



MENU

ENGLISH



BRUNCH.
HEALTHY FOOD
SURF SPOT

Havana Avenue 14
38650 Los Cristianos, South Tenerife

Ola Verde story

Santiago and Line, an international couple, are the founders of Ola Verde, a project inspired by their travels through Mexico, California, Bali, Hawaii, Malaysia and Costa Rica.



Through their experiences, they discovered a shared passion for healthy, sustainable food, as well as surf culture.

The idea was to create a chill and colorful space where brunch addicts, healthy food lovers and the surfing community would feel at home.

Every dish at Ola Verde tells a bit of their story and reflects that commitment to offering a delicious experience in a welcoming and vibrant environment.

Ola (Wave) for surfing, Verde (Green) for healthy,

Ola Verde invites you to discover the following menu made with fresh, local ingredients — including artisanal sourdough bread from Tenerife, farm-fresh fruits, organic superfoods, and specialty coffee roasted right here on the island. Because we believe quality can be tasted in every bite...and every sip!

Brunch

THIS IS HOW WE UNDERSTAND BRUNCH AT OLA VERDE:

BRUNCH ORIGINATED IN ENGLAND IN THE LATE 19TH CENTURY AS A FUSION OF BREAKFAST AND LUNCH. OVER TIME, THIS CUSTOM CROSSED THE ATLANTIC AND ARRIVED IN NEW YORK IN THE 1930S, WHERE IT BECAME POPULAR AMONG ARTISTS, TRAVELERS, AND FOOD LOVERS. SINCE THEN, BRUNCH HAS EVOLVED AND BECOME A WAY TO ENJOY THE DAY WITHOUT RUSHING.

MORE THAN A MEAL, BRUNCH IS AN INVITATION TO BREAK FROM ROUTINE, TO PAUSE, AND SAVOR THE MOMENT. IT'S NOT ABOUT FOLLOWING RULES OR STRICT SCHEDULES: IT'S THAT SPACE WHERE THE CLOCK STOPS FOR A WHILE.

AT OLA VERDE, WE CHOOSE NOT TO HAVE A FIXED FORMULA OR A SET MENU. WE'RE COMMITTED TO AN AMERICAN STYLE, WITH A MORE OPEN-MINDED TAKE ON BRUNCH, WHERE YOU DECIDE WHAT YOU'RE CRAVING. OUR MENU IS DESIGNED TO SUIT YOUR TASTE: SOMETHING SWEET, SOMETHING SAVORY, A NUTRITIOUS BOWL, A SPECIALTY COFFEE, OR A CHILLED MIMOSA. ALWAYS WITH LOCAL INGREDIENTS, FRESH PRODUCE, AND A LOT OF LOVE.

WELCOME TO OUR WAY OF EXPERIENCING BRUNCH AT OLA VERDE.



AVAILABLE FROM 8:00-16:00



SPECIALTY COFFEE

Coffee & Latte

Espresso	1.70
Double Espresso	3.10
Americano	2.00
Cortado	1.90
Leche leche Small / big	2.00 / 2.50
With condensed milk	
Café con leche	2.20
Flat White	3.50
Cappuchino (1 shot / 2 shots)	2.50 / 3.50
Latuchino / Nutellino	4.20
Latte / Flavored Latte	2.90 / 3.30
caramel, vanilla, hazelnut, pistachio, cinnamon roll	
Cold Brew / Cold Brew Tonic	3.80 / 4.90
Hot Chocolate / Mocha	2.50 / 3.50
Barraquito (Liqueur 43)	5.00
Matcha latte	4.50
Chai latte	4.00
Dirty Chai latte	4.90
Chai latte with a shot of espresso	
Pink Latte	3.80
Golden Latte	3.80

Iced Lattes

Iced Latte	4.90
Iced Chai / Pink / Golden	4.90
Iced Dirty Chai	5.90
Chai latte, a shot of espresso	
Iced Matcha	5.50
Iced Matcha Blueberry / Passion	5.90

Add flavor: Caramel, vanilla, hazelnut, pistachio, cinnamon roll, lavender (+0.50€)

