WHERE EVERYTHING BEGINS

Boards and salads



Bread and Appetizer (1)	3,00 € /p
Santoña Anchovies 00 in Smoked Butter (4,7)	3,5 € /u
Assorted Board of Fine French Cheeses (1,3,7,8)	19,00 €
Sorlut Oysters No. 3 with Citrus Pearls, Natural (14)	4,5 € /u
Burrata salad with roasted tomatoes, little gem lettuce salad and fried walnuts (7,8,12)	14,00 €
Grilled Asparagus and Root Vegetables with Smoked Butter and Herbs (7,12)	15,00 €
Wood-Roasted Pepper Salad with Tuna Belly (4,12)	16,00 €
Foie Terrine with Caramelized Goat Cheese and Tart Apple (1,7,8,12)	16,50 €
Médano Beach Salat, with lettuce, tomato, avocado, cucumber, onion, boiled egg, olives and tuna. (3,4)	13,50 €
Homemade guacamole with pico de gallo and fried corn tortillas (12)	12,00 €

STARTERS AND SNACKS

Traditional Peruvian Ceviche with Black Olive and Local Fish (4,7,9,12)	18,50 €
Red Tuna Tartare with Cured Egg and Crispy Potatoes (3,4,6,10,12)	22,00 €
Beef Tenderloin Steak Tartare with Mustard (1,3,6,10,12)	19,00 €
Croquettes of 100% Acorn-Fed “5 Jotas” Iberian Ham (1,3,7,12)	13,50 €
Crispy Prawns with Aromatic Herbs, Prickly Pear and Sriracha (1,2,3,6,7,10,11)	14,50 €
Cheeseburger with cheddar cheese and pickles (1,3,7,10,12)	13,50 €
Playa Chica toast with Iberian ham, arugula, fresh cheese, cherry tomatoes and parmesan (1,7,12)	13,00 €
La Tejita Toast, with smoked salmon, avocado, poached egg and lamb´s lettuce, drizzled whit bechamel sauce (1,7,12)	13,50 €
Sandwich Club Médano, with egg, bacon, chiken and edam cheese (1,3,4,7,10,12)	14,00 €
Hotdog with crispy onions and raspberry ketchup (1,3,7,10,12)	10,50 €
French fries (3,6,10,12)	5,50 €



(1) (2) (3) (4) (5) (6) (7) (8) (9) (10) (11) (12) (13) (14)

SLOWLY AND GENTLY

Main courses



Handmade Artisan Mushroom Pasta with Boletus and Truffle Sauce (1,3,7,8)	16,50 €	Lobster, octopus and cuttlefish rice, served dry or broth-style (2,4,12,14)	25,00 € /p (min. 2 p)
Handmade Artisan Pasta with Fresh Spinach, Ricotta, Basil and Parmesan (1,3,7,8)	15,50 €	Whole Roasted Turbot with Potatoes and Garlic-Parsley Oil (1,4,12)	5,50 € /100gr
Canarian Seafood Rice (white crab, squid, octopus, whelk and limpet) (2,4,12,14)	18,50 € /p (min. 2 p)	Cod “Ajo-arriero” with Choricero Pepper (1,4,12)	19,00 €
Local Fish Rice (squid, octopus and local fish) (2,4,12,14)	19,00 € /p (min. 2 p)	Beef Tenderloin with Potatoes and Piquillo Peppers (12)	23,00 €
Black Rice with Squid and Octopus (2,4,12,14)	18,00 € /p (min. 2 p)	Simmental Chop (40-Day Aged) (12)	7,90 € /100gr
		Portion of turbot (1,4,12)	26,00 €

THE SWEETEST WAVE TO END WITH

Desserts

Caramelized Fresh Milk Rice Pudding with Tahitian Vanilla (1,3,7,8,12)	7,00 €	Chocolate and Gianduja Tatin with Hazelnut Ice Cream (1,3,7,8)	7,00 €
Médano Ice Cream Cup (7)	5,00 €	Our Version of Lemon Pie with Citrus and Meringue (1,3,7,8,12)	7,00 €



(1) (2) (3) (4) (5) (6) (7) (8) (9) (10) (11) (12) (13) (14)

