

Starters

- HOME MADE SOUP** (1,5,7,8,10,11,12) €7.00
soup of the day with toasted bread
- GARLIC PRAWNS** (1,5,7,8,11,12,14) €11.00
pan fried in garlic and white wine sauce with crusty bread
- CROQUETTES OF THE DAY** (1,2,3,4,5,7,11,12,14) €8.50
Fried bread roll in bechamel sauce with a selection of fillings and alioli
- CRISPY FISH TACOS** (1,2,3,4,5,7,11,12,14) 2 units €9.00
with coleslaw salad and spicy homemade white sauce, guacamole with homemade pico de gallo and lime wedges to squeeze on top
- FISH GOUJONS** (1,2,3,4,7,11,12,14) €9.00
deep-fried breaded fish goujons served with tartare sauce
- HOT CHICKEN WINGS** 4 units €9.00
wrapped in our crunchy hot' kickin' coating served with bbq sauce (4 units)
(1,2,3,4,5,7,8,10,11,12,14)
- PATE OF THE DAY** €8.50
with toasted bread and chutney
- CANARIAN POTATOES WITH MOJO** (1,9) €6.50
salted cornish new potatoes served with spicy red mojo and herby green mojo
- BEER BATTERED PRAWNS** (1,2,3,4,7,10,12,14) €9.50
crispy prawns in a delicious golden beer-batter with a bloody mary sauce
- BAKED WHISKY CAMEMBERT** (1,5,7,8,11,12) €12.50
with chopped nuts and a maple syrup drizzle, served with crusty bread

Salads

- GOAT CHEESE SALAD** (2,5,7,9,11,12) €13.50
A mixed leaf salad with nuts and pears, and crowned with pan-fried goat's cheese; golden outside and oozing inside
- GREEK SALAD** (7,11,12) €12.50
A classic Greek salad of cucumbers, tomatoes, red onion, feta cheese, olives, dressed with olive oil and lemon
- LA MESA SALAD** (2,3,5,11,12,14) €16.50
A fresh and colourful salad that includes cucumbers, tomatoes, red onion, carrots, king prawns, smoked salmon and confit tuna with a classic french dressing

Breads

- BREAD AND DIPS** (1,5,7,8,11) €6.50
- BREAD AND BUTTER** (1,5,7,8,11) €2.50
- GARLIC BREAD** (1,5,7,8,11) €3.50
- CHEESY GARLIC BREAD** (1,5,7,8,11) €5.00

Sides



Mains

- SIRLOIN STEAK 350gr** (7,12) €24.00
Served with chips, padron peppers, slow roasted tomato, with a pepper or mushroom sauce
- VEGGIE LASAGNA** (7,12) €17.50
layers of aubergine, tomato sauce, basil and cheese, baked until bubbly and chips
- FISH & CHIPS** (1,2,3,4,5,7,11,12,14) €17.50
Beer-battered fish with garden peas, tartare sauce and chips
- CHICKEN PARMEGGIANA** (1,2,3,4,5,7,11,12,14) €18.50
a crispy fried chicken breast, baked in a tomato sauce, topped with melted mozzarella and fries
- MUSSELS WITH FRIES** (1,2,3,4,5,7,11,12,14) €18.00
in a delicate creamy saffron sauce with roasted peppers seasoned with Provençal herbs
- CHICKEN CURRY** (5,7,9,11,13) €17.50
with coconut milk, apple, pineapple, peanuts and spinach, served with basmati rice
- FISHERMAN'S STEW** (1,3,4,5,7,8,10,12,14) €22.00
with hake, clams, squid, mussels, king prawns and roasted garlic crostini
- BAKED FISH OF THE DAY** (1,3,7,12) €22.00
Signature dish from our chef, prepared according to his personal recipe
- SURF AND TURF** (2,5,7,10,12,14) €26.50
Sirloin steak served with garlic prawns homemade chips, seasonal vegetables and a béarnaise sauce

Kids

- CHICKEN NUGGETS with chips** (1,2,3,4,5,7,8,10,11,12,14) €8.50
- FISH FINGERS with chips** (1,2,3,4,5,7,8,10,11,12,14) €8.50
- TOMATO PASTA** (1,2,7,10,12) €7.50
- BOLOGNESE PASTA** (1,2) €8.50

Menu



Desserts

CHOCOLATE BROWNIE

(11, 12)
Homemade rich chocolate brownie, served warm with vanilla ice cream
€6.50

LEMON POSSET

(1,2,7)
Zesty lemon dessert, made with fresh lemons and cream served with shortbread and meringue crumbs
€6.50

STICKY TOFFEE PUDDING

(1,2,7)
Classic homemade sticky toffee pudding, with caramel sauce, served with ice cream
€6.50

APPLE CRUMBLE PIE

(1,2,5,7,9)
A tender flaky crust filled with sweet cinnamon apples all topped of with a delicious crumb topping and ice cream
€6.50

ICE CREAM

(1,2,5,7,9)
Chocolate, Vanilla, Strawberry
€1.80 per scoop

ALLERGENS 1 Gluten 2 Egg 3 Fish
4 Molluscs 5 Soy 6 Lupin 7 Dairy
8 Sesame 9 Nuts 10 Celery
11 Mustard 12 Sulfites
13 Peanut 14 Crustaceans



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Entrantes

SOPA CASERA <i>sopa del día con pan tostado</i>	(1,5,7,8,10,11,12)	€7.00
GAMBAS AL AJILLO <i>a la sartén en salsa de ajo y vino blanco con pan crujiente</i>	(1,5,7,8,11,12,14)	€11.00
CROQUETAS DEL DÍA <i>con salsa alioli</i>	(1,2,3,4,5,7,11,12,14)	€8.50
TACOS DE PESCADO <i>con ensalada de col y salsa blanca casera picante, guacamole con pico de gallo casero y gajo de lima para exprimir por encima</i>	(1,2,3,4,5,7,11,12,14) 2 units	€9.00
GOUJON DE PESCADO <i>Tiritas de pescado empanadas fritas servidas con salsa tártara</i>	(1,2,3,4,7,11,12,14)	€9.00
ALITAS DE POLLO PICANTES <i>envueltas en nuestra cobertura crujiente picante y con salsa barbacoa</i>	4 units (1,2,3,4,5,7,8,10,11,12,14)	€9.00
PATE DE LA CASA <i>con chutney y tostadas</i>		€8.50
PAPAS CANARIAS CON MOJO <i>papas nuevas con costra de sal con mojo rojo y mojo verde</i>	(1,9)	€6.50
LANGOSTINOS EN TEMPURA <i>langostinