+



TOMATE

Baguette de ibérico a la catalana



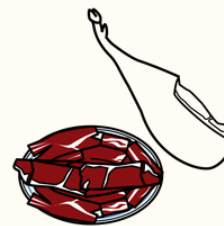
BARRA DE PAN FINA

+

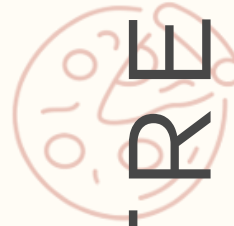


TOMATE RALLADO,
ACEITE Y AJO

+



JAMÓN
IBÉRICO



ENTREPAN

Hamburguesa doble de ternera

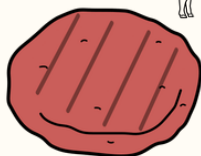


HAMBURGUESA



PATATAS FRITAS

2



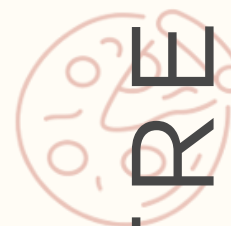
HUEVO FRITO

DOS FILETES DE
HAMBURGUESA DE TERNERA



BACON

QUESO



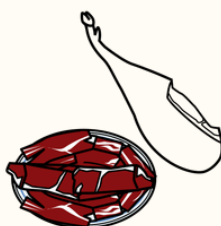
ENTREPAN

PIZZAS

Pizza de jamón serrano y queso



PIZZA



JAMÓN
SERRANO

+



QUESO

Pizza de pollo, bacon y champiñones



PIZZA



POLLO

+



BACON

+



CHAMPIÑONES

Pizza marinera con atún, anchoas, gambas y mejillones



PIZZA



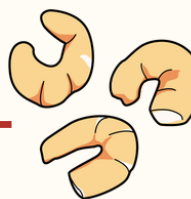
ATÚN

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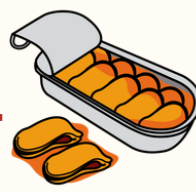
ANCHOAS

+



GAMBAS

+



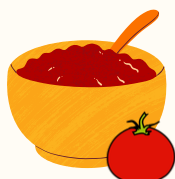
MEJILLONES



Pizza vegetal

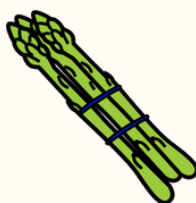


PIZZA



SALSA DE
TOMATE

+



ESPÁRRAGOS
VERDES

+



CALABACÍN



COLIFLOR

+



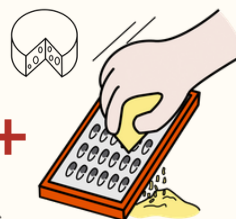
BRÓCOLI

+



ZANAHORIA

+



QUESO



PIZZAS

RACIONES Y PLATOS



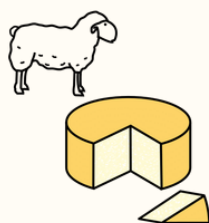
RACIONES Y PLATOS

Ración de jamón gran reserva de jabugo



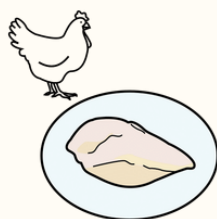
JAMÓN CURADO DE
ALTA CALIDAD

Ración de queso manchego



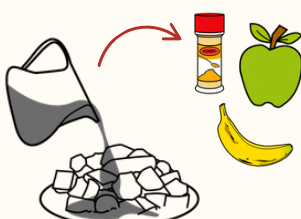
QUESO MANCHEGO*
*DE LECHE DE OVEJA DE RAZA MANCHEGA

Pollo en salsa de curry con frutas
y arroz salteado



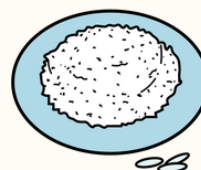
POLLO

+



SALSA DE CURRY,
MAZANA Y PLÁTANO

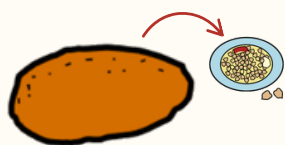
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ARROZ

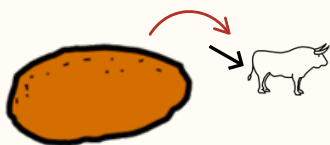


Croquetas de cocido, rabo de toro y merluza y gambas



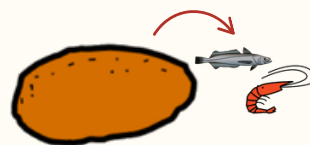
CROQUETAS DE
COCIDO

+



CROQUETAS DE
RABO DE TORO

+



CROQUETAS DE
MERLUZA Y GAMBAS

Huevos rotos con jamón ibérico



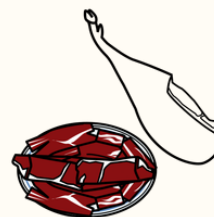
HUEVOS FRITOS

+



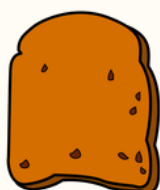
PATATAS FRITAS

+



JAMÓN IBÉRICO

Tostas de jamón ibérico con salmorejo



REBANADA DE PAN

+



JAMÓN IBÉRICO

+

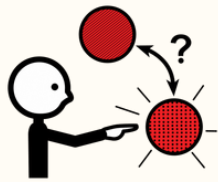


SALMOREJO*

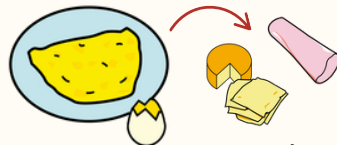
*CREMA FRÍA ELABORADA CON TOMATE,
PAN, ACEITE DE OLIVA, AJO Y SAL



Tortilla de jamón york y queso o de patatas, con ensalada



ELEGIR



TORTILLA DE JAMÓN
YORK Y QUESO



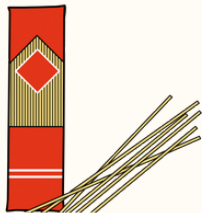
TORTILLA DE PATATAS

+



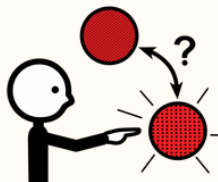
ENSALADA

Espaguetis a la bolognesa o la carbonara



ESPAGUETIS

+



ELIGE SALSA



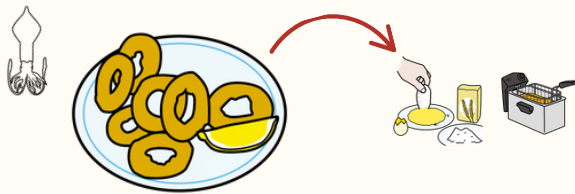
SALSA BOLOÑESA*
*TOMATE, CEBOLLA, ZANAHORIA Y
CARNE PICADA



SALSA CARBONARA*
*HUEVO, PARMESANO Y BACON

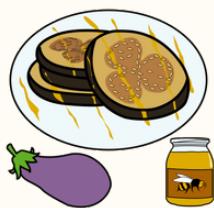
PLATOS
RACIONES Y

Calamares fritos



CALAMARES REBOZADOS Y FRITOS

Berenjenas fritas con miel de caña



BERENJENAS FRITAS CON MIEL

