

The background is a vibrant, stylized illustration of a tropical jungle. It features a variety of lush green leaves, including palm fronds and monstera leaves, interspersed with bright pink and yellow flowers. Four tropical birds are depicted: a white cockatoo with a yellow crest on the upper left, a blue and yellow macaw on the upper right, a blue and yellow macaw on the lower left, and a toucan on the lower right. The central text is set within a dark brown, horizontally-oriented oval that has a wood-grain texture. Above the word 'TENDERETE' are three small, stylized feathers in yellow, blue, and red. The text 'RESTAURANTE' is in a smaller, white, sans-serif font above the large, bold, white, serif font 'TENDERETE'. Below 'TENDERETE' is the phrase 'DEL SABOR' in a white, sans-serif font. Further down, the text 'COMIDA LATINA,' is in a white, sans-serif font, followed by a thin horizontal line, and then 'CANARIA E INTERNACIONAL' in a white, sans-serif font.

RESTAURANTE
TENDERETE
DEL SABOR

COMIDA LATINA,
CANARIA E INTERNACIONAL

Comidas

100	Empanada	1.80€
101	Papa rellena	3.00€
102	Pastel de Yuca	3.50€
103	Yuca frita	4.00€
104	Arepa mixta (Pollo, chicharrón, queso, carne, jamón)	6.50€
105	Arepa de pollo mechado	5.50€
106	Arepa de carne mechada	6.00€
107	Arepa Reina pepiada	6.50€
108	Arepa con queso tierno	5.00€
109	Arepa de chócolo	5.00€
110	Patacón pisado mixto	7.50€
111	Patacón pisado de pollo	6.50€
112	Patacón pisado de carne	7.00€
113	Patacón solo	4.00€
114	Picada	15.00€ - 20.00€ - 30.00€
115	Perrito caliente colombiano	4.50€
116	Chorizo con arepa	5.50€
117	Chorizo con patacón	6.00€
118	Pollo Frisby	1/2 9.50€ - Entero 14.50€ - Con Yuca 16.50€
119	Morcilla con Yuca o Patacón	6.50€
120	Bandeja paisa	13.50€
121	Sancocho de gallina	13.50€
122	Sancocho de costilla	13.50€
123	Sobrebarriga en salsa	13.50€
124	Lengua en salsa	13.50€
125	Lechona	por encargo
126	Patacón tenderete	7.50€
127	Hamburguesa tenderete	8.90€
128	Parrillada argentina	consultar
129	Salchipapa Tenderete	10.00€
130	Salvajada Tenderete	15.00€
131	Chicharrón	Solo 3.50€ - Yuca 5.50€ - Arepa 4.50€
132	Pescado frito	16.00€
133	Tamales	10.00€
134	Bofe con papa criolla	7.00€



ENTRANTES



1	PAN CON AJO	2,50 €
2	PAN CON MANTEQUILLA O ALIOLI	1,40 €
3	PAN CON TOMATE	2,40 €
4	BRUSCHETTA (TOMATE Y QUESO GRATINADO)	3,50 €
5	PAPAS ARRUGADAS CON MOJO	5,50 €
6	GAMBAS AL AJILLO	9,50 €
7	MEJILLONES A LA MARINERA	8,50 €
8	CHAMPIÑONES AL AJILLO	7,50 €
9	REVUELTO DE CHAMPIÑONES Y GAMBAS	11,50 €
10	PIMIENTOS DE PADRÓN	7,50 €
11	GOFIO ESCALDADO	5,00 €
12	QUESO TIERNO	7,50 €
13	QUESO FRITO CON ARÁNDANOS	8,50 €
14	CROQUETAS DE PESCADO, POLLO, JAMÓN	8,40 €
15	ALITAS DE POLLO TEX MEX	7,80 €
16	TABLA DE QUESOS	8,80 €
17	GAZPACHO ANDALUZ	5,50 €
18	HUEVOS ROTOS	9,50 €
19	CROQUETAS DE QUESO CHEDDAR CON JALAPEÑOS	7,50 €

