

Soups

<i>Fish soup with prawns and rice</i>	6,70 €
<i>Poultry cream with quail egg and Iberian ham</i>	5,50 €
<i>Seafood cream, coconut and curry (vegetarian/vegan)</i>	6,20 €
<i>Vegetable soup with spicy croutons (vegetarian / vegan)</i>	4,50 €
<i>Leek and cheese soup with cherry tomatoes (vegetarian)</i>	5,20 €

Salads

<i>"Luz del Mar" salad with melon, orange fillet, prawns and Mediterranean vinaigrette</i>	12,50 €
<i>"Los Silos" salad with avocado, egg, tomato and smoked cheese</i>	11,90 €
<i>Mixed salad with avocado (vegetarian / vegan)</i>	8,50 €
<i>Lukewarm goat cheese and apple salad with walnut vinaigrette</i>	12,90 €
<i>Poke (fish salad) with smoked salmon, rice and soy sesame sauce</i>	9,80 €

<i>Our child's menu (to 8 years)</i> <i>(from 8 years with additional charge)</i>	7,50 €
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<i>Side dishes change</i>	2,50 €
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Starters

<i>Papas arrugadas (Canarian potatoes) with mojos and almogrote</i>	7,20 €
<i>Prawns in garlic / oil</i>	12,50 €
<i>Blue cheese croquettes with quince paste and walnut cream</i>	7,50 €
<i>Squid filled with prawns and seafood cream</i>	7,90 €
<i>Deer carpaccio with iberian dressing, egg yolk and parmesan</i>	10,80 €
<i>Galician style squid with Canarian potatoes</i>	11,50 €
<i>Tuna ceviche with avocado cream and passion fruit ice cream</i>	10,50 €

Pasta and Vegetarian Dishes

<i>Grilled vegetables with potatoes, mojo and mushrooms (vegetarian / vegan)</i>	12,90 €
<i>Gnocchi with milkcream, blue cheese and dried tomatoes (vegetarian)</i>	13,50 €
<i>Gnocchi with salmon, prawns and seafood sauce</i>	14,50 €
<i>Tagliatelle with beef fillet tips, vegetables and tomato sauce</i>	13,80 €
<i>Tagliatelle with prawns, mussels and seafood sauce</i>	13,80 €
<i>Vegetable lasagne with mushrooms, spinach and tomato sauce (vegetarian)</i>	9,50 €
<i>Vegetable wok with shiitake mushrooms, rice noodles and soy sauce (vegetarian / vegan)</i>	9,80 €
<i>Chicken wok with shrimp, rice noodles and teriyaki sauce</i>	14,80 €

Fish

<i>Cod fillet with pilpil sauce and sweet potato cake</i>	<i>16,50 €</i>
<i>Grilled sea bass fillet with fennel puree, lime mayonnaise and canary potatoes</i>	<i>22,00 €</i>
<i>Fried parrotfish, canary potatoes, mojos and gofio</i>	<i>14,90 €</i>
<i>Hake with potato dill sauce and shrimp carpaccio</i>	<i>15,50 €</i>
<i>Salmon mosaic with chard rice, coconut sauce and green curry</i>	<i>16,50 €</i>
<i>Turbot fillet stuffed with mushrooms, oxtail sauce and crispy prawns</i>	<i>19,90 €</i>
<i>Red tuna ragout with mushrooms, carrots and potatoes</i>	<i>16,20 €</i>
<i>Suquet of cherne (grouper stew) with seafood (prawns, mussels, squid) and crushed almonds</i>	<i>19,50 €</i>

Meat

<i>Preso Iberica with onion sauce, peach chutney and sweet potato cake</i>	<i>19,00 €</i>
<i>Chicken breast with Iberian ham velouté and sautéed gnocchi</i>	<i>15,90 €</i>
<i>Rump steak with pepper sauce, potatoes segments, aioli and salad</i>	<i>22,50 €</i>
<i>Rabbit in salmorejo with Canarian potatoes</i>	<i>16,80 €</i>
<i>Duck and porcini cannelloni in plum truffle sauce with walnut</i>	<i>16,20 €</i>
<i>Beef fillet with port wine sauce, smoked mashed potatoes and mini vegetables</i>	<i>24,00 €</i>
<i>Roasted shoulder of lamb with fried potatoes with onions and salad</i>	<i>24,50 €</i>

Desserts

Yoghurt ice with beetroot sponge cake and strawberries 4,80 €

Coulant with walnuts and coffee Baileys sorbet 5,90 €

Lemon sorbet with gin jelly and juniper sauce 4,50 €

Pina Colada soup with coconut ice cream and iced fruits 5,20 €

Apple pie with hot cinnamon anise cream and green apple sorbet 4,50 €

Trilogy "Teno Alto" 6,50 €

Cheese guayaba ice cream, Gofio almond biscuit, chocolate orange cream

Yoghurt mint cream, mango coulis

Dessert of the daily's menu 4,50 €