

Jable

TARTAR DE REMOLACHA CON VINAGRETA AGRIDULCE	 	11.5
ENSALADA JABLE		9.5
PAPAS ARRUGADAS CON SUS MOJOS	  	7
BERENJENA A BAJA TEMPERATURA CON TAHINI Y ACEITE PICANTE	 	13.5
CANELONES DE ESPINACAS Y QUESO MAJORERO	  	12
COQUINAS CON MOJO VERDE		14
REJO DE PULPO FRITO CON CREMA DE GARBANZOS Y SALPICÓN	  	17
FILETE DE CHERNE CON PURÉ DE BATATA		17.5
SALMÓN EN SALSA MISO Y GARBANZOS CON BATATA	  	19.5
CARPACCIO ACEVICHADO DE SAMA		15
SOLOMILLO IBÉRICO EN ESCABECHE		14
POLLO AL GRILL CON PURÉ DE PAPA		15
LASAÑA DE CABRA CON BECHAMEL DE MILLO	   	17.5
CARRILLERAS DE TERNERA EN SU JUGO	 	17
ENTRECOT A LA PARRILLA CON PUERRO CARAMELIZADO		18.5
ENSALADA DE FRUTA CON SORBETE MANGO-MARACUYÁ		5.5
TARTA DE QUESO JABLE	  	7
CREMOSO DE CHOCOLATE CON CREMA DE PISTACHO	  	6



Gluten



Mostaza



Frutos
secos



Sésamo



Soja



Lácteo



Huevo



Molusco



Pescado



Sulfites

Jable

BEET TARTARE WITH SWEET AND SOUR VINAIGRETTE	 	11.5
JABLE SALAD		9.5
WRINKLED POTATOES (boiled in sea water) WITH MOJO SAUCES	 	7
EGGPLANTS BOILED AT LOW TEMPERATURE WITH TAHINI AND SPICY OIL	 	13.5
SPINACH AND FUERTEVENTURA CHEESE CANNELLONI	  	12
WEDGE CLAMS WITH GREEN MOJO SAUCE		14
FRIED OCTOPUS TENTACLE WITH CHICKPEA CREAM AND SALAD	  	17
CANARY WRECKFISH FILLET WITH SWEET POTATO PUREE		17.5
SALMON IN MISO SAUCE WITH CHICKPEAS AND SWEET POTATOES	  	19.5
ACEVICHADO SAMA CARPACCIO (Canary sama fish in a Peruvian ceviche style)		15
IBERIAN PORK TENDERLOIN IN PICKLED SAUCE		14
GRILLED CHICKEN WITH POTATO PUREE		15
GOAT MEET LASAGNA WITH CORN BECHAMEL SAUCE	   	17.5
BEEF CHEECK IN OWN JUICE	 	17
GRILLED RIBEYE STEAK WITH CARAMELIZED LEEKS		18.5
FRUIT SALAD WITH MANGO-PASSION FRUIT SORBET		5.5
JABLE CHEESECAKE	  	7
CREAMY CHOCOLATE WITH PISTACHIO CREAM	  	6



Gluten



Mustard



Nuts



Sesame



Soy



Dairy



Egg



Mollusk



Fish



Sulphites