ENSALADAS

20	ENSALADA TENDERETE (LECHUGA, TOMATE, CEBOLLA, ESPÁRRAGOS, QUESO, PEPINO, ATÚN, MILLO, PIÑA, CANGREJO, AGUACATE, ZANAHORIA, ACEITUNAS Y HUEVO)	10,50 €
21	ENSALADA MIXTA	7,50 €
22	ENSALADA DE TOMATE, CEBOLLA Y HUEVO	6,50 €
23	ENSALADA DE COGOLLOS (ATÚN Y PIMIENTO ASADO)	6,80 €
24	ENSALADA DE POLLO (LECHUGA, ZANAHORIA, MANZANA, POLLO Y SALSA ROSA)	7,50 €
25	ENSALADILLA RUSA	7,50 €

SOPAS

26	SOPA DE MARISCOS	8,50 €
27	SOPA DEL DÍA	5,00 €

PASTA

28	SPAGUETTIS A LA BOLOÑESA	9,80 €
29	SPAGUETTIS A LA CARBONARA	9,80 €
30	SPAGUETTIS A LA MARINERA	10,80 €
31	LASAÑA DE CARNE A LA BOLOÑESA	9,80 €



PIZZAS

- | | | |
|----|---|---------|
| 32 | MARGARITA
(TOMATE Y QUESO) | 8,90 € |
| 33 | HAWAI
(TOMATE, QUESO, JAMÓN Y PIÑA) | 9,50 € |
| 34 | CAPRICHOSA
(TOMATE, QUESO, JAMÓN Y CHAMPIÑONES) | 10,50 € |
| 35 | MARINERA
(TOMATE, QUESO, ATÚN, GAMBAS Y MEJILLONES) | 11,50 € |
| 36 | TEX MEX
(TOMATE, QUESO, PIMIENTO, CEBOLLA, CARNE Y SALSA BARBACOA) | 11,50 € |

CARNES

- | | | |
|----|--|---------|
| 37 | SOLOMILLO DE TERNERA AL GUSTO
(CHAMPIÑONES O PIMIENTA O MEXICANA O ROQUEFORT) | 20,50 € |
| 38 | SOLOMILLO A LA PLANCHA | 19,50 € |
| 39 | SOLOMILLO DE CERDO AL GUSTO
(CHAMPIÑONES O PIMIENTA O MEXICANA) | 16,50 € |
| 40 | SOLOMILLO DE CERDO A LA PLANCHA | 14,50 € |
| 41 | VUELTAS DE SOLOMILLO A LA CASERA | 15,00 € |
| 42 | ENTRECOT AL GUSTO
(CHAMPIÑONES O PIMIENTA O MEXICANA) | 16,80 € |
| 43 | ENTRECOT AL GRILL | 15,80 € |
| 44 | PECHUGA DE POLLO CON SALSA
(CHAMPIÑONES O PIMIENTA O MEXICANA) | 13,50 € |
| 45 | PECHUGA DE POLLO A LA PLANCHA | 12,00 € |
| 46 | PECHUGA DE POLLO EMPANADA (SALSA OPCIONAL) | 12,50 € |
| 47 | ESCALOPE DE LA CASA
(SALSA BOLOÑESA, PLÁTANO Y ORÉGANO) | 13,50 € |
| 48 | ESCALOPE A LA NAPOLITANA
(TOMATE FRITO, JAMÓN, QUESO Y ORÉGANO) | 12,50 € |
| 49 | ESCALOPE AL GUSTO
(CHAMPIÑONES O PIMIENTA O MEXICANA) | 13,50 € |
| 50 | CHULETAS DE CERDO AL GRILL | 11,50 € |

PESCADOS

- | | | |
|----|---------------------------------------|---------|
| 51 | PESCADO EMPANADO | 11,50 € |
| 52 | PESCADO A LA PLANCHA | 12,50 € |
| 53 | LENGUADO A LA PLANCHA (AJO Y PEREJIL) | 15,50 € |