BEVERAGES

Still Water	1,40 €
Sparkling Water	1,40 €
Coca-Cola	2,40 €
Coca-Cola Zero	2,40 €
Fanta Orange	2,40 €
Fanta Lemon	2,40 €
Sprite	2,40 €
Nestea Lemon	2,70 €
Nestea Mango & Pineapple	2,70 €
Aquarius Lemon	2,80 €
Aquarius Orange	2,80 €
Minute Maid Juices	2,60 €
Appletiser	2,70 €
Schweppes Tonic	2,60 €



BEERS

Draft Beer (Small)	2,60 €
Draft Beer (Large)	3,70 €
1906 Bottle	2,80 €
Dorada Pilsner Bottle	2,60 €
Dorada Especial Bottle	2,80 €
Dorada Non-Alcoholic Bottle	2,50 €
Dorada Non-Alcoholic with Lemon Bottle	2,60 €
Dorada Gluten-Free Bottle	2,70 €
Estrella Galicia 0.0 Bottle	2,80 €
Enoloca 0,5L	9,00 €
Radler Beer	2,80 €
Estrella Rivera Beer	3,00 €

VERMOUTH

Primo Blanco	6,00 €
Vittore Dorado	6,00 €

APERITIFS

Campari	6,00 €
Campari Fresh Orange	8,00 €
Aperol Spritz	8,00 €
Disaronno Spritz	8,00 €
Negroni	8,00 €
Dry Martini	6,00 €
Red Wine Sangria 1L	18,50 €
Cava Sangria 1L	20,50 €
Summer Wine Spritzer	5,00 €

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10) (11) (12) (13) (14)

LIQUEURS

Amaretto Dissaronno	5,00 €
Papelmusse	3,00 €
Baileys	5,50 €
Licor 43	5,50 €
Tia María	6,00 €
Frangelico	5,50 €
Cointreau	6,00 €
Grand Marnier	6,50 €
Orujo	3,50 €
Jägermeister	5,00 €
Fernet Branca	5,50 €
Pacharán	4,50 €
Disaronno Velvet	6,50 €

WHISKY



Johnnie Walker Red Label	7,00 €
Johnnie Walker Black Label	9,00 €
Ballantines	6,00 €
Jack Daniels	7,00 €
Cardhu	9,00€
Chivas	10,00 €

COGNAC/BRANDY

Carlos I	7,00 €
Magno	6,00 €
Martell	11,00 €

RUM

Arehucas	6,50 €
Bacardi White Label	6,50 €
Matusalem	7,50 €
Havana 7 Years	6,50 €
Brugal	7,00 €
Honey Rum	4,50 €
Constellation Alfa Rum (La Pampa)	8,00 €

VODKA/GIN/TEQUILA

Smirnoff	6,00 €
Tanqueray	7,00 €
Hendrick´s	8,50 €
Bombai Sapphire	7,00 €
Puerto de Indias	7,00 €
Gordons	6,00 €
Jose Cuervo Tequila	7,00 €
Duality Love Gin (La Palma)	8,00€

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10) (11) (12) (13) (14)

COCKTAILS

The hotel classics

Classic Mojito	8,50 €
Classic Daiquiri	7,50 €
Tequila sunrise	8,00 €
Gin Fizz	8,00 €

Seasonal cocktails

Vodka Mule	9,00 €
Disaronno Dolcevita	9,00 €
Médano Piña Colada	9,00 €

Signature cocktails by Médano Hotel

Médano Constellation	10,00 €
Disaronno by Médano	10,00 €



WINES

Wines by the Glass

Mont Ferrant Brut Reserva L' Americano Organic	5,00 €
Enralado	4,50 €
Viña Zorzal Chardonnay	4,10 €
Viña Zorzal Rosé	4,10 €
Piedra Fluida	5,00 €
Celeste Roble	4,50 €
Cune Crianza	4,20 €
Balandro Semi-sweet	4,30 €

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10) (11) (12) (13) (14)

SPARKLING AND FORTIFIED WINES

SPARKLING WINES

Mont Ferrant Brut Reserva L' Americano Organic 28,00 €
Xarel·lo, Macabeo, Parellada. D.O. Cava
Balanced acidity and residual sugar with fine bubbles

Mont Ferrant Brut Reserva Rosé 26,00 €
Garnacha, Monastrell, Pinot Noir. D.O. Cava
Balanced acidity and residual sugar with red fruit notes

Llopart Brut Nature Reserva 35,00 €
Xarel·lo, Macabeo, Parellada. CORPINNAT
Fine bubbles with a dry finish and bakery notes

