

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)

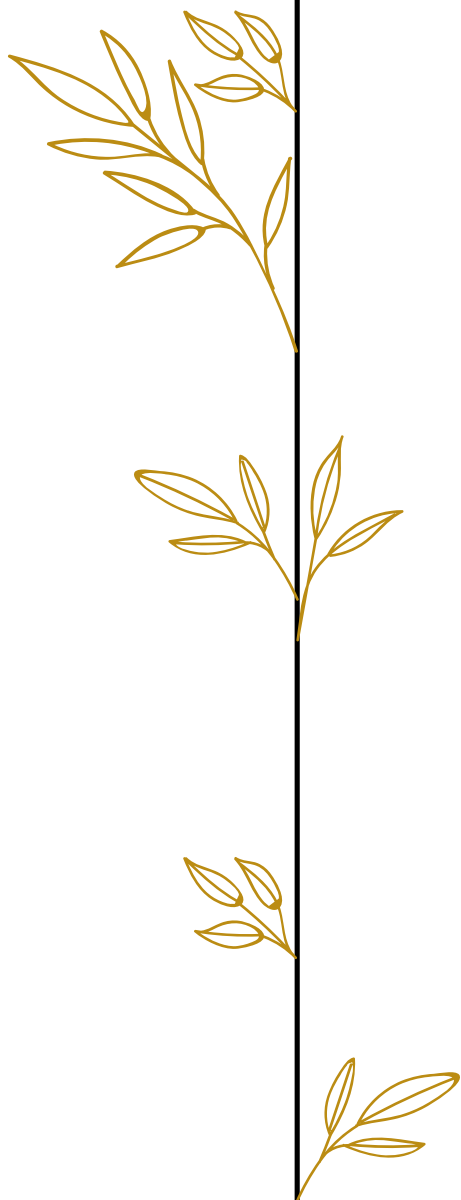
Homenaje a Tenerife |

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€ por persona

El menú es para toda la mesa y no incluye las bebidas.
NO ES POSIBLE MODIFICAR EL MENU

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BREAKFAST AND BRUNCH

Energy Brunch | €18,00 **

Toast with guacamole, fried egg, bacon or homemade marinated salmon; Greek yoghurt with muesli and red fruit sauce; Choice of fruit smoothies or fruit juices; coffee

(1, 3, 4, 11, 12)

Light Brunch | €13,00

Toast with bacon and tomatoes; Greek yoghurt with muesli and red fruit sauce; Small orange juice; A choice of one café product.

(1, 3, 11, 12)

Croissant | €1,00

(1, 3, 7)

Sweet Croissant | €2,80

Choose between :

1. Croissant with withe 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)

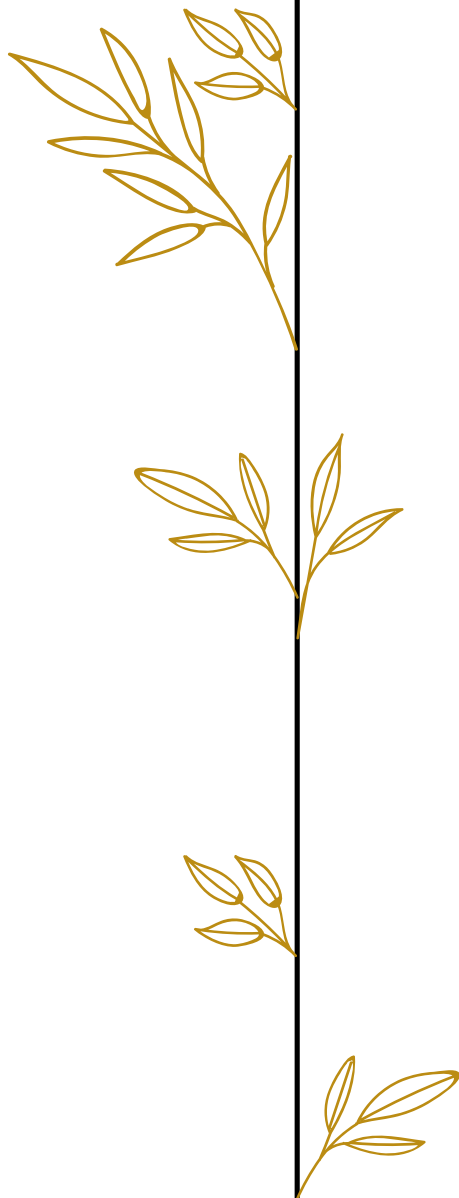
Toasted bread with Butter and

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 | €15,00

Duo Arepas

1. Fried arepas with grilled octopus, 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)

Salmon Kabayaki | € 16,00

Grilled and marinated salmon in kabayaki sauce, green apple and cucumber salad, seed crackers, and citrus crème fraîche

(1, 4, 5, 6, 7, 8, 11, 12)

La Bonita € 16,00

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

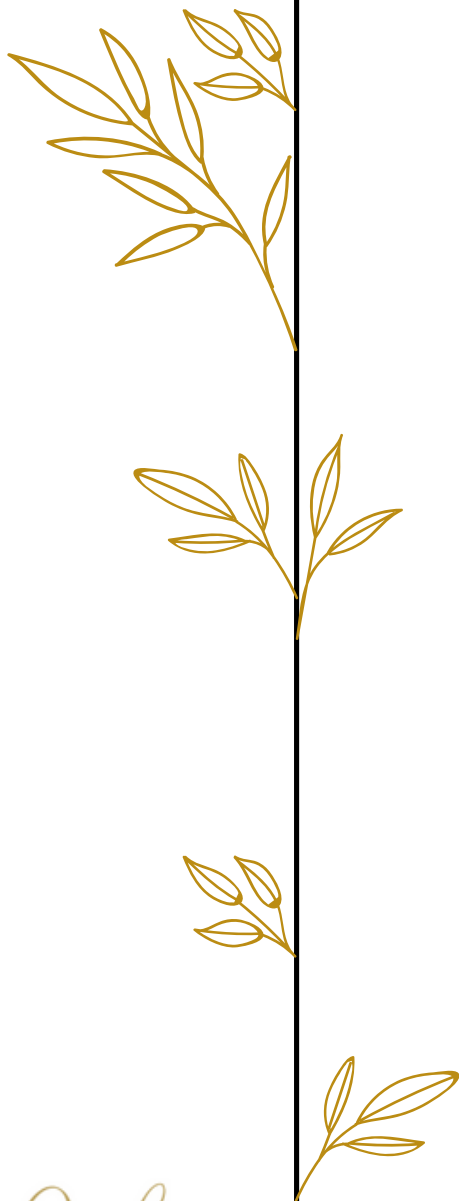
(1, 4, 7, 12)

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

Scarpetta | €15,00

Homemade focaccia, pumpkin cream, Colonnata lard
P.D.O., Calabrian 'nduja zabaglione, shavings of
Sardinian Moliterno pecorino cheese
(1, 7, 12)

Geometria de Res ahumado | €16,00

Smoked beef tenderloin tartare, homemade giardiniera,
dill hollandaise
(1, 3, 5, 12)

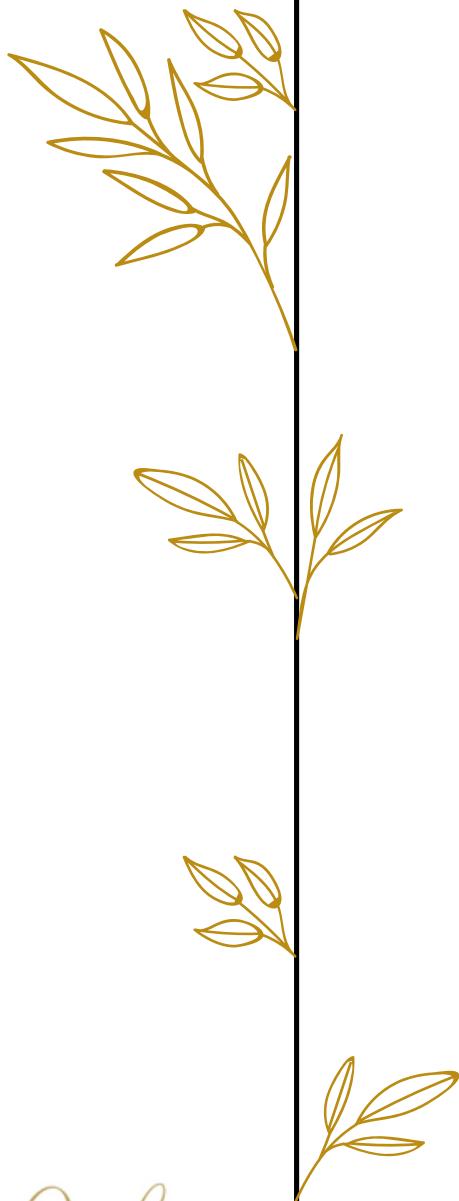
Ensalada Pollock | € 16,00

Cubos de pollo de corral cocinados a baja temperatura,
ensalada de rúcula y canónigos, trufa negra, parmigiano
reggiano de 24 meses y avellanas tostadas
(1, 7, 11, 12)

Carbonara millefeuille | € 12,00

Grilled chicken, arugula and lamb's lettuce salad, black
truffle, 24-month-aged Parmigiano Reggiano, and toasted
hazelnuts
(1, 3, 7, 12)

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VEGETARIANS

Puglia - Tenerife | €14,00

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

(1, 7, 12)

La Mirinzana | €15,00

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

(1, 7, 11, 12)

Alcachofas en Roma | € 15,00

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

(1, 7, 12)

Ensalada la Cabrita | € 14,50

Cherry gazpacho, seasonal lettuce mix, grilled goat
cheese, and hazelnuts

(1, 7, 11, 12)

Papas arrugadas | € 6,50

Patatas arrugadas with alioli sauce

(1, 3, 12)

VEGANS

Texturas de "Fave e Cicorie" | €14,00

Fava bean cream, herb crumble bread, homemade
chicory croquette

(1, 12)

El jardín de tofu | €14,00

Fried tofu, cannellini bean cream and capers, homemade
Giardiniera

(1, 12)

Pimientos de Padrón | € 6,50

Pimientos de padron fritos , sal Maldon

(1)

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CROQUETERIA

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

Iberian ham Croquettes with smoked aubergine
cream
(1, 5, 7, 11, 12)

Croquetas de Pollo (6ud) | €10,00

Chicken Croquettes with Alioli sauce
(1, 5, 7, 11, 12)

Croquetas de Bacalao (6ud) | €10,00

Cod Croquettes with Agliata Algherese sauce
(1, 5, 7, 11, 12)

Croquetas de Boletus (6ud) | €10,00

Mushrooms Croquettes with Mazza Frissa (Creamy
semolina with cream)
(1, 5, 7, 11, 12)

Croquetas mixtas (8ud) | €13,00

Croquetas de pollo - boletus - jamon iberico - bacalao
(1, 5, 7, 11, 12)

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)

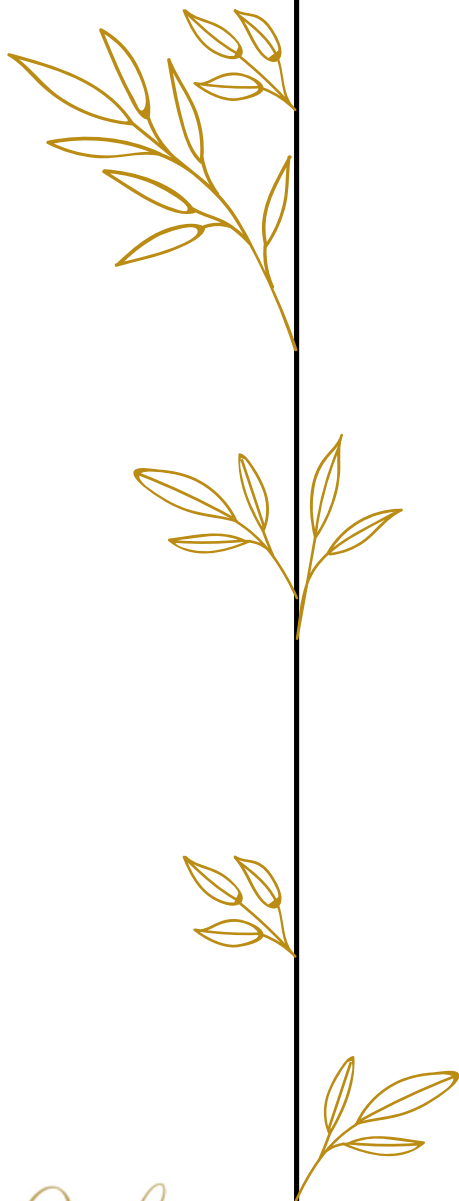
Chicken breast and Potatoes| €13,00

Grilled chicken breast and potatoes
(1)

Lasagna alla bolognese | €14,00

Lasagna , ragú bolognese and béchamel sauce
(1, 3, 7, 9)

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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 día

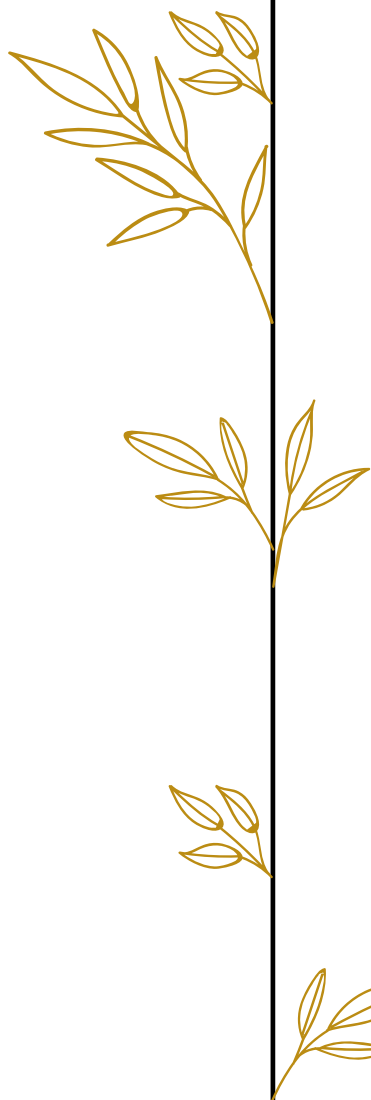
(1, 7, 12)

Ice Cream Cup large | € 6,00

Helado del Día

(1, 7, 12)

carta de vinos



RED WINE

Bodega Viña Norte - Tacoronte-
Acentejo Listán negro



Chumbres de Abona - Flor de
Chasna Tinto Barrica



Bodega Viñatigo - Tintilla



Bodega Viñatigo - Baboso Negro



Bodega Niray - Niray tinto seco



Bodega Viñatigo - Ancestral Tinto



ROSÈ WINE

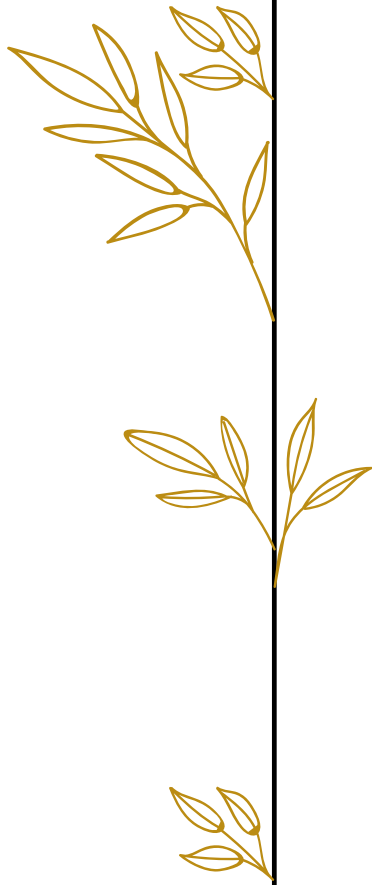
Bodega Mi Isla Rosado - Abona D.O.



Bodega Viñatigo - Rosado de Listan negro



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



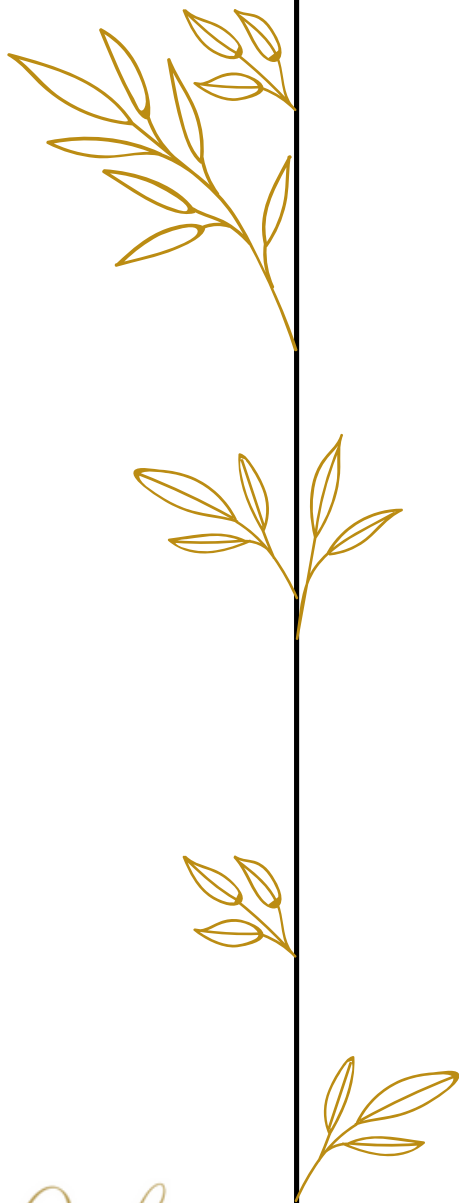
Benjamin - Cava metodo Clasico 200ml



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 | € 3,00

Alhambra Reserva Jarra | € 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

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

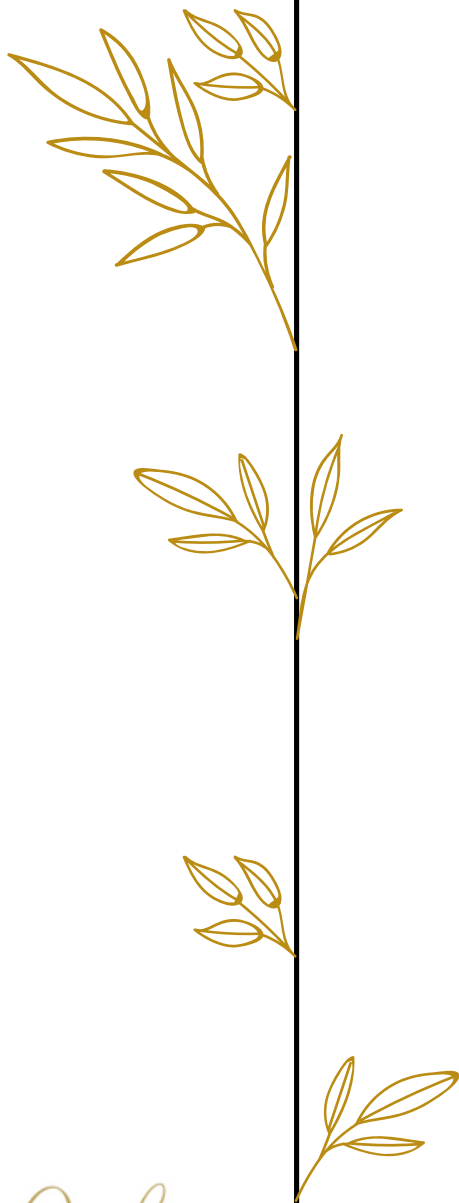
Fuze Tea mango piña 350ml | € 4,00

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 | € 1,80

Batidos de Fresa y Banana | € 1,80

Batidos de Manzana y Piña | € 1,80

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.