MARISCOS

- | | | |
|----|--------------------------|---------|
| 54 | LANGOSTINOS A LA PLANCHA | 19,30 € |
| 55 | CALAMARES A LA ROMANA | 14,80 € |

POSTRES

- | | | |
|----|---------|--------|
| 56 | FLAN | 3,50 € |
| 57 | COULANT | 6,50 € |
| 58 | MOUSSE | 4,50 € |
| 59 | HELADOS | 2,20 € |



STARTERS

- | | | |
|----|--|---------|
| 1 | GARLIC BREAD | 2,50 € |
| 2 | BREAD AND BUTTER OR ALIOLI | 1,40 € |
| 3 | BREAD AND TOMATO | 2,40 € |
| 4 | BRUSCHETTA (GRILLED CHESSE AND TOMATO) | 3,50 € |
| 5 | CANARIAN POTATOES WITH MOJO SAUCE | 5,50 € |
| 6 | GARLIC SHRIMP IN OIL | 9,50 € |
| 7 | MUSSELS | 8,50 € |
| 8 | GARLIC MUSHROOMS | 7,50 € |
| 9 | SCRAMBLED EGGS WITH MUSHROOMS AND SHRIMP | 11,50 € |
| 10 | FRIED GREEN PEPPERS | 7,50 € |
| 11 | GOFIO ESCALDADO | 5,00 € |
| 12 | FRESH CHESSE | 7,50 € |
| 13 | FRIED CHESSE WITH BLUEBERRY | 8,50 € |
| 14 | CROQUETTES OF FISH, CHICKEN, HAM | 8,40 € |
| 15 | TEX MEX CHICKEN WINGS | 7,80 € |
| 16 | CHESSE PLATTER | 8,80 € |
| 17 | GAZPACHO | 5,50 € |
| 18 | BROKEN EGGS | 9,50 € |
| 19 | CHEDDAR AND JALAPEÑO CHESSE CROQUETTES | 7,50 € |

SALAD

- | | | |
|----|--|---------|
| 20 | SALAD TENDERETE
<i>(LETTUCE, TOMATO, ONION, ASPARRAGUS, CHESSE, CUCUMBER, TUNA, SWEETCORN, PINEAPPLE, CRAB, AVOCADO, CARROTS, OLIVES AND EGG)</i> | 10,50 € |
| 21 | GREEN SALAD | 7,50 € |
| 22 | TOMATO, ONION AND EGG | 6,50 € |
| 23 | BABY LETTUCE SALAD
<i>(TUNA, ROASTER PEPPERS)</i> | 6,80 € |
| 24 | CHICKEN SALAD
<i>(LETTUCE, CARROT, APPLE, CHICKEN AND PINK SAUCE)</i> | 7,50 € |
| 25 | RUSSIAN SALAD | 7,50 € |

SOUPS

- | | | |
|----|-----------------|--------|
| 26 | SEAFOOD SOUP | 8,50 € |
| 27 | SOUP OF THE DAY | 5,00 € |

PASTA

- | | | |
|----|------------------------|---------|
| 28 | SPAGUETTI BOLOGNESE | 9,80 € |
| 29 | SPAGUETTI CARBONARA | 9,80 € |
| 30 | SPAGUETTI WITH SEAFOOD | 10,80 € |
| 31 | LASAGNA | 9,80 € |



PIZZA

- | | | |
|----|---|---------|
| 32 | MARGARITA
(TOMATO AND CHESSE) | 8,90 € |
| 33 | HAWAII
(TOMATO, CHESSE, HAM AND PINEAPPLE) | 9,50 € |
| 34 | CAPRICHOSA
(TOMATO, CHESSE, HAM AND MUSSELS) | 10,50 € |
| 35 | MARINERA
(TOMATO, CHESSE, TUNA SHRIMP, AND MUSSELS) | 11,50 € |
| 36 | TEX MEX
(TOMATO, CHESSE, PEPPER, ONION, MEAT AND BARBACUE SAUCE) | 11,50 € |

