SLOW-FOOD
ALL OUR MEALS ARE COOKED TO ORDER USING HIGH QUALLITY AND FRESH LOCAL PRODUCTS

STARTERS

1 BRUSCHETTA OF MELTING SMOKY CHEESE FROM "EL HIERRO" AND TOMATO CONFIT WITH A TOUCH OF PESTO
13,00

2 FRESH HOMEMADE FREE RANGE CHICKEN AND HAM CROQUETS
10,50

3 FRESH HOMEMADE FISH CROQUETS
10,50

4 TEPPANYAKI OF KING PRAWNS AND ASSORTED FRESH MUSHROOMS FROM TENERIFE
14,00

5 FALAFEL, A VEGAN FAVORITE!
10,50

6 FRENCH ONION SOUP WITH MELTING CHEESE FROM EL HIERRO
13,50

7 SOUP OF THE DAY
8,00

SALADS

8 KING PRAWNS AND AVOCADO SALAD WITH CASHEW NUTS AND A "MOJITO" DRESSING
17,50

9 ARTISANAL GOAT'S CHEESE FROM VALSEQUILLO SALAD WITH CRUNCHY ALMONDS AND A PALM SYRUP DRESSING FROM LA GOMERA
16,50

10 GORGONZOLA AND CARAMELIZED WALNUT SALAD WITH GREEN APPLES AND A TENERIFE HARVESTED HONEY- DIJON MUSTARD DRESSING
16,50

MEATS

WE CAREFULLY SOURCE AND SELECT ONLY PRIME PASTURE MEATS OF NATIONAL OR EU ORIGIN:

11 CHARGRILLED MARBLED EU GRASS FED SIRLOIN STEAK (400GR, 14OZ)WITH HOMEMADE CHUNKY CHIPS ROASTED SPRING ONIONS AND PEPPERS
*IDEAL FOR THOSE WHO VALUE THE TASTE OF HIGH QUALITY MARBLED BEEF OVER TENDERNESS
32,50

12 FILLET STEAK (280GR, 9OZ) WITH GORGONZOLA OR FRESH TENERIFE MUSHROOM SAUCE, HOMEMADE CHUNKY CHIPS AND VEGETABLES
*FOR THOSE VALUING TENDERNESS
32,50

13 LEG OF NATIONAL LAMB SLOWLY ROASTED IN PORT WINE, WIITH RED ONIONS, GRATIN POTATOES AND VEGETABLES
28,50

14 BARBACUED PORK CHOP FROM THE CANARY ISLANDS WITH GRATIN POTATO, APPLES CARAMELIZED IN TENERIFE HARVESTED HONEY AND A CREAMY DIJON SAUCE
24,50

15 FREE-RANGE CHICKEN BREAST STUFFED WITH CANARY ISLAND CHEESE AND BACON SERVED WITH A FRESH TENERIFE MUSHROOM SAUCE HOMEMADE OLIVE OIL FRIES AND VEGETABLES
18,50

16 HOMEMADE 1/2 POUND BURGUER OF 100% NATIONAL BEEF, MELTING CANARY ISLAND CHEESE, PICKLES, SAUTEED ONIONS, BACON, TOMATO, LETUCE AND OUR BURGER SAUCE
19,00

WE DON'T CUSTOMIZE BURGERS

PASTA

17 TAGLIATELLE WITH FRESH MUSHROOMS AND BACON WITH A CREAMY PARMESAN SAUCE
15,50

FISH

OUR FISH OF THE DAY IS PREPARED WITH FRESHLY CAUGHT FISH FROM THE CANARIES. ASK FOR THE DAYLY SPECIALS TO SEE WHAT IS THE LATEST CATCH BROUGHT TO US BY OUR LOCAL FISHERMEN

18 FRESH FILETS OF TENERIFE SEABREAM WITH AN ALMOND CRUST OVER A BED OF SWEET POTATOES AND A CITRUS ALI-OLI
22,50

19 PISTACHIO CRUSTED COD LOINS ON A BED OF RATATOUILLE AND SWEET POTATOES A CREAMY LEMON AND CHAMPAGNE SAUCE, TOMATO CONFIT AND PESTO
29,50

20 OCTOPUS PANFRIED IN OLIVE OIL WITH PEPPERS AND LOCAL RED ONIONS SERVED WITH CANARY POTATOES AND A ROAST PEPPER MAYONNAISE
35,50

DESSERTS

21 "CHOCOLATES" A TRIBUTE TO COCOA WITH AMARETTO FOAM AND A PIECE OF HOMEMADE BROWNY
9,90

22 CRUMBLE OF APPLES CARAMELIZED IN LOCAL HARVESTED HONEY WITH A FORESTBERRY SAUCE SERVED WITH A SCOOP OF ICE-CREAM
9,90

23 PISTACCIO AND CARAMELIZED WALNUT CRUSTED ICE-CREAM WITH A BAILEYS FOAM SERVED ON A BED OF TOFFEE SAUCE
9,90

COTIENE GLUTEN · CRUSTÁCEOS · HUEVOS · PESCADO · CACAHUETES · SOJA · LÁCTEOS
FRUTOS DE CÁSCARA · APIO · MOSTAZA · GRANOS DE SÉSAMO · DIÓXIDO DE AZUFRE Y SULFITOS · MOLUSCOS · ALTRAMUCES