



ARRECIFE GRAN HOTEL & SPA *****

• BREAKFAST •

TOASTS

TRUFFLED EGGS BENEDICT <i>with sautéed mushrooms</i> 🌿 🍳 🥛	6,5€	SPREAD OF CANARIAN TOMATOES <i>with Iberian ham shoulder</i> 🌿	4€
AVOCADO <i>served on salmon cream, almond sauce, poppy seeds and spirulina</i> 🌿 🥑 🐟	5,5€	BUTTER AND JAMS <i>homemade (ask for the options of the day)</i> 🌿 🥛	2€

SANDWICHES

MIXED SANDWICH <i>with brioche bread, braised turkey and Emmental cheese (make it benedict +2,5€)</i> 🌿 🍳 🥛	3,5€	FOCACCIA <i>stuffed with black olive cream, served with Sicilian mortadella, rucola and parmesan cheese</i> 🌿 🥛	3,5€
SPANISH BREAD <i>with crumbled charcoal-grilled chicken breast, avocado cream and fresh watercress</i> 🌿 🥛	4,5€	VEGETABLE CROISSANT <i>with pesto and sun-dried tomatoes</i> 🌿 🥑 🥛	3,5€

BOWL

CREAMY YOGHURT BOWL <i>Açaï berry, red berries, granola and a mix of seeds</i> 🌿 🥑 🥛	3,5€	SEASONAL FRUIT BOWL <i>with yoghurt ice cream, muesli and oat flakes</i> 🌿 🥑 🥛	3,5€
SMOOTHIE BOWL WITH PISTACHIO <i>strawberries, bananas, cocoa nibs, chia and spirulina</i> 🥑 🥛	4,5€		

SWEET

FRENCH TOAST <i>soaked in coconut milk, palm honey, strawberries and caramelized banana foam</i> 🌿 🥛 🍳 🥑	5,5€	THE DELICIOUS CAKES <i>of our confectioner "Ambrosio"</i> 🌿 🥛 🍳 🥑	5€
COOKIES <i>freshly baked</i> 🌿 🍳 🥛	2,5€	PASTRIES <i>(croissant, doughnuts, puff pastry palmiers with chocolate, pain au chocolat, ...)</i> 👇	2€

• BREAKFAST •

JUICES & SMOOTHIES

ORANGE JUICE 4,5€ **MULTIVITAMIN** 5,5€
freshly squeezed *Mango, orange, carrot and banana*

ANTIOXIDANT 5,5€ **DETOX** 5,5€
Strawberry, melon, orange, red berries *Apple, celery, cucumber, ginger*



* (make it smoothie, adding yoghurt ice cream + 1 €)

COFFEE

TEA

ESPRESSO 2,10€

CORTADO  2,20€
Espresso with little milk


AMERICAN 2,20€

MILKY COFFEE  2,30€

LECHE Y LECHE  2,50€
Milky coffee with sweetened condensed milk

VIENA COFFEE  3,25€

CAPPUCCINO  2,90€

BARRAQUITO  4,75€
Black coffee, sweetened condensed milk, liqueur and milk foam

SPECIALS WITH ALCOHOL 5,5€

HOT CHOCOLATE  3,25€

EARLY GREY 2,5€

ENGLISH BREAKFAST 2,5€

PEACH AND MANGO 2,5€

GREEN TEA 2,5€

PENNYROYAL 2,5€

CHAMOMILE 2,5€

ROOIBOS 2,5€

* ask for our vegetable milks

* Ask for vegetarian and vegan adaptations of the dishes

 GLUTEN

 SESAME

 SULPHITES

 EGG

 MILK

 SOYA

 FISH

 Could contain various allergens

 NUTS

 CELERY

 MUSTARD





















* Gluten free bread is available





ARRECIFE GRAN HOTEL & SPA ****

• BLUE 17 •

BOWLS & SALADS

Strawberry gazpacho with parmesan ice cream and basil oil V   	7,5€	Laksa "Thai" crustacean soup with coconut milk and red shrimps    	9,5€
Pasta salad with grated Canarian tomato, fresh basil, tuna, black olives and EVOO. V  	7,5€	Lettuce hearts soaked in a vinaigrette of Arabian spices with orange, dried apricots, raisins and nuts V   	6,5€
Tomatoes dressed with piparra chilly vinaigrette, anchovies and parmesan flakes V   	9€	Stracciatella with roasted carrots in Mediterranean herbs and green mojo pesto V  	8,5€
Salmon poke bowl. Rice base with avocado, tacos of marinated salmon, carrot, Edamame, mango, seaweed, crunchy onion and a hot and sour mango sauce V   			9,5€























SNACK & SHARE

Canarian cheeses platter selected by "Queso Project" V  	12,5€	Iberian cured ham platter and Spanish baguette with tomato spread	16€
Croquettes of millet soup with avocado emulsion and roasted corn powder (4 units) V   	7,5€	Russian king prawn salad in carrot pickle with crispy shrimps, crustacean oil and seaweed powder     	9,5€
Roasted onion Tarte Tartin, creme fraiche and pickled lemon oil V  	9,5€	Varieties of ancient Canarian potatoes with spicy mojo sauce, green coriander mojo sauce and Almogrote (light pâté of hard cheese with garlic) V	6,5€
"Greek" pizza, homemade instant pita bread with fresh buffalo mozzarella, house marinated olives and cherry tomatoes with herb oil V   	8,5€	Fried eggs with bluefin tuna, avocado and truffled Hollandaise sauce V     	15€

If you have any allergies or intolerances, please let our staff.

• BLUE 17 •

MAIN COURSE

Flame-baked aubergine vegetable lasagna, lemon bechamel sauce, au gratin with Canarian cured cheese	11,5 €	Slow cooked chicken bowl with Satay sauce, made of peanuts and coconut milk, served on a base of flavoured basmati rice and fresh herb mix	11,5 €
V 		  	
Bowl of slow cooked hake with creamy rice in green sauce and parsley oil	13,5 €	Slow cooked salmon served on tagliatelle with salmon cream and dill	12,5 €
   		    	
Wok 17. Wok of stir-fried vegetables with rice noodles and spicy tamarind sauce	11 €	Pork cheeks with Parmentier mashed potatoes, meat sauce and parsley oil.	13,5 €
V    		 	
Beef Blue 17 burger. With 36 months matured gouda cheese, canarian tomato, lettuce, bacon and truffle mayonnaise, served with French fries (add egg + 1 €)			14,5 €
  			

DESSERT

Freshly baked cookie with vanilla ice cream	6,5 €	Chocolate brownie with cherry ice cream and pistachio powder	5 €
V   		V    	
Bowl of seasonal fruits with caramelized banana foam and mint oil	4 €	Spiced pears in wine with white chocolate soup and Macadamia nut ice cream	5,5 €
V  		V   	
Cakes of the day by our confectioner "Ambrosio"	5 €		
V 			

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 GLUTEN

 SESAME

 SULPHITES

 EGG

 MILK

 SOYA

 FISH

 PEANUTS

 NUTS

 CELERY

 MUSTARD

 MOLLUSCS

 CRUSTACEANS

V VEGETARIAN AND VEGAN OPTIONS AVAILABLE FOR THIS DISH

 Could contain various allergens

* Gluten free bread is available