Organic Teas and Herbal Teas

(Loose tea served in a teapot)

Ask for an Iced version	
Forest fruits	3.50
Green tea with mint	
Green tea with ginger and lemon	
English Breakfast Black Tea	
Indian Chai Masala	
Red tea	
Apple Cinnamon	
Flower herbal teas	
Mint	
Relax Digest (rooibos)	
Ginger Licorice	
Jamaica (Hibiscus)	
Chamomile	

- MILK
- whole, lactose free
 - Oats, soy, coconut (+ € 0.60)

Prices in Euros with IGIC included - Crettex Jones Coffee Brunch S.L. - CIF: B19897792 - Tel. 922 700 013





FRESH DRINKS

Natural juices

Green Boost

Orange juice, spinach, cucumber, celery, ginger, pineapple 5.50

Despiértame

Orange juice, carrot, ginger, turmeric, pepper, agave honey 5.50

Vampiro

Orange juice, carrot, beetroot, ginger 5.50

Rayo Rosado

Grapefruit, orange, celery, strawberry, chia, agave 5.50

Pura Vida

Watermelon, Mint, Lime 5.50

Shakes

Avocado Dream

Avocado, mango, pineapple, almond milk, chia, hemp seed, cocoa nibs, agave 6.20

Aloha

Papaya, mango, passion fruit, coconut milk, amaranth, chia, agave 6.20

Post Waves (Protein)

Spinach, banana, strawberries, oat milk and protein powder (vegan), peanut butter (+ optional oats) 6.95

Cacao Lover

Organic cocoa, banana, flaxseed, oat milk, dates, cocoa nibs, agave, cinnamon powder 6.20

Matcha Fever

Organic matcha powder, banana, almond milk, hemp seed, chia, agave, peanut butter and cocoa nibs 6.95

Frappuccinos

Lotus / Chocolate / Vainilla / Caramel

With milk (choice), crushed ice 5.95
With coffee: + € 1.20

Add whipped cream (chantilly) (+0.50€)

Smoothies

Very Berry

Red berries, milk (choice), blackberry syrup and crushed ice 5.50

Pasión

Passion fruit pulp, milk (choice), passion fruit syrup and crushed ice 5.50

Lemonades & Iced Tea

Blue Sauco

Sparkling water, edelflower syrup, blue spiruline and lime juice 4.90

Pepino Menta

Sparkling water, tonic water, cucumber syrup, mint syrup and lime juice 4.90

Fresh Kiwi

Iced green tea, sparkling water, tonic water, kiwi syrup and lime juice 4.90

Maté Mango

Yerba mate infusion with mango syrup, served cold 4.90

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MIXOLOGY & SOFT DRINKS

Cocktails

Aperol /Hugo Spritz	6.50
Classic/Passion Fruit Mojito	6.00/ 6.50
Classic Margarita/Passion Fruit	6.00/ 6.50
Gin Pepino	6.20
Fernet Ola Verde	
Fernet, grapefruit juice, sparkling water, mint	6.20
Cinar Mango	
Cinar, grapefruit juice, mango syrup, sparkling water	6.20
Mezcalita Fresa (Frozen)	
Mezcal, strawberry syrup, lemon juice, brown sugar, fresh mint	6.80

Beer & Wine

Beer (can /jug)	
• Estrella Damm	
• Estrella Damm lemon	2.00 / 3.00
Bottled beer	
• Gluten free	3.00
• Craft beer from the Canary Islands (Tocao)	4.00
White / red wine (glass)	4.50

Mimosas

Ola Naranja	
Cava, orange juice, a dash of elderflower syrup	5.50
Ola Rosada	
Cava, grapefruit juice, lavender syrup	5.50
Kir Claudio	
Cava, cassis cream	5.50



Soft drinks

Kombucha	4.50
Organic Iced Tea	3.20
Organic Apple Fritz	3.20
Coca-Cola Classic / Zero	2.50
Still/Sparkling Water	2.20



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AVAILABLE FROM 8:00-15:30

OLA VERDE
COFFEE & BRUNCH

 vegetarian
 protein

SOMETHING SWEET

Pancakes & Co

Pancakes USA

With wheat flour, accompanied by maple syrup and a touch of cream cheese, fresh fruit

9.50

Pancakes Pecado Dulce

With wheat flour, accompanied by Nutella or Lotus (choice) and fresh fruit

9.95

Pancakes Fit

With whole wheat flour and protein (vegan), accompanied by fresh fruit and peanut butter

9.95

Pancakes Pistacho

With wheat flour, accompanied by Pistacho cream (homemade) and fresh fruit

11.20

Salmon Pancakes

Add 1 egg (+1€) or bacon (+1€)

Wheat flour, accompanied by smoked salmon, cream cheese, rocket and avocado

13.50

French toast

Brioche toast soaked in cinnamon and vanilla, fresh fruit, mascarpone and maple syrup

8.50

Dulce y Salado

French toast brioche served with fried egg, crispy bacon, turkey sausage, rocket salad, cherry tomatoes and maple syrup.

11.30

Tartine de la abuela

Sourdough bread or brioche (choice) with butter and homemade jam or organic honey/ agave

5.10

Tartine Superfood

Sourdough bread or brioche with peanut butter, seasonal fruit, walnuts, almonds, hemp seeds, cocoa nibs, accompanied by agave honey

7.95

Fruit bowls

Querido Acai

Add peanut butter (+1€)

Acai, banana, strawberry, almond, agave and coconut milk base, accompanied by fresh fruit, granola, shredded coconut, chia and cocoa nibs

8.95

Zen Matcha

Matcha base, banana, pineapple, spinach, almond milk, agave honey, fresh fruit decoration, puffed millet, hemp seeds, goji and almonds

8.95

Azul Pacífico

Blue spirulina base, banana, kiwi, pineapple, almond milk, chia, walnuts, agave honey, fresh fruit decoration, puffed rice, pumpkin seeds and goji

8.95

Super Yogurt

Greek yogurt accompanied by fresh fruit, puffed spelt, almonds, walnuts, sunflower seeds, goji, chia and organic honey or agave

6.95

Oats & Chia

Porridge Mc Cuido

Oatmeal cooked with lactose free milk, cinnamon, accompanied by Greek yogurt, fresh fruit, chia and organic honey or agave

7.50

Chia Rosa

Chia pudding, decorated with Greek yogurt and Velvet power, seasonal fruit and hemp seeds

4.50

Pastries

Cake of the day

Ask for the cake of the day

With a bit of luck, you'll get the carrot cake, chocolate brownie, banana bread, cheesecake or blueberry muffin

2.95 - 4.50

Cookie

Ask for the cookie of the day

They are huge, some are gluten-free and you can add nutella, peanut butter, pistacho or lotus cream... you will love them!

2.95-3.10

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SOMETHING SAVOURY

Eggs

Add 1 egg (+1€) or bacon (+1€)

Avocado Sunrise

Fried eggs (2) on toast (2) and a bed of avocado, accompanied by sautéed vegetables and turkey ham (2 slices) 10.20

Add or exchange the ham for:
• Smoked salmon (+3€)
• Serrano ham (+3€)

Surf's Up Scramble

Scrambled eggs (3) with cheese, accompanied by mixed lettuce, avocado and sourdough bread 8.95

Add Serrano ham (+3€) or turkey ham (+1.50€) or chicken breast (+2.50€)

Ocean Omelette

Omelette (3) with shrimp (8) and melted cheese, accompanied by roasted asparagus, cherry tomatoes 9.95

Add sourdough bread (+ €1) or gluten-free bread (+ €1.50) or avocado (+ €2)

Omelette del Campo

Omelette (3) with vegetables and cheese, accompanied by sweet potatoes and avocado 8.95

Add sourdough bread (+ €1) or gluten-free bread (+ €1.50)

Grand Slam

Scrambled or fried eggs (2), bacon, turkey sausage (1), accompanied by classic or fit pancakes (2) and maple syrup 13.00

