

## ***Soups***

<i>Fine cream of sweet potatoes with garlic prawns</i>	5,20 €
<i>Soup of watercress with gofio croutons</i>	4,60 €
<i>Fine cream of fowl with quail egg</i>	4,20 €

## ***Salads***

<i>Small mixed salad with avocado and cheese</i>	6,90 €
<i>Variety of salads "Los silos" with avocado, ham, eggs and a dressing of fresh chesse</i>	8,40 €
<i>Salad "Luz del Mar" with grilled prawns, cantaloupe, oranges and a raspberry dressing</i>	8,90 €
<i>Salad of string beans, tomatoes and celery and a dressing of apple, peanuts and oregano</i>	7,20 €
<i>Salad of salad hearts and grilled peppers, with tuna fillets and a dressing of chives</i>	9,60 €
<i>Salad of a variety of lettuce with grilled goat cheese and pinions</i>	9,40 €
<i>Our child's menu</i>	5,50 €

## ***Tapas and Starters***

<i>Breadcrumbs goat cheese with pistachios and a confiture of bananas</i>	7,80 €
<i>boiled octopus "Isla Baja" on romped potatoes with sweet pepper</i>	8,80 €
<i>Tasting of Canarian "nice" potatoes, mojo dip and almogrote</i>	6,20 €
<i>Grilled prawns in garlic sauce</i>	9,80 €
<i>Small peppers filled with a mousse of mussels on a leeks salad</i>	7,20 €

## ***Pasta and Vegetarian Dishes***

<i>Grilled variety of vegetables and sweet potato with a coriander mojo dip</i>	8,50 €
<i>Couscous with nuts and dates on grilled pumpkin slices</i>	9,20 €
<i>Gnocchis filled with chesse, sauteed in a basil butter with cherry tomatoes, cashews and rocket salad</i>	10,90 €
<i>Spicy spaghettis with aubergine, oyster mushrooms and cured ham</i>	9,80 €
<i>Tagliatelle with beef strips and vegetables</i>	11,90 €
<i>Pasta with shellfish of the region, garlic and fine herbs</i>	12,50 €

## ***Fish***

<i>Confit of cod fish on a terrine of sweet potatoes and green asparagus, with a Bizkaia sauce</i>	<i>13,50 €</i>
<i>Supreme of grilled salmon with a saute of chard and early garlicks, basmati rice and a velvet of coconut and lime</i>	<i>14,20 €</i>
<i>Grilled sea bass with saffron-pine nut-mojo and potatoes</i>	<i>17,90 €</i>
<i>Grilled brill fillet on a reduction of Canarian fruits, with endive and roasted potatoes in a rosemary butter</i>	<i>15,60 €</i>
<i>Grilled Canarian Cherne with white beans, potatoes and octopus</i>	<i>18,80 €</i>

## ***Meat***

<i>Fillet steak of beef with boletus and a terrine of truffled potatoes</i>	<i>18,80 €</i>
<i>Grilled Iberian prey with a honey-mustard sauce, potatoes and with bacon and onions roasted carrots</i>	<i>15,80 €</i>
<i>Grilled entrecot with a sauce of green peppers, ratatouille and gratin potatoes</i>	<i>14,20 €</i>
<i>Lamb fillet in rosemary oil, with garlic potatoes and red cabbage</i>	<i>17,90 €</i>
<i>Rabbit from the oven, thyme and sauce of dessert wine with small potatoes and green beans</i>	<i>13,20 €</i>
<i>Chicken involtini with pesto and mozzarella, a forest mushroom sauce and garlic spaghetti</i>	<i>13,50 €</i>

## *Desserts*

<i>Biscuit of pineapple ice cream with cinnamon cookies</i>	<i>4,90 €</i>
<i>Creme Brulée of citrus fruits and almond ice cream</i>	<i>4,50 €</i>
<i>Tiramisu of rice with caramelized milk</i>	<i>4,70 €</i>
<i>Trilogy "Teno Alto"</i>	<i>6,80 €</i>
<i>Chocolate fondant with vanilla ice cream</i>	<i>5,50 €</i>
<i>Variety of Canarian cheeses with a fig marmelade</i>	<i>5,80 €</i>
<i>Dessert of the daily's menu</i>	<i>3,90 €</i>