

Soups

<i>Fish soup with prawns and rice</i>	6,70 €
<i>Poultry cream with quail egg and Iberian ham</i>	5,50 €
<i>Coconut curry soup with seafood and pan-seared shrimp (vegetarian)</i>	6,90 €
<i>Vegetable soup with spicy croutons (vegetarian / vegan)</i>	5,00 €
<i>Leek and cheese soup with cherry tomatoes (vegetarian)</i>	5,50 €

Salads

<i>Salad "Luz del Mar" with melon marinated in ginger ale, prawns and passion fruit</i>	15,90 €
<i>Salad "Los Silos" with avocado, egg, tomato and smoked cheese (vegetarian)</i>	12,90 €
<i>Mixed salad with avocado (vegetarian / vegan)</i>	8,50 €
<i>Lukewarm goat cheese apple salad with walnut vinaigrette(vegetarian)</i>	12,90 €
<i>Prawns cannelloni filled with guacamole and seafood gazpacho</i>	13,50 €

Our child's menu 12,00 €

Bred and sauce 1,50 €

Starters

<i>Papas arrugadas (Canarian potatoes) with mojos and almogrote (vegetarian)</i>	7,20 €
<i>Prawns in garlic / oil</i>	16,90 €
<i>Blue cheese croquettes with quince paste and walnut cream</i>	8,90 €
<i>Squid filled with prawns and seafood cream</i>	9,50 €
<i>Deer carpaccio with parmesan, egg yolk, black garlic and beer sorbet</i>	14,20 €
<i>Galician style octopus with Canarian potatoes</i>	16,50 €
<i>Tuna ceviche with avocado, tiger's milk and passion fruit ice cream</i>	15,20 €

Pasta and Vegetarian Dishes

<i>Grilled vegetables with potatoes, mojo and mushrooms (vegetarian / vegan)</i>	13,90 €
<i>Gnocchi with spring onions, mushrooms and watercress sauce (vegetarian)</i>	12,40 €
<i>Gnocchi with salmon, prawns, coconut milk and green curry</i>	17,40 €
<i>Tagliatelle with carbonara sauce "Guanciale"</i>	12,90 €
<i>Tagliatelle with beef fillet tips, vegetables and tomato sauce</i>	16,50 €
<i>Tagliatelle with prawns, mussels and seafood sauce</i>	17,50 €
<i>Vegetable lasagne with mushrooms and tomato sauce (vegetarian)</i>	12,50 €
<i>Vegetable wok with mushrooms, pasta and soy sauce (vegetarian / vegan)</i>	13,20 €
<i>Chicken wok with shrimps, pasta and teriyaki sauce</i>	17,10 €

Fish

<i>Cod fillet (Sous-vide) with mojo and a trilogy of sweet potato, carrots and potatoes</i>	<i>18,40 €</i>
<i>Grilled sea bass fillet with vegetable puree, pumpkin and canary potatoes</i>	<i>22,00 €</i>
<i>Vieja (fried parrotfish) with marinated vegetables, papas arrugadas, mussels and Gofio</i>	<i>18,50 €</i>
<i>Hake with squid-dill sauce, wild shrimp mosaic and mini accompaniment (asparagus, venus clam, squid and potato)</i>	<i>18,40 €</i>
<i>Salmon Tataki on beet risotto with cucumber salad</i>	<i>17,20 €</i>
<i>Turbot fillet stuffed with mushrooms, potatoes, oxtail sauce and crispy prawns</i>	<i>20,90 €</i>
<i>Red tuna ragout with mushrooms, carrots, peas and potatoes</i>	<i>16,90 €</i>
<i>Suquet of cherne (grouper stew) with seafood (prawns, mussels, squid) and crushed almonds</i>	<i>21,00 €</i>

Meat

<i>Preso Iberica with red onion sauce, mushrooms risotto and rosemary aioli</i>	<i>21,50 €</i>
<i>Fattened hen breast stuffed with mushrooms and Iberian pate, pan fried potatoes and poultry velouté</i>	<i>16,90 €</i>
<i>Rump steak with pepper sauce, potatoes wedges, aioli and salad</i>	<i>23,50 €</i>
<i>Rabbit in salmorejo with Canarian potatoes</i>	<i>17,50 €</i>
<i>Duck and porcini cannelloni in plum-truffle sauce</i>	<i>16,20 €</i>
<i>Beef fillet with port wine sauce, potato-carrot mash and mini vegetables</i>	<i>24,00 €</i>
<i>Roasted lamb shoulder with potatoes, onions and green salad</i>	<i>26,50 €</i>
<i>Suckling pig terrine with barbecue-cocoa sauce and salad bouquet</i>	<i>18,60 €</i>

Desserts

Almond-cocoa cake, apricot jam and mandarine sorbet 6,80 €

Coulant with walnuts, ice cream and salted caramel 6,50 €

Lemon sorbet with gin jelly and juniper sauce 5,20 €

*Pina Colada soup with coconut ice cream, cocoa crumbel,
fruit jelly and pineapple-rum sauce* 6,50 €

Apple cake with hot cinnamon-anise cream and green apple sorbet 5,90 €

Trilogy "Teno Alto" 7,50 €

chocolate-orange cream, mango sorbet and yogurt-gofio sponge cake

Tiramisu with Amaretto ice cream 6,00 €

Dessert of the daily's menu 5,00 €