Maurice Choppin Les Arpents 70,00 €
Meunier, Chardonnay, Pinot Noir
Grower's Champagne

FORTIFIED WINES (By the Glass)

Manzanilla Origen de Callejuela 5,00 €
Palomino Fino. D.O. Sanlúcar de Barrameda
Discover biological aging and its iodine notes

Amontillado Aurora de Yuste 6,00 €
Palomino Fino
The charm of Jerez's Marco, complex and savory

CANARIAN WHITE WINES

Piedra Fluida Dry White 31,00 €
Listán Blanco. D.O.P. Canary Islands
Vineyards between 900 and 1700 meters in southern Tenerife

Enralado Dry White 28,00 €
Listán Blanco. D.O.P. Canary Islands
"Canarian fruity wine for those with a sweet tooth"

Teneguía Caletas 26,00 €
Varietal blend. D.O. La Palma
Taste the south of La Palma

Piedra Jurada Varietal White 30,00 €
Varietal blend. D.O. La Palma
Taste the north of La Palma



(1) (2) (3) (4) (5) (6) (7) (8) (9) (10) (11) (12) (13) (14)

SPANISH WHITE WINES

Viña Zorzal Chardonnay 20,00 €
Chardonnay. D.O. Navarra
Easy to drink and serious at the same time

José Pariente 28,00 €
Verdejo. D.O. Rueda
A classic with lots of fruit, dry and for all tastes

Martín Códax 29,00 €
Albariño. D.O. Rías Baixas
Classic Albariño from Val do Salnés

Vino Balandro Sauvignon Semidulce 23,00 €
D.O.P. Rueda

Manuel Formigo 26,00 €
Blend of Galician varietals. D.O. Ribeiro
Youthful with a hint of salinity

Brezo Godello by Gregory Pérez 31,00 €
Godello and Doña Blanca. D.O. Bierzo
Elegant with a touch of Rock & Roll

Horizonte de Exopto Blanco 33,00 €
Viura and Garnacha Blanca. D.O.Ca. Rioja
Balanced, limited edition

ROSÉ WINES

Viña Zorzal Rosé 20,00 €
Garnacha. D.O. Navarra
Serious, full of red fruit and fun

Clarete Los Topes de Tierra Fundida 35,00 €
Gual and Vijariego Negro
Full-bodied, food-friendly

CANARIAN RED WINES

Piedra Fluida Red 30,00 €
Listán Negro. D.O.P. Canary Islands
North-facing vineyard with 80 years of age, elegance

Tisalaya La Vegueta 34,00 €
Listán Negro. D.O. Lanzarote
Only 550 bottles per year, lots of fruit and volcanic character

Piedra Jurada Multivarietal Red 31,00 €
Vijariego, Castellana, Listán Prieto. D.O. La Palma
Smoky and toasted with plenty of fruit

Llanos Negros Los Grillos 33,00 €
Negramoll. La Palma
Spices, maraschino cherries, toffee notes

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10) (11) (12) (13) (14)

SPANISH RED WINES



Brezo Mencía by Gregory Pérez 26,00 €
Mencía and Alicante Bouschet. D.O. Bierzo
Light, with Atlantic character and subtlety

Viña Zorzal Graciano 22,00 €
Graciano. D.O. Navarra
Lots of fruit with elegance

Vespres Negre 36,00 €
Garnacha, Carinyena, Syrah. D.O. Montsant
Silky, Mediterranean scrubland and mineral notes

Hacienda Solano Selección 32,00 €
Tinto Fino. D.O. Ribera del Duero
Friendly, spicy and flavorful Ribera

Hacienda Solano Viñas Viejas 49,00 €
Tinto Fino. D.O. Ribera del Duero
Toni Sarrión in action seeking complexity. Delicious

Celeste Roble 23,00 €
Tinto Fino. D.O. Ribera del Duero
A classic from Bodegas Torres

Ramón Bilbao Crianza 24,50 €
Tempranillo. D.O.Ca. Rioja
Red fruit with soft tannins

Cune Crianza 22,00 €
Tempranillo, Garnacha, Mazuelo. D.O.Ca. Rioja
A Rioja classic

Luís Cañas Crianza 30,00 €
Tempranillo and Garnacha. D.O.Ca. Rioja
Intense, sweet red berries

Muga 39,00 €
Tempranillo and Graciano. D.O.Ca. Rioja
Two years of aging

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10) (11) (12) (13) (14)