

me nú



TASTING MENU

Entree del chef y servicio de pan |

Recuerdo de un viaje a Mexico |

Grilled red tuna with a touch of soy and orange, strawberry aguachile, guacamole, crispy corn, pickled sweet onions
(1, 4, 6, 8, 12)

El llano y el mar |

Fried arepas with Cantabrian anchovy, sautéed endive with pine nuts, garlic and chili, and tamarind mayonnaise
(1, 3, 4, 5, 7, 8, 12)

Volviendo de Bangkok |

Garlic prawns and mushrooms in tom yum sauce with tapioca chips
(1, 2, 6, 8, 12)

Homenaje a Tenerife |

Cooked banana with rum, vanilla, cardamom and cinnamon on a salted peanut biscuit, tamarind sauce and peanut cream.
(1, 3, 5, 7, 11, 12)

30€ per person

The menú is available for the entire table only - DRINK IS NOT INCLUDED

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BREAKFAST AND BRUNCH

Salmon Brunch | €16,00 **

1. Plate with salad, cherry tomatoes, and avocado, omelette with crème fraîche, citrus, and homemade marinated salmon 2. Bread and croissant with butter and jam 3. Orange juice 4. Choice of coffee
(1, 3, 4, 11, 12)

Bacon Brunch | €15,00

1. Plate with salad, cherry tomatoes, and avocado, omelette with pecorino cheese cream and crispy bacon 2. Bread and croissant with butter and jam 3. Orange juice 4. Choice of coffee
(1, 3, 11, 12)

Croissant | €1,00

(1, 3, 7)

Sweet Croissant | €2,80

Choose between :

1. Croissant with white chocolate cream and almonds
 2. Croissant with dark chocolate cream and hazelnuts
 3. Croissant with raspberry jam
- (1, 3, 11, 12)

Savory Croissant | €2,80

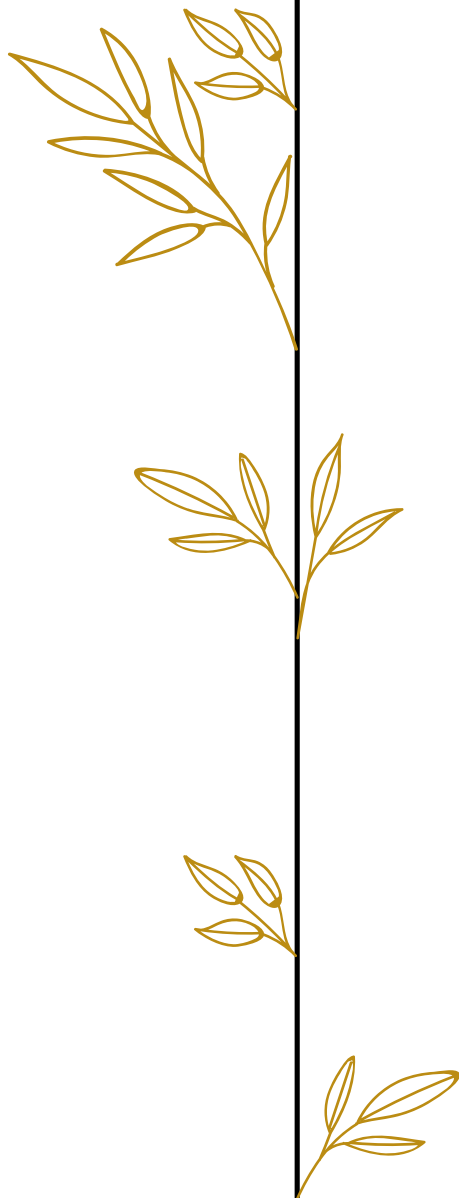
Croissant with tomato bacon and fried eggs
(1, 3, 11, 12)

Toasted bread with Butter and

raspberry jam | €3,00

(1, 7)

