



# ¡Bienvenidos!

## Herzlich Willkommen

En el Restaurante Palmeras servimos especialidades canarias, españolas e internacionales. Nuestras delicias regionales las hemos señalado con la bandera canaria. ¡Buen Provecho!

In our restaurant Palmeras we will spoil you with Canarian, Spanish and international specialties. We marked our local delicacies with the flag of the Canarian province. Enjoy!

  
vegetariano  
vegetarian

  
piccante  
hot

  
de aquí  
from here

  
New  
novedad  
new



PALMERAS  
RESTAURANTE

## Entrantes fríos | *Cold starters*

**Pan con alioli** <sup>1|3|7</sup> 

*Bread with alioli*

EUR

1.50

**Bruschetta mediterránea** <sup>1|7</sup>

*Grilled bread with Serrano ham, tomatoes and basil*

5.00

**Melón con Jamón Serrano**

*Honey melon with Serrano ham*

7.90

**Plato de Jamón Serrano y Queso Canario de Valsequillo** <sup>7</sup> 

*Serrano ham and Canarian cheese from Valsequillo*

9.50

**Aguacate de Mogán con gambas** <sup>2|3|7</sup> 

*Avocado from Mogán with shrimps*










10.50

1 Gluten | 2 Crustáceos | 3 Huevo | 4 Pescado | 5 Cacahuete | 6 Soja | 7 Leche |  
8 Nueces | 9 Apio | 10 Mostaza | 11 Sésamo | 12 Altramuces | 13 Moluscos | 14 Sulfitos

1 Gluten | 2 Crustaceans | 3 Egg | 4 Fish | 5 Peanut | 6 Soy | 7 Milk | 8 Nuts | 9 Celery |  
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IGIC incluido | VAT included

## Entrantes calientes | *Warm starters*


	EUR
<b>Pan de ajo</b> <sup>1 8</sup>  <i>Garlic bread</i>	2.20
<b>Papas arrugadas con Mojo Canario</b>  <i>Canarian wrinkly potatoes with Mojo sauce made with garlic and pepper</i>	4.80
<b>Tortilla española casera</b> <sup>3</sup> <i>Spanish tortilla</i>	7.50
<b>Queso de cabra frito de Valsequillo con mermelada</b> <sup>1 3 7</sup>   <i>Fried goat cheese from Valsequillo with marmalade</i>	7.80
<b>Enyesque Canario</b> <sup>8</sup>  <i>Canarian tapas: "Papas Arrugadas", "Pimientos del Padrón", Canarian sausages from Teror</i>	8.10
<b>Gambas al ajillo</b> <sup>2</sup>  <i>Shrimps with garlic oil</i>	10.80
<b>Salteado de champiñones con gambas al ajillo</b> <sup>2</sup>    <i>Sautéed mushrooms with "Gambas al ajillo"</i>	11.90

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## Ensaladas | Salads

	EUR
<b>Tomate Mozzarella</b> <sup>7</sup>   <i>Tomato mozzarella</i>	7.80
<b>Ensalada mixta grande</b> <sup>4</sup>  con lechuga, zanahoria, tomate, atún, remolacha, maíz y espárragos <i>Mixed salad (big) with carrots, tomatoes, tuna, beetroot, corn and asparagus</i>	9.00
<b>Ensalada Griega</b> <sup>7</sup>  con lechuga, tomate, aceitunas negras, queso feta, pepino, cebolla y salsa de yogur <i>Greek salad with tomatoes, black olives, feta cheese, cucumber, onions and yogurt sauce</i>	9.20
<b>Ensalada de pollo</b> <sup>1 3 5 7 8</sup> con lechuga, tomate cherry, pollo empanado y vinagreta de mango <i>Chicken salad with cherry tomatoes, crispy chicken and mango vinaigrette</i>	9.20
<b>Ensalada Vital</b> <sup>7</sup>   con lechuga, pepino, aguacate, melón, cebolla roja, cilantro, salsa de limón, queso feta <i>Lettuce, cucumber, avocado, red onions, coriander, lemon dressing and feta cheese</i>	9.50
<b>Ensalada Mediterránea</b> <sup>2 3 7</sup> con lechuga, aguacate, espárragos, jamón serrano, langostinos, tomate, huevo, pepino y salsa rosa <i>Mediterranean salad with avocado, asparagus, Serrano ham, prawns, egg, tomato, cucumber and cocktail sauce</i>	9.90
<b>Ensalada Palmeras</b> <sup>3</sup>  con lechuga, tomate, pepino, zanahoria, huevo, salsa casera, trozos de filete de ternera <i>Lettuce, tomato, cucumber, carrot, egg, home-made dressing and steak strips</i>	14.50