MEAT

- | | | |
|----|---|---------|
| 37 | SIRLOIN STEAK WITH CHOICE OF SAUCE
(MUSHROOMS OR PEPPER OR MEXICAN OR ROQUEFORT) | 20,50 € |
| 38 | GRILLED SIRLOIN STEAK | 19,50 € |
| 39 | PORK TENDERLOIN
(MUSHROOMS OR PEPPER OR MEXICAN) | 16,50 € |
| 40 | GRILLED PORK TENDERLOIN | 14,50 € |
| 41 | HOMEMADE LAPS TENDERLOIN | 15,00 € |
| 42 | FILLED STEAK WITH CHOICE OF SAUCE
(MUSHROOMS OR PEPPER OR MEXICAN) | 16,80 € |
| 43 | GRILLED FILLET STEAK | 15,80 € |
| 44 | CHICKEN BREAST WITH CHOICE OF SAUCE
(MUSHROOMS OR PEPPER OR MEXICAN) | 13,50 € |
| 45 | GRILLED CHICKEN BREAST | 12,00 € |
| 46 | BREADED CHICKEN BREAST (OPTIONAL SAUCE) | 12,50 € |
| 47 | ESCALOPE
(BOLOGNESE SAUCE, BANANA AND OREGANO) | 13,50 € |
| 48 | ESCALOPE NAPOLITANA
(FRIED TOMATO, HAM, CHESSE AND OREGANO) | 12,50 € |
| 49 | ESCALOPE WITH CHOICE OF SAUCE
(MUSHROOMS OR PEPPER OR MEXICAN) | 13,50 € |
| 50 | GRILLED PORK CHOPS | 11,50 € |

FISH

- | | | |
|----|---------------------------------------|---------|
| 51 | BREADED FISH | 11,50 € |
| 52 | GRILLED FISH | 12,50 € |
| 53 | GRILLED FLOUNDER (GARLIC AND PARSLEY) | 15,50 € |

SEAFOOD

- | | | |
|----|----------------|---------|
| 54 | GRILLED PRAWNS | 19,30 € |
| 55 | CUTTLEFISH | 14,80 € |

DESSERTS

- | | | |
|----|-----------|--------|
| 56 | FLAN | 3,50 € |
| 57 | COULANT | 6,50 € |
| 58 | MOUSSE | 4,50 € |
| 59 | ICE CREAM | 2,20 € |

RESTAURANTE
TENDERETE
DEL SABOR

TAXES (I.G.I.C) INCLUDED



VORSPEISEN



1	KNOBLAUCHBROT	2,50 €
2	BROT MIT BUTTER ODER ALIOLI	1,40 €
3	BROT MIT TOMATEN	2,40 €
4	BRUSCHETTA (GEGRILLTES KÄSE UND TOMATEN)	3,50 €
5	KANRISCHEN KARTOFFELN MIT MOJO SOBE	5,50 €
6	GARNELEN KNOBLAUCH SOBE	9,50 €
7	MIESMUSCHELN	8,50 €
8	KNOBLAUCH PILZE	7,50 €
9	RÜHREI MIT CHAMPIGNONS UND GARNELEN	11,50 €
10	PAPRIKA PADRON	7,50 €
11	MAIZMEHL MIT BRÜHE	5,00 €
12	AUSSCHREIBUNG KÄSE	7,50 €
13	GEBACKENER KÄSE MIT PREISELBEERE	8,50 €
14	FISCH, HUHN, SCHINKEN - KROKETTEN	8,40 €
15	TEX MEX CHICKEN WINGS	7,80 €
16	KÄSEPLATTE	8,80 €
17	GAZPACHO	5,50 €
18	ZERBROCHENE EIER	9,50 €
19	CHEDDAR-KÄSE-KROKETTEN MIT JALAPEÑOS	7,50 €