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FISH **

Recuerdo de un viaje a Mexico | €16,00

Grilled red tuna with a touch of soy and orange, strawberry aguachile, guacamole, crispy corn, pickled sweet onions
(1, 4, 6, 8, 12)

El llano y el mar | €14,00

Duo Arepas

1. Fried arepas with smoked Salmon, pistachio pesto, and crème fraîche

2. Fried arepas with Cantabrian anchovy, sautéed endive with pine nuts, garlic and chili, and tamarind mayonnaise

(1, 3, 4, 5, 7, 8, 12)

Pulp-Salad | € 16,00

Octopus salad, grilled potatoes, sun-dried tomatoes, Taggiasca olives, basil pesto, and almonds
(1, 2, 5, 7, 8, 12)

Hot-Pulp | € 13,50

Revisited hot dog with grilled octopus, kabayaki sauce, burrata stracciatella, and sautéed chicory, served in homemade milk bread.

(1, 3, 7, 8, 11, 12, 14)

La Bonita € 16,00

Tuna tartare accompanied by creamy burrata stracciatella, Mediterranean crumble, and confit sun-dried tomatoes

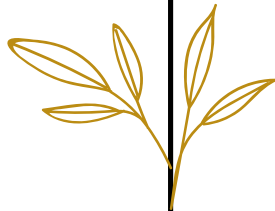
(1, 4, 7, 12)

Volviendo de Bangkok | € 14,00

Garlic prawns and mushrooms in tom yum sauce with tapioca chips

(1, 2, 6, 8, 12)

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MEAT

La Gorda picante | €12,00

Homemade focaccia, pumpkin cream, Colonnata lard P.D.O., Calabrian 'nduja zabaglione, shavings of Sardinian Moliterno pecorino cheese

(I, 7, 12)

Geometria de Res ahumado | €16,00

Smoked beef tenderloin tartare, homemade giardiniera, dill hollandaise

(I, 3, 5, 12)

Roast-beef | € 16,00

Roast-beef, Truffle, Parmesan cream, lettuce, Pistachio pesto, Hazelnuts

(I, 7, 11, 12)

VEGETARIANS

Puglia - Tenerife | €14,00

creamy burrata stracciatella, Mediterranean crumble, mixed tomato salad, basil pesto

(I, 7, 12)

La Mirinzana | €14,00

Smoked eggplant cream, fried eggplant, basil pesto, Alghero-style garlic sauce, and 'Mazza Frissa' and Pecorino Cheese Moliterno

(I, 7, 11, 12)

Alcachofas en Roma | € 13,00

Fried artichoke on a bed of pecorino cheese fondue, lime, and Sichuan pepper

(I, 7, 12)

Ensalada la Cabrita | € 14,00

Mixed salad with grilled peaches and melon, raspberry goat cheese mousse, almonds and croutons.

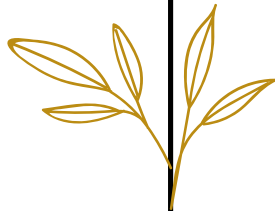
(I, 7, 11, 12)

Papas arrugadas | € 6,50

Patatas arrugadas with alioli sauce

(I, 3, 12)

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VEGANS

Texturas de "Fave e Cicorie" | €14,00

Fava bean cream, herb crumble bread, homemade chicory croquette
(I, I2)

Puro Puerro | €14,00

Potato millefeuille with leek cream, crispy fried leek, and charred spring onion with soy and mirin.
(I, I2)

Pimientos de Padrón | € 6,50

Pimientos de padron fritos , sal Maldon
(I)

Sabor de Canarias| €12,00

Mixed salad of Canarian tomatoes, cucumber and basil juice, edible flowers, and crispy bread.
(I, I2)

CROQUETERIA

Croquetas de jamón Iberico (6ud) | €10,00

Iberian ham Croquettes with smoked aubergine cream
(I, 5, 7, II, I2)

Croquetas de Pollo (6ud) | €10,00

Chicken Croquettes with Alioli sauce
(I, 5, 7, II, I2)

Croquetas de Bacalao (6ud) | €10,00

Cod Croquettes with Agliata Algherese sauce
(I, 5, 7, II, I2)

Croquetas de Boletus (6ud) | €10,00

Mushrooms Croquettes with Mazza Frissa (Creamy semolina with cream)
(I, 5, 7, II, I2)

Croquetas mixtas (8ud) | €13,00

Croquetas de pollo - boletus - jamon iberico - bacalao
(I, 5, 7, II, I2)

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BREAD AND CHILD MENU

Our Bread service with salted butter,

tomato and alioli | €5,00

Kalamata olive bread, walnut and apricot bread, mixed seeds bread, served with herb salted butter, grated tomato with basil and extra virgin olive oil, aioli..

(1, 5, 7, 8, 12)

Bread | €1,50

(1)

Chicken breast and Potatoes | €13,00

Grilled chicken breast and potatoes

(1)

Lasagna alla bolognese | €14,00

Lasagna , ragú bolognese and béchamel sauce

(1, 3, 7, 9)

DESSERT

Homenaje a Tenerife | €6,50

Cooked banana with rum, vanilla, cardamom and cinnamon on a salted peanut biscuit, tamarind sauce and peanut cream.

(1, 3, 5, 7, 11, 12)

Agua Café | €6,50

Coffee pan Brioche, white chocolate namelaka, hazelnut crumble and Raspberry

(1, 3, 7, 11, 12)

Aphrodite | € 6,50

77% dark chocolate mousse, passion fruit and coconut gelée, passion fruit sauce, and almonds with pimentón de la Vera

(1, 7, 12)

Ice Cream Cup small | € 3,00

Helado del dia

(1, 7, 12)

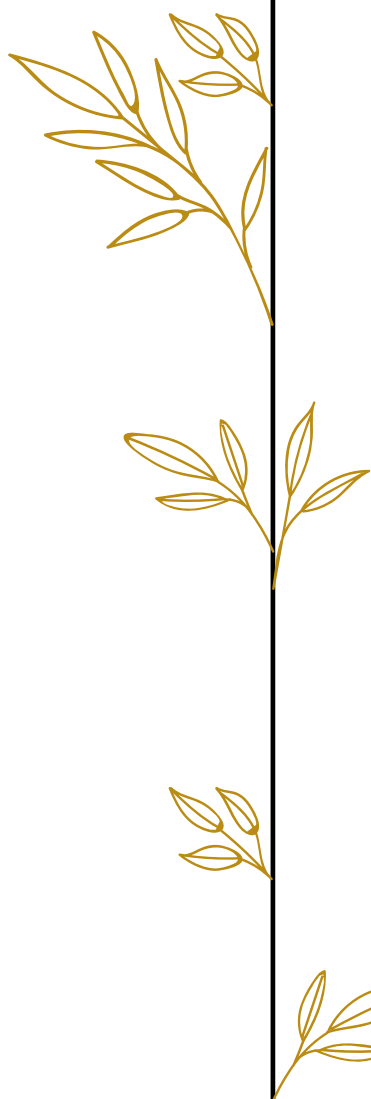
Ice Cream Cup large | € 6,00

Helado del Dia

(1, 7, 12)



carta de vinos



RED WINE

Bodega Viña Norte - Tacoronte-
Acentejo Listán negro



€26,00

€5,00

Chumbres de Abona - Flor de
Chasna Tinto Barrica



€20,00

€4,50

Bodega Viñatigo - Tintilla



€35,00

Bodega Viñatigo - Baboso Negro



€40,00

Bodega Niray - Niray tinto seco



€35,00

Bodega Viñatigo - Ancestral Tinto



€50,00

ROSÈ WINE

Bodega Mi Isla Rosado - Abona D.O.



€20,00

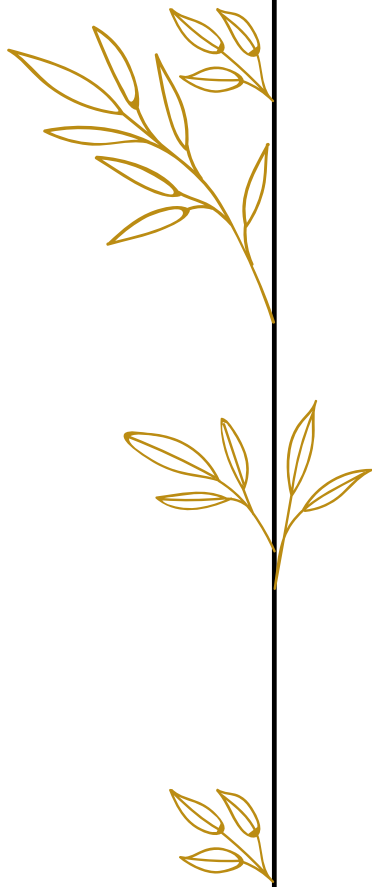
€4,50

Bodega Viñatigo - Rosado de Listan negro



€20,00

carta de vinos



WHITE WINE

Bodega Martin Codax - Albariño



Bodega Chumbres de Abona - Flor de Chasna



Bodega Mi Isla - Blanco Seco



Bodega Viñatigo - Ancestral Blanco



Bodega Martinón - Blanc de Noir



Bodega Niray - Niray Blanco Seco



Bodega Martinón - Lagrima



Bodega Martinón - Blanco Seco



CAVA AND SANGRÍA

Visiega - Cava Brut Nature



Anna de Codorniu - Cava Brut



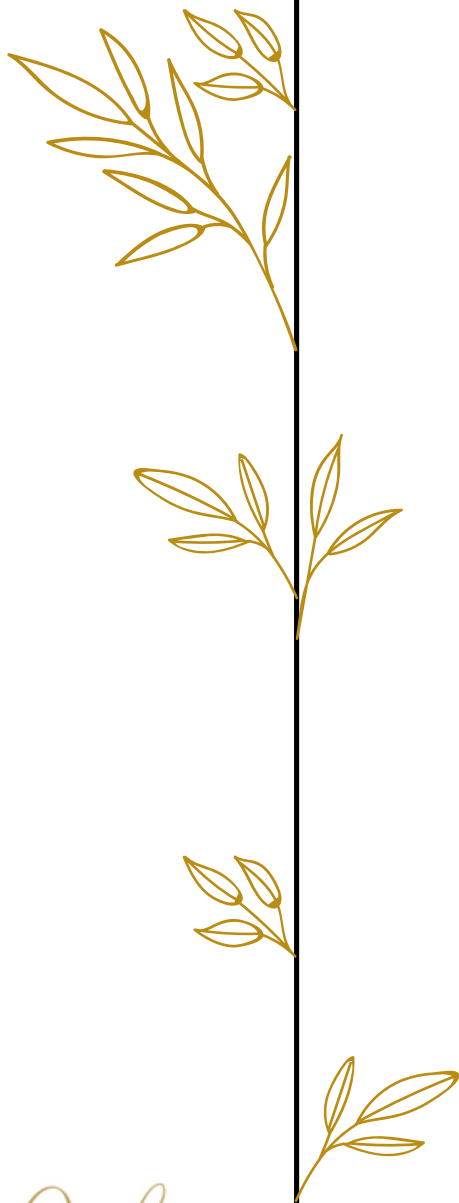
Benjamin - Cava metodo Clasico 200ml



Sangria Agua Cafe



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COCKTAIL

Aperol Spritz | € 8,50

Campari Spritz | € 8,50

Cosmopolitan de frambuesas | € 8,50

Tequila Sunrise | € 8,50

Frozen Daiquiri de frutos del
bosque | € 8,50

Tinto de verano | € 5,50

Moscow mule | € 8,50

Piña Colada | € 8,50

Long Island Ice Tea | € 8,50

Caipirinha | € 8,50

Mojito | € 8,50

GIN TONIC

Nordés | € 9,50

Hendrick's | € 9,50

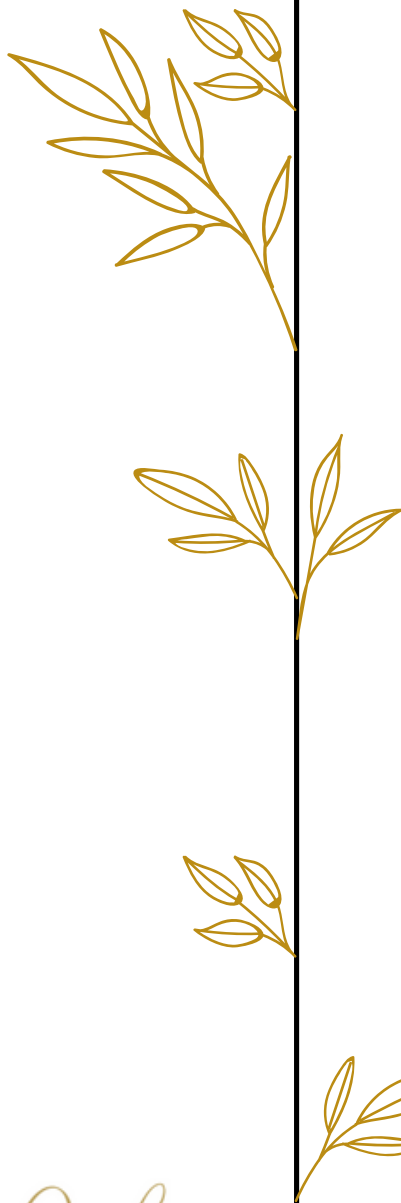
Martin Millery's | € 9,50

Brockmans | € 9,50

Roku Gin | € 9,50

Tanqueray | € 9,50

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BEERS

Alhambra Reserva Caña 0,20cl | € 3,00

Alhambra Reserva Caña 0,30cl | € 3,00

Alhambra Reserva Jarra 0,40cl | € 4,00

BOTTLE OF BEERS

Alhambra reserva 1925 Botella verde 350 ml | € 3,50

Alhambra Reserva Roja 350ml | € 3,50

Mahou IPA 350ml | € 4,00

Mahou Tostada doble Lúpulo 350ml | € 4,00

Mahou Dunkel 350ml | € 3,50

Mahou Sin Alcohol 350ml | € 3,00

Mahou sin Gluten 350ml | € 3,50

Konig Ludwig Weißbier 500ml | € 5,00

San Miguel Radler 0,0% alcohol 350 ml | € 3,50

SOFT DRINKS

Coca Cola 350 ml | € 3,50

Coca Cola Zero 350 ml | € 3,50

Fanta limon 350ml | € 3,50

Fanta naranja 350ml | € 4,00

Fuze Tea mango piña 350ml | € 4,00

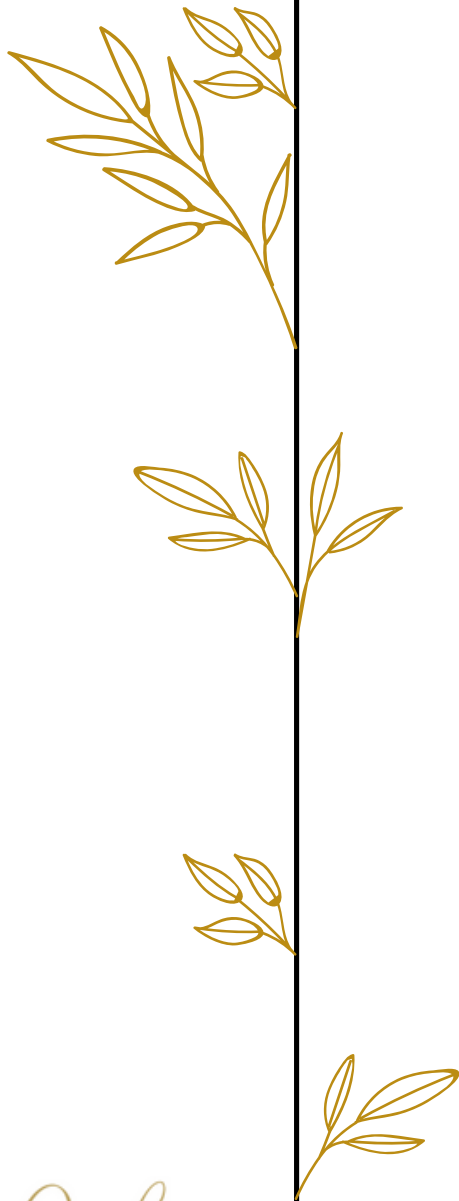
Fuze Tea mango piña 350ml | € 4,00

WATER

Agua Panna sin gas 500 ml | € 3,00

Agua S.Pellegrino 500 ml | € 3,00

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CAFE

- Espresso | € 1,30
- Cappuccino | € 2,50
- Barraquito | € 4,00
- Bombón | € 1,80
- Americano | € 1,50
- Doble | € 2,50
- Carajillo | € 2,50
- Leche Leche | € 2,00/ € 3,00
- Cortado | € 1,50/2,50
- Leche macchiato | € 2,80

JUICES & SMOOTHIES

- Zumo de naranja | € 4,00
- Zumo de Piña | € 4,00
- Zumo de Melocotón | € 4,00
- Batidos de Mango y Banana | € 5,00
- Batidos de Fresa y Banana | € 5,00
- Batidos de Manzana y Piña | € 5,00

ALERGENOS



1. Cereals containing gluten:

grain (barley and wheat Khorasan) rye, barley, oats or their hybridised strains and derivative products

Except for:

A) glucose syrups made from wheat, including dextrose; **B)** wheat-based maltodextrins; **C)** Glucose syrups based on barley; **D)** cereals used for making alcoholic distillates including ethyl alcohol of agricultural origin.



3. Eggs and products based on Eggs.



5. Peanuts and products based on Peanuts.



7. Milk and products based on Milk (Lactose included).

Except for:

A) whey used for making alcoholic distillates including ethyl alcohol of agricultural origin; **B)** Lactitol (Editor's note, sugar resulting from the reduction of lactose).