Hummus

Cheichaouen

Homemade chickpea hummus, accompanied by carrot, cucumber and a whole wheat tortilla 7.50

Antalya

Homemade chickpea hummus and ground beef, accompanied by a whole wheat tortilla 9.95

Luxor

Homemade chickpea hummus and minced chicken, accompanied by a whole wheat tortilla 9.95

Toasts

Add 1 egg (+ €1)

Cabo Norte

Sourdough bread (2 slices), smoked salmon, cream cheese, sliced avocado, fresh dill, capers 12.50

Tenerife

Sourdough bread (2 slices), sliced Serrano ham, goat cheese, tomato, fresh rocket, basil, extra virgin olive oil 11.50

Ibiza

Sourdough bread (2 slices) with homemade guacamole, scrambled eggs, sautéed asparagus, feta cheese, sliced radishes, and zaatar seeds. 12.50

Istanbul

Sourdough bread (2 slices), hummus, tomato cherry, cucumber, fresh basil, chia seeds, lemon 7.95

Sandwiches

Exchange it for gluten-free bread (+€1.50)

Mozza Crunch

Ciabatta bread, mozzarella cheese, tomato, rocket salad, avocado 7.10

Add turkey ham (+1.50€) or Serrano ham (+3€)

Mexico

Ciabatta bread, chicken, gouda cheese, mixed lettuce, tomato, avocado and pesto sauce 8.20

El Deportista

Ciabatta bread, turkey ham (2 slices), gouda cheese (2), spinach, scrambled egg (1) 8.20

Make it more protein-rich with double ham and cheese (+ €3)

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OLA VERDE

COFFEE & BRUNCH

SOMETHING FOR LATER

Wraps

Los Cabos

Whole wheat tortilla, grilled shrimp, avocado, lettuce, tomato, mayonnaise, accompanied by mango chutney sauce

9.50

Imperial Beach

Whole wheat tortilla, grilled chicken, spinach, avocado, carrot, cucumber, hummus, accompanied by mango chutney sauce

8.95

El Cairo

  / 

Whole wheat tortilla, falafel, sautéed vegetables, cucumber, tomato, hummus, accompanied by yogurt sauce or mango chutney sauce

8.50

Salads

Tofu



Smoked on a bed of lettuce, cherry tomatoes, cucumber, green apple, pumpkin seeds and pesto dressing

11.50

Los Himalayas

Chicken strips, lettuce, red and green pepper, cucumber, cherry tomato, apple, lemon vinaigrette

12.95

Los Andes

Marinated tuna in chia crust, lettuce, spinach, seasoning fruit (apple or mango), puffed quinoa, cucumber, cherry tomato, cilantro, lemon dressing

13.50

La Nórdica

Marinated salmon on a bed of lettuce, goat cheese, strawberries, walnuts, cherry tomatoes, balsamic dressing and honey

13.50

Add to all salads:

- avocado (+2€)
- sourdough bread (+1€)
- pan sin gluten (+1.50€)

Burgers

Served with country potatoes

Add 1 egg (+1€) or avocado (+2€) or bacon (+1€)

Ventura

Beef (180gr.), yellow cheese, lettuce, tomato, onion, pickles, bacon, house sauce (with mustard)

13.95

Amali

Beef (180gr.), mozzarella cheese, rocket, dried tomato, boiled egg (1), house sauce (with mustard)

13.95

Ola Verde

Beef (180gr.), goat cheese, walnuts, caramelized onion, mustard and pepper jam

14.20

Zipolite

 (minimum 12 minutes preparation)

Falafel burger, eggplant, zucchini, tomato, avocado and tahini and yogurt sauce

13.00

Buddha bowls

Bomeco



Sliced chicken breast and mixed vegetables in house recipe, served with whole wheat rice and peanut sauce

12.50

Falafel

 (minimum 12 minutes preparation)

Chickpea falafel and mango chutney sauce, sautéed vegetables, sweet potato, tahini and yogurt sauce

11.50

Add to all bowls:

- 1 egg (+1€)
- sourdough bread (+1€), gluten-free bread (+1.50€)
- avocado (+2€)

We adapt the menu for celiacs and vegans.

