

Tamarindos Carta

Where cooking with love is a
sacred ritual

TAPAS

- 1 Stew of the Day - 7.00
today's stew, broth, or spoonable soup (vegan or vegetarian option)
- 2 Fried Cheese - 8.00
fried fresh Montaña Blanca cheese, with house-made jam
- 3 French Fries- 5.50
French fries with sauce
- 4 Canarian Wrinkled Potatoes- 5.00
Canary Islands-style potatoes with red and green mojo
- 5 Homemade Chicken Croquettes-5.00
free-range chicken, house-made béchamel
- 6 Homemade Vegetarian Croquettes-5.50
ask the chef about today's available option
- 7 Pork in Adobo-10.00
marinated pork bites, served with local fries
- 8 Octopus & Shrimp Skillet-14.00
octopus and shrimp casserole with extra-virgin olive oil, garlic, and chili pepper
- 9 Garlic Shrimp-10.00
shrimp casserole with extra-virgin olive oil, garlic, and chili pepper



Bread Service
with butter or dip-1.50

VITAL GREENS - VEGAN VEGETARIAN

- 10 Quinoa Tabouli-7.50
organic quinoa, beets, cucumber, island tomatoes, parsley, and garden herbs
- 11 Faux Tuna Tartare -10.00
marinated watermelon, avocado, Lanzarote citrus, nori seaweed, and fresh sprouts
- 12 Mixed Salad -6.00
lettuce, tomato, cucumber, onion
- 13 Warm Baba Ganoush-13.00
eggplant purée with red and green peppers and tomato, all roasted and blended with tahini and spices, served with sourdough bread
- 14 Chickpea & Carrot Textures-12.00
chickpea hummus, spice-roasted carrot, and crispy chickpeas
- 15 Vegan Meatballs-13.00
meatballs in tomato sauce with basil
- 16 Vegan Moussaka-10.00
layers of eggplant, roasted potatoes, vegetables, and baked béchamel

FROM THE SEA

- 17 Fresh catch of the day, depending on wind and tide-s/p
Ask the chef about today's available option
- 18 Grilled Octopus-19.00
Grilled octopus with a side of vegetables
- 19 Asian wok stir-fry with shrimp -15.00
Wok-sautéed veggies with noodles, shrimp, soy sauce, and sesame



FROM THE LAND

- 20 Cachopo (for 2) - 25.00
Breaded, golden-fried beef stuffed with ham and cheese
crispy outside, juicy inside, served with French fries
- 21 Canarian-Style Goat Stew-16.00
Goat Stew, Canarian-Style
- 22 Greek Moussaka 11.90
layers of eggplant, seasoned meat, and béchamel, oven-baked until golden

HOMEMADE DESSERTS

- 25 Grandma's - 5.50
Warm apple crumble with a hint of cinnamon and vanilla ice cream
- 26 Chocolate cake - 6.00
Creamy no-bake chocolate cake with a biscuit base and a melted chocolate
topping
- 27 Cheesecake - 6.00
Homemade cheesecake with red berry jam
- 28 Sun and Moon - 6.90
Chocolate and orange cream with biscuit crumble
(dedicated to Chaxiraxi, for her love of chocolate)
- 29 Mango Sorbet - 6.00
Fresh mango sorbet served in a glass (vegan option)
- 30 yogurt or kefir ritual-7.50
bowl with yogurt or kefir, fresh fruit, peanut butter and granola



ARTISAN AND UNIQUE REFRESHING DRINKS

Fresh homemade cucumber water-3.00

Refreshing cucumber water with osmosis water and fresh cucumber

Electrolyte water -3.50

Mineralized osmosis water for deep hydration

Kombucha Mun - 4.30

Organic ginger or red berry kombucha (naturally carbonated, probiotic)

Fresh homemade lemonade-4.50

Ask about today's refreshing lemonade option

Fresh orange juice-4.50



COLD DRINKS

Water (P)-2.50

Nestle -3.50

Water (G)-3.80

Zumos -3.00

sparkling water (P)-2.80

Fritz Kola -4.80
with less sugar

sparkling water (G)-4.00

Coca Cola -3.00

Tónica -4.50

Fanta -3.00

specialty Coffee & Infusions

(Our coffee is an organic specialty coffee)

Espresso-2.00

Flat White-3.80

Cortado corto-2.30

Capuchino M-3.50

Cortado largo -2.50

Chai Latte - 4.50

Americano M-2.50

Matcha Latte - 4.50

Latte M-3.00

infusions - 1.80



Extra Shot of coffee-0.80

plant-based milk supplement-0.40

CARTA DE VINOS

whites

Bodegas 35 glass-4.50

Dry white wine from Tenerife with fruity notes

Montaña Blanca Malvasía-25.00 glass-6.00

100% organic local dry white wine

Montaña Blanca Moscatel-35.00 glass-6.50

100% organic local Moscatel white wine

Bermejos Diego-36.00

100% organic dry white wine, volcanic purity from Lanzarote

Bermejos Semidulce-35.00 glass-6.50

White wine made from Malvasía and Moscatel grapes, fresh and smooth

Libalis Fritz-20.00 glass-4.00

Light and sparkling, with a youthful soul

Libalis Semidulce-20.00 glass-4.00

Light, sweet and fresh, with a youthful soul

Bardos-23.00

Direct and elegant white wine from Rueda



Rosé

Aroa Rosado-23.00 glass-4.50

Organic and vegan fresh Garnacha rosé

Arzuaga Rosae-38.00 glass-6.00

D.O. Ribera del Duero, organic Tempranillo

Bermejos Brut-36.00

Delicate Listán Negro sparkling wine, traditional method from Lanzarote



Tintos

Bodegas 35 glass-4.50

Young red wine from Tenerife with fruity notes

Montaña Blanca -30.00 glass-6.50

A distinctive local red wine made from a variety of grapes

Bermejos Tinto Barrica-40.00 glass-7.50

Listán Negro aged in oak barrels, Silky and well balanced

El Pacto-30.00 glass-6.00

D.O. Rioja organic Tempranillo red wine, intense colour and vibrant aromas

Bardos-25.00 glass-6.00

High-altitude D.O. Ribera del Duero red wine, intense and full of character