



## HOT STARTERS

|                                              |        |
|----------------------------------------------|--------|
| Homemade croquettes (6 units)                | 10,50€ |
| Garlic bread (extra cheese +1€)              | 3,50€  |
| Catalan bread                                | 7,90€  |
| Iberian ham, natural tomato and olive oil    |        |
| Prawns in hot garlic oil                     | 12,50€ |
| Octopus galician style                       | 19,50€ |
| Scrambled eggs with smoked salmon and prawns | 13,50€ |
| Scallops                                     | 19,00€ |

## COLD STARTERS

|                                                  |        |
|--------------------------------------------------|--------|
| Smoked salmon tartare from Lanzarote and avocado | 17,50€ |
| Black Angus Fillet steak carpaccio               | 17,50€ |
| Fillet steak, lemon, parmesan and arugula        |        |
| Avocado with prawns                              | 12,50€ |
| Assorted cheese platter from Lanzarote           | 14,70€ |
| Iberian ham platter                              | 19,50€ |

## SALADS

|                                                                                                                                                    |        |
|----------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| Caprese                                                                                                                                            | 13,50€ |
| Lanzarote tomato, fresh mozzarella, avocado, basil and pesto sauce                                                                                 |        |
| Griega                                                                                                                                             | 12,50€ |
| Cherry tomato, lettuce, cucumber, green pepper, red onion, black olives, feta cheese and extra virgin olive oil                                    |        |
| Rustic Iberian                                                                                                                                     | 14,50€ |
| Lanzarote tomato, avocado, iberian ham, balsamic vinegar, extra virgin olive oil                                                                   |        |
| Molino                                                                                                                                             | 15,50€ |
| Breaded chicken breast strips, lettuce, seasonal shoots, apple, walnuts, dates, caramelized onion, goat cheese roll, honey and mustard vinaigrette |        |

## HANDMADE PIZZAS

All our pizzas have tomato sauce and mozzarella

|                                                                    |        |
|--------------------------------------------------------------------|--------|
| Margarita                                                          | 9,50€  |
| Tomato and mozzarella                                              |        |
| Prosciutto e funghi                                                | 13,00€ |
| Ham and mushrooms                                                  |        |
| Salmon                                                             | 15,00€ |
| Smoked salmon and avocado                                          |        |
| Cuatro estaciones                                                  | 14,00€ |
| Ham, mushrooms, artichokes and black olives                        |        |
| Al tonno                                                           | 13,50€ |
| Tuna, onion and cherry tomato                                      |        |
| Lanzarote                                                          | 14,50€ |
| Goat's cheese, bacon and dates                                     |        |
| Calzone (closed)                                                   | 13,90€ |
| Bolognese sauce, pepper, onion and bacon                           |        |
| Prosciutto                                                         | 12,00€ |
| Ham                                                                |        |
| Colosseum                                                          | 13,20€ |
| Bacon and onion                                                    |        |
| Vegetarian                                                         | 13,50€ |
| Peppers, onions, mushrooms, cherry tomato, eggplant and artichokes |        |
| Molino                                                             | 14,50€ |
| Prawns, garlic, chilli and avocado                                 |        |
| Volcan                                                             | 13,00€ |
| Ham, mushrooms and egg                                             |        |
| Marinera                                                           | 15,00€ |
| Prawns, tuna, mussels and crab                                     |        |
| Funghi                                                             | 12,00€ |
| Mushrooms                                                          |        |
| Tropical                                                           | 13,50€ |
| Ham and pineapple                                                  |        |
| Pepperoni                                                          | 13,70€ |
| Pepperoni                                                          |        |





## PASTAS

Spaghetti

|                                                 |        |
|-------------------------------------------------|--------|
| Bolognaise                                      | 12,50€ |
| Carbonara                                       | 13,50€ |
| Prawns, cherry tomato and garlic                | 14,50€ |
| Frutti di mare                                  | 18,00€ |
| Prawns, squid, fish, mussels, scallop and clams |        |
| Meat lasagna                                    | 13,90€ |
| Stuffed ravioli with spinach and ricotta        | 16,00€ |
| With gorgonzola sauce and walnuts               |        |

## FISH

|                                     |        |
|-------------------------------------|--------|
| Fresh fish of the day A/M           | S/M    |
| Grilled fillet of cherne or breaded | 17,50€ |
| Local fish                          |        |
| Grilled or fried Sahara squid       | 19,00€ |
| Grilled king prawns                 | 19,50€ |
| Wild prawns, 5 units of n°1         |        |
| Fillet or cherne in marinera sauce  | 20,50€ |
| Local fish                          |        |
| Grilled salmon                      | 19,50€ |

## GRILLED MEATS



|                                                                                             |        |
|---------------------------------------------------------------------------------------------|--------|
| Suckling Lamb Shoulder                                                                      | 27,00€ |
| Black Angus Fillet steak "El Molino"                                                        | 29,00€ |
| Black Angus Fillet steak, goat cheese roll and caramelized onion                            |        |
| Black Angus Fillet steak                                                                    | 27,00€ |
| Black Angus high loin (sirloin steak)                                                       | 24,00€ |
| Black Angus Fillet steak skewer                                                             | 26,00€ |
| Mix skewer                                                                                  | 20,50€ |
| Chicken and Black Angus fillet steak                                                        |        |
| Pork ribs.                                                                                  | 19,00€ |
| Mixed grilled meat                                                                          | 26,00€ |
| Black Angus Fillet steak, Black Angus high loin, pork ribs, chicken breast and pork sausage |        |
| Fillet Mignon                                                                               | 27,50€ |
| Black Angus Fillet steak wrapped in bacon                                                   |        |
| Grilled chicken breast or breaded                                                           | 14,00€ |
| Chicken thigh skewer                                                                        | 15,50€ |
| Angus burger                                                                                | 17,90€ |
| Caramelized onion, cheddar cheese, fig jam tomato, lettuce and french fries                 |        |
| Wagyu burger                                                                                | 18,90€ |
| cheese, roasted peppers, tomato, lettuce and french fries.                                  |        |

All our meats are grilled.

### SAUCES

|           |       |
|-----------|-------|
| Mushroom  | 3,50€ |
| Pepper    | 3,50€ |
| Roquefort | 4,00€ |

## PAELLAS

(30 minutes aprox. /mín. 2 pers.)

|                  |             |
|------------------|-------------|
| Meat paella      | p.p. 18,50€ |
| Chicken and beef |             |
| Mixed paella     | p.p. 19,50€ |
| Seafood paella   | p.p. 21,00€ |
| Black rice       | p.p. 19,50€ |
| Prawns and squid |             |