Ask for the list of allergens



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INGLES IMPRESO NEW

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FOR THE LITTLE ADVENTURERS

DRINKS

Max. 12 years old

Natural orange juice (small)	2.50
Strawberry Banana smoothie (small)	3.50
Hot Chocolate (Cola Cao)	2.50
Latte Kids <small>Hot/cold milk of your choice (+ vanilla)</small>	2.00
Chamomile infusion (in a cup)	1.80

SOMETHING SWEET

Pancakes Nutella <small>2 pancakes accompanied by Nutella and fresh fruit</small>	6.95
French Toast <small>Brioche bread (1) with cinnamon and vanilla, accompanied by fresh fruit and maple syrup</small>	5.95
Super Yogurt Kids <small>Greek yogurt with fresh fruits, puffed rice, almonds and agave honey</small>	4.95

SOMETHING SAVOURY


Mini Avocado Toast <small>Sourdough bread toast (1) with avocado and olive oil</small>	5.95
Mini Egg Toast <small>Sourdough bread toast (1) with egg (1) scrambled or fried</small>	4.95
Omelette Junior <small>Plain or cheese omelette, served with sweet potato</small>	5.50
Mini Mozza Crunch <small>Ciabatta bread (1/2) with mozzarella cheese and tomato, rocket salad and avocado</small>	4.95





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WHY DO WE TALK ABOUT THE QUALITY OF OUR PRODUCTS?


OUR DISHES ARE MADE WITH PRODUCTS SELECTED FOR THEIR FLAVOR, QUALITY, AND TRACEABILITY. BEHIND EVERY TOAST, COFFEE, OR LEMONADE, THERE ARE PEOPLE, PROCESSES, AND LANDSCAPES WE WANT TO VALUE.


 WE USE ARTISANAL BREAD MADE IN TENERIFE, WITH NATURAL SOURDOUGH MADE WITH JUST THREE INGREDIENTS. IT HAS A SLOW FERMENTATION, A CRISPY CRUST, AND A FLAVORFUL INTERIOR. IT'S THE PERFECT BASE FOR OUR MOST ICONIC TOASTS AND BRUNCHES.

 WE SELECT SEASONAL FRUITS AND VEGETABLES FROM A FARM IN THE SOUTH OF THE ISLAND. WE FOCUS ON LOCAL PRODUCT TO ENSURE FRESHNESS AND SUSTAINABILITY.

 EVERYTHING IS COOKED WITH EXTRA VIRGIN OLIVE OIL, NEVER DEEP-FRIED. FOR POTATOES AND FALAFEL, WE USE THE AIRFRYER — HEALTHIER, JUST AS TASTY.

 OUR COFFEE IS 100% ARABICA, ROASTED IN TENERIFE BY BLEND COFFEE WHO WORK DIRECTLY WITH THE PRODUCERS AT SOURCE, ENSURING TRACEABILITY, FAIR TRADE, AND EXCEPTIONAL QUALITY.

 WE USE ORGANIC, HOMEMADE HONEY AND JAMS, ALONG WITH NATURAL FRENCH SYRUPS (MONIN) TO GIVE YOUR COFFEES, LEMONADES, AND BREAKFASTS THAT "SOMETHING SPECIAL."

 WE ADD A NUTRITIOUS TOUCH TO YOUR BOWLS AND SMOOTHIES WITH SUPERFOODS FROM LOCAL HERBALISTS: FLAX SEEDS, GOJI BERRIES, SPIRULINA, CACAO NIBS... PURE HEALTHY ENERGY!

 OUR TEA INFUSIONS, MATCHA, AND CHAI ARE ORGANIC AND COME FROM SUPPLIERS COMMITTED TO SUSTAINABLE, HIGH-QUALITY FARMING.

HERE, EVERY INGREDIENT HAS MEANING. EVERY DISH HAS SOUL. AND BRUNCH, FAR FROM BEING A TREND, IS OUR WAY OF CELEBRATING THE NATURAL, THE TASTY, AND THE AUTHENTIC.