9. Celery and products based on Celery.



11. Nuts, namely:

Almond (*amygdalus communis* L.), Hazelnuts (*Corylus avellana*), walnuts (*Juglans regia*), cashew nuts (cashew Western), pecan nuts (*carya illinoensis* (wangenh.) k. Koch), brazil nuts (*bertholletia excelsa*), Pistachio (*Pistacia vera*), macadamia nuts and Queensland (*Macadamia ternifolia*) and their products.

Except for:

Nuts used for making alcoholic distillates including ethyl alcohol of agricultural origin.



13. Lupin beans and products based on Lupin beans.



2. Shellfish and products based on Shellfish.



4. Fish and products based on Fish.

Except for:

A) fish gelatine used as carrier for vitamin or carotenoid preparations; **B)** gelatine or isinglass used as fining agent in beer and wine.



6. Soy and products based on Soy.

Except for:

A) fully refined soybean oil and fat; **B)** natural mixed tocopherols (E306), natural d-alpha tocopherol, d-alpha tocopherol acetate, natural, natural d-alpha tocopherol succinate from soybean sources; **C)** Vegetable oils derived from phytosterols and phytosterol esters from soybean sources; **D)** plant stanol ester produced from vegetable oil sterols from soybean



8. Sesame seeds and products based on Sesame seeds.



10. Mustard and products based on Mustard.



12. Sulphur dioxide and sulphites.

In concentrations above 10 mg / kg, 10 mg /litre in terms of total SO₂ to be calculated for products as proposed ready to reconstituted consumption in accordance with the instructions of the manufacturer.



14. Molluscs and products based on Molluscs.