SALATE



20	SALAD DES HAUSES (KOPFSALAT, TOMATEN, ZWIEBEL, SPARGEL, KÄSE, GURKE, THUNFISCH, HIRSE, ANANAS, KREBS, AVOCADO, KAROTTEN, OLIVEN UND EI)	10,50 €
21	GEMISCHTER SALAT	7,50 €
22	TOMATEN-, ZWIEBEL- UND EI	6,50 €
23	COGOLLOS SALAT (THUNFISCH UND GERÖSTETER PAPRIKA)	6,80 €
24	GEFLÜGELSALAT (SALAT, KAROTTE, APFEL, HUHN UND ROSA SOBE)	7,50 €
25	RUSSISCHER SALAT	7,50 €

SUPPEN

26	MEERESFRÜCHTE SUPPE	8,50 €
27	SUPPE DES TAGES	5,00 €

PASTA

28	SPAGHETTI BOLOGNESE	9,80 €
29	SPAGUETTIS CARBONARA	9,80 €
30	SPAGHETTI MIT MEERESFRÜCHTEN	10,80 €
31	FLEISCH - LASAGNE BOLOGNESE	9,80 €



PIZZAS

- | | | |
|----|--|---------|
| 32 | MARGARITA
(TOMATEN UND KÄSE) | 8,90 € |
| 33 | HAWAII
(TOMATEN, KÄSE, SCHINKEN UND ANANAS) | 9,50 € |
| 34 | CAPRICHOSA
(TOMATEN, KÄSE, SCHINKEN UND PILZE) | 10,50 € |
| 35 | MARINERA
(TOMATEN, KÄSE, THUNFISCH, GARNELEN UND MUSCHELN) | 11,50 € |
| 36 | TEX MEX
(TOMATEN, KÄSE, PAPRIKA, ZWIEBELN, FLEISCH UND BARBECUE – SOBE) | 11,50 € |

FLEISCH

- | | | |
|----|--|---------|
| 37 | LENDENSTEAK NACH GESCHMACK
(PILZE ODER PAPRIKA ODER MEXIKANER ODER ROQUEFORT) | 20,50 € |
| 38 | GEGRILLTES STEAK | 19,50 € |
| 39 | SCHWEINEFILET GESCHMACK
(PILZE ODER PAPRIKA ODER MEXIKANER) | 16,50 € |
| 40 | SCHWEINEFILET GEGRILLT | 14,50 € |
| 41 | ABWECHSELUNGEN DES HAUSES TAGESGERICHT | 15,00 € |
| 42 | ENTRECOT NACH GESCHMACK
(PILZE ODER PAPRIKA ODER MEXIKANER) | 16,80 € |
| 43 | ENTRECOT VOM GRILL | 15,80 € |
| 44 | HÄHNCHENBRUST MIT SAUCE
(PILZE ODER PAPRIKA ODER MEXIKANER) | 13,50 € |
| 45 | HÄHNCHENBRUST GEGRILLT | 12,00 € |
| 46 | HÜHNERPASTETE (OPTIONALE SAUCE) | 12,50 € |
| 47 | SCHNITZEL DES HAUSES
(SAUCE BOLOGNESE, BANANE UND OREGANO) | 13,50 € |
| 48 | SCHNITZEL NEAPOLITAN
(GEBRATENE TOMATEN, SCHINKEN, KÄSE UND OREGANO) | 12,50 € |
| 49 | SCHNITZEL NACH GESCHMACK
(PILZE ODER PAPRIKA ODER MEXIKANER) | 13,50 € |
| 50 | SCHWEINEKOTELETTS GEGRILLTER | 11,50 € |

FISCH

- | | | |
|----|---|---------|
| 51 | PANIERTE FISCH | 11,50 € |
| 52 | GEGRILLTER FISCH | 12,50 € |
| 53 | GEGRILLTE SEEZUNGE (KNOBLAUCH UND PETERSILIE) | 15,50 € |

MEERESFRÜCHTE

- | | | |
|----|--------------------------|---------|
| 54 | GEGRILLTE RIESENGARNELEN | 19,30 € |
| 55 | TINTENFISH | 14,80 € |

DESSERTS

- | | | |
|----|---------|--------|
| 56 | FLAN | 3,50 € |
| 57 | COULANT | 6,50 € |
| 58 | MOUSSE | 4,50 € |
| 59 | EIS | 2,20 € |