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## Sopas | Soups

	EUR
<b>Gazpacho Andaluz servido con verduras frescas y crotones de pan</b> <sup>1</sup>  <i>Andalusian gazpacho garnished with fresh vegetables and croutons</i>	5.50
<b>Sopa de tomate con crotones y perejil</b> <sup>1</sup>  <i>Tomato soup served with croutons, garnished with fresh parsley</i>	5.00
<b>Sopa de Ajo servida con huevo</b> <sup>3</sup>  <i>Canarian garlic soup with egg</i>	5.50
<b>Sopa de marisco canaria</b> <sup>2 4 13</sup>   <i>Canarian home-made seafood soup</i>	6.50

## Paellas (por encargo) | Paellas (on demand)




	EUR
<b>Paella de carne</b> <sup>2 4 13</sup> <i>Meat paella</i> * por persona extra   <i>pro extra person</i>	28.00 14.00
<b>Paella de marisco o mixta</b> <sup>2 4 13</sup> <i>Sea food or mixed paella</i> * por persona extra   <i>pro extra person</i>	32.00 16.00
* mínimo 2 personas   minimum 2 persons	

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## Pizzas | Pizzas

	EUR
<b>Pizza Margherita</b> <sup>1 3 5 7 8</sup> 	8.20
Pizza con tomate, mozzarella y orégano <i>Pizza with tomato, mozzarella and oregano</i>	
<b>Pizza Vegetariana</b> <sup>1 3 5 7 8</sup> 	9.00
Pizza con tomate, mozzarella, champiñones, cebolla, pimiento, aceitunas y orégano <i>Pizza with tomato, mozzarella, onions, pepper, mushrooms, black olives and oregano</i>	
<b>Pizza Ibérica</b> <sup>1 3 5 7 8</sup> 	9.00
Pizza con tomate, mozzarella, tomate natural, jamón serrano, ajo, perejil <i>Pizza with tomato, mozzarella, Serrano ham, garlic and parsley</i>	
<b>Pizza Marinera</b> <sup>1 2 3 4 5 7 8</sup>	9.80
Pizza con tomate, mozzarella, atún, gambas, mejillones y oregano <i>Pizza with tomato, mozzarella, tuna, prawns, mussels and oregano</i>	
<b>Pizza San Agustín</b> <sup>1 3 4 5 7 8</sup>	10.50
Pizza con tomate, mozzarella, champiñones, jamón, cebolla, pimiento, atún, aceitunas y oregano <i>Pizza with tomato, mozzarella, mushrooms, hams, onions, pepper, tuna, olives and oregano</i>	

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## Pastas y vegetariano | *Pasta & vegetarian*

EUR

Elija su Pasta con su salsa preferida | Choose your pasta and favorite sauce

<b>Penne   Spaghetti</b> <sup>1 3</sup>	<b>Salsa   Sauce</b>	
	<b>Tomate</b>   <i>Tomato</i> 	8.00
	<b>Boloñesa</b>   <i>Bolognese</i>	9.00
	<b>Carbonara</b>   <i>Carbonara</i> <sup>7</sup>	9.00
	<b>All'Arrabiata</b>   <i>All'Arrabiata</i> 	9.00
<b>Tortellini a las finas hierbas rellenos de espinaca</b> <sup>1 3 5 7 8</sup>		8.50
<i>Tortellini fine herbs filled with spinach with cream sauce, parmesan, basil and white pepper</i>		
<b>Espaguetis con salteado de verduras</b> <sup>1 3</sup>  <b>New</b>		9.50
<i>Spaghetti with sautéed vegetables, home-made sauce from fresh zucchini, tomato and pepper</i>		
<b>Espaguetis con ajos, guindillas y langostinos</b> <sup>1 2 3</sup> 		10.80
<i>Spaghetti with garlic, hot peperoni and prawns</i>		
<b>Lasaña vegetal</b> <sup>1 3 5 6 7</sup> 		10.00
<i>Vegetable lasagna</i>		
<b>Lasaña boloñesa</b> <sup>1 3 5 6 7</sup>		10.80
<i>Meat lasagna</i>		
<b>Curry de garbanzos y verduras</b>  <b>New</b>		11.00
<i>Chickpeas and vegetables with freshly made curry sauce</i>		

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## Pescados | Fish dishes

Todos nuestros pescados van acompañados por dos guarniciones |  
Our fish dishes are accompanied by 2 side dishes

EUR

### Filete de merluza a la plancha <sup>4</sup>

*Fillet of hake*

11.50

### Filete de Atún a la plancha <sup>4</sup>

*Grilled fillet of tuna*

12.20

### Calamares a la romana <sup>1|3|7|13</sup>

*Fried squid rings*

12.30

### Langostinos Grill <sup>2</sup>

*Grilled prawns*

15.00

### Lenguado a la meunier <sup>4|7</sup>

*Sole à la Meunière*

13.50

### Lenguado Especial «Palmeras» <sup>2|4|7|13</sup>

*Special Sole «Palmeras»*

15.50

### Salmón a la plancha <sup>4</sup>

*Grilled salmon*

16.00

### Salsa aparte: Bañesa <sup>3|7</sup> | Salsa “Tío Pepe”

*Sauce aparte: Banaise | Sherrysauce “Tío Pepe”*

2.00

#### Guarniciones a elegir |

Side dishes to choose from

15.00

**Papas fritas** | French fries

**Papas Arrugadas** | Canarian wrinkly potatoes

**Verduras de la Temporada** | Seasonal vegetables

**Arroz** | Rice

**Ensalada Mixta** | Mixed salad

13.50

15.50

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## Hamburguesas | Hamburger

### Hamburguesa con Papas fritas <sup>1|3|7</sup>

*Hamburger with French fries*

EUR

8.00

### «Hapimag Burger» (Bacón, Pepinillo, Huevo Frito, Queso y Jamón) servida con Papas fritas<sup>1|3|7</sup> New

*Hapimag hamburger with bacon, cheese, ham, cucumber and fried egg, with French fries or mixed salad*

11.00

## Steaks y más | Steaks & More

Los platos “Steaks y más” van acompañados por dos guarniciones |

Our “Steaks & More” dishes are accompanied by 2 side dishes

### Pechuga a la plancha

*Grilled chicken breast*

9.50

### Cordon Bleu <sup>1|3|5|7|8</sup>

*Cordon bleu*

### Entrecote Grill

*Grilled entrecote*

### Solomillo Grill

*Grilled beef fillet*

### Surf ‘n’ Turf «Palmeras» con salsa de mariscos <sup>2</sup>

*Surf ‘n’ Turf «Palmeras» with home-made seafood sauce*

19.50

### Chateaubriand para 2 personas acompañado por papas fritas y pimiento asado

*Chateaubriand for 2 persons with French fries and grilled pepper*

39.00

### Salsas apartes: Pimienta <sup>7</sup>, champiñones <sup>7</sup>, mexicana

*Sauces apart: pepper sauce, mushroom sauce, Mexican sauce*

2.00

#### Guarniciones a elegir |

Side dishes to choose from

12.90

**Papas fritas** | French fries

**Papas Arrugadas** | Canarian wrinkly potatoes

14.50

**Verduras de la Temporada** | Seasonal vegetables

**Arroz** | Rice

**Ensalada Mixta** | Mixed salad

17.10

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## Postres | Desserts

	EUR
<b>Brownie con nueces</b> <sup>1 3 5 7 8</sup> <i>Nut brownie</i>	4.50
<b>Helado mixto con Bienmesabe</b> <sup>1 3 5 7 8</sup>  <i>Mixed ice cream with honey almond cream</i>	4.50
<b>Macedonia de frutas</b> <sup>7</sup> <i>Fruit salad with fresh fruits</i>	4.50
<b>Mus de Gofio</b> <sup>3 7</sup>  <i>Gofiomousse</i>	4.50
<b>Flan casero</b> <sup>3 7</sup> <i>Home-made flan</i>	4.80
<b>Coulant de chocolate con helado de vainilla</b> <sup>1 3 5 7 8</sup> <i>Coulant au chocolat with vanilla ice cream</i>	6.00
<b>Plátano flambeado con helado de vainilla y nata</b> <sup>7</sup>  <i>Flambéed banana with ice cream and whipped cream</i>	6.50
<b>Copa de helado a elegir</b> <sup>1</sup> (según tipo de helado) <i>Mixed Ice cream (contains milk depending on type of ice cream)</i>	
<b>1 bola</b>   1 cup	1.70
<b>2 bolas</b>   2 cup	2.70
<b>3 bolas</b>   3 cup	3.70
<b>Con extra de nata</b> <sup>1</sup>   with extra cream	0.50

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