

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 €

Cheeseburger with cheddar cheese
and pickles
(1,3,7,10,12)

13,50 €

Red Tuna Tartare with Cured
Egg and Crispy Potatoes
(3,4,6,10,12)

22,00 €

Playa Chica toast with Iberian ham,
arugula, fresh cheese, cherry
tomatoes
and parmesan
(1,7,12)

13,00 €

Beef Tenderloin Steak Tartare
with Mustard
(1,3,6,10,12)

19,00 €

La Tejita Toast, with smoked salmon,
avocado, poached egg and lamb's
lettuce, drizzled whit bechamel
sauce
(1,7,12)

13,50 €

Croquettes of 100% Acorn-
Fed "5 Jotas" Iberian Ham
(1,3,7,12)

13,50 €

Sandwich Club Médano, with egg,
bacon, chicken and edam cheese
(1,3,4,7,10,12)

14,00 €

Crispy Prawns with Aromatic
Herbs, Prickly Pear and
Sriracha
(1,2,3,6,7,10,11)

14,50 €

Hotdog with crispy onions and
raspberry ketchup
(1,3,7,10,12)

10,50 €

French fries
(3,6,10,12)

5,50 €



SLOWLY AND GENTLY

Main courses



Handmade Artisan Mushroom
Pasta with Boletus and Truffle
Sauce
(1,3,7,8) 16,50 €

Handmade Artisan Pasta with
Fresh Spinach, Ricotta, Basil
and Parmesan
(1,3,7,8) 15,50 €

Canarian Seafood Rice (white
crab, squid, octopus, whelk and
limpet)
(2,4,12,14) 17,50 € /p
(min. 2 p)

Local Fish Rice (squid, octopus
and local fish)
(2,4,12,14) 17,50 € /p
(min. 2 p)

Black Rice with Squid and
Octopus
(2,4,12,14) 17,50 € /p
(min. 2 p)

Lobster, octopus and cuttlefish
rice, served dry or broth-style
(2,4,12,14) 25,00 € /p
(min. 2 p)
5,50 €
/100gr

Whole Roasted Turbot with
Potatoes and Garlic-Parsley Oil
(1,4,12) 5,50 €
/100gr

Cod "Ajo-arriero" with
Choricero Pepper
(1,4,12) 23,00 €
19,00 €

Beef Tenderloin with Potatoes
and Piquillo Peppers
(12) 7,90 €
/100gr
23,00 €

Simmental Chop (40-Day
Aged)
(12) 7,90 €
/100gr

THE SWEETEST WAVE TO END WITH

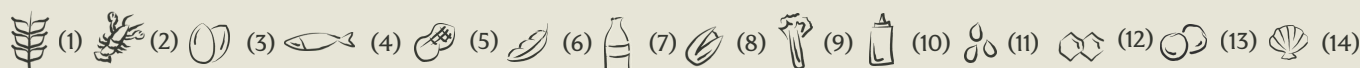
Desserts

Caramelized Fresh Milk Rice
Pudding with Tahitian Vanilla
(1,3,7,8,12) 7,00 €

Médano Ice Cream Cup
(7) 5,00 €

Chocolate and Gianduja Tatin
with Hazelnut Ice Cream
(1,3,7,8) 7,00 €

Our Version of Lemon Pie with
Citrus and Meringue
(1,3,7,8,12) 7,00 €



BEVERAGES

Still Water	1,40 €	Nestea Lemon	2,70 €
Sparkling Water	1,40 €	Nestea Mango & Pineapple	2,70 €
Coca-Cola	2,40 €	Aquarius Lemon	2,70 €
Coca-Cola Zero	2,40 €	Aquarius Orange	2,70 €
Fanta Orange	2,40 €	Minute Maid Juices	2,60 €
Fanta Lemon	2,40 €	Appletiser	2,70 €
Sprite	2,40 €	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	2,70 €
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	2,70 €
Enoloca 0,5L	9,00 €



VERMOUTH

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

APERITIFS

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



LIQUEURS

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

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 €

COCKTAILS

The hotel classics

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

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	4,60 €
Enralado	4,50 €
Viña Zorzal Chardonnay	4,00 €
Viña Zorzal Rosé	4,00 €
Piedra Fluida Red	5,00 €
Celeste Roble	4,50 €
Cune Crianza	4,00 €
Balandro Semi-sweet	4,30 €

SPARKLING AND FORTIFIED WINES

SPARKLING WINES

Mont Ferrant Brut Reserva L' Americano Organic 26,00 €

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 28,00 €

Listán Blanco. D.O.P. Canary Islands
Vineyards between 900 and 1700 meters in southern Tenerife

Enralado Dry White 24,00 €

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 29,00 €

Varietal blend. D.O. La Palma
Taste the north of La Palma



SPANISH WHITE WINES

Viña Zorzal Chardonnay Chardonnay. D.O. Navarra Easy to drink and serious at the same time	19,00 €	Manuel Formigo Blend of Galician varietals. D.O. Ribeiro Youthful with a hint of salinity	26,00 €
José Pariente Verdejo. D.O. Rueda A classic with lots of fruit, dry and for all tastes	25,00 €	Brezo Godello by Gregory Pérez Godello and Doña Blanca. D.O. Bierzo Elegant with a touch of Rock & Roll	27,00 €
Martín Códax Albariño. D.O. Rías Baixas Classic Albariño from Val do Salnés	28,00 €	Horizonte de Exopto Blanco Viura and Garnacha Blanca. D.O.Ca. Rioja Balanced, limited edition	33,00 €
Vino Balandro Sauvignon Semidulce D.O.P. Rueda	23,00 €		

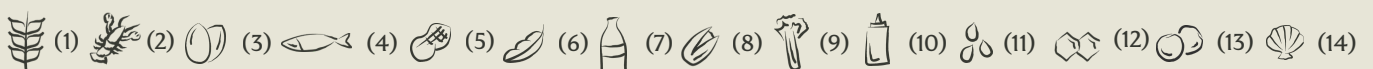
ROSÉ WINES

Viña Zorzal Rosé Garnacha. D.O. Navarra Serious, full of red fruit and fun	19,00 €
Clarete Los Topes de Tierra Fundida Gual and Vijariego Negro Full-bodied, food-friendly	35,00 €



CANARIAN RED WINES

Piedra Fluida Red Listán Negro. D.O.P. Canary Islands North-facing vineyard with 80 years of age, elegance	27,00 €	Piedra Jurada Multivarietal Red Vijariego, Castellana, Listán Prieto. D.O. La Palma Smoky and toasted with plenty of fruit	30,00 €
Tisalaya La Vegueta Listán Negro. D.O. Lanzarote Only 550 bottles per year, lots of fruit and volcanic character	34,00 €	Llanos Negros Los Grillos Negramoll. La Palma Spices, maraschino cherries, toffee notes	33,00 €



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 20,00 €
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 19,00 €
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