

EL TENEDOR RESTAURANT

M E N U

APPETIZERS

Warn bites (for 2) 48

Artichoke, yogurt cheese, candied orange
| Garlic shrimp | Dates and cured ham |
Queso frito (Manchego, rice cracker,
tomato, avocado).

Escalivada 28

Roasted eggplant, zucchini, peppers and
almonds. *(kind of Spanish Ratatouille)*

Beet Watermelon Ceviche 26

Roasted

DESSERTS

Basque cottage cheesecake 17

A light cottage cheese cheesecake with
candied orange and hibiscus.

Chocolate chickpea Brownie 17

Dark chocolate and chickpea brownie
served with house-made berry jam,
hazelnut, and pistachio.

Cinnamon potato waffle 17

With house-made fruit jam

MAINS

Veggie steak 32

With eggplant and lentils, olive salsa,
walnuts, berries, and herbs.

Salmon, Jerez and Miso 37

With sweet potato cream, crispy quinoa
and sprouts salad.

Seafood cremoso 38

A lighter version of paella. Farro, and
shrimp and scallop, in fish broth, wine
and sofrito

Mushroom cremoso 38

A lighter version of paella. Farro, and
vegetables, in mushroom broth, wine and
sofrito

Squash and cabbage beef lasagna 38

Layers of sliced squash with slow-braised
beef cheeks baked until rich and tender.

Roasted cauliflower 32

With eggplant and lentils, olive salsa,
walnuts, berries, and herbs.

DRINKS

Sparkling Water 8

Espresso - decaff 4

Americano - decaf 4

Tea 4

Vegetable centred menu with meat and fish options - Our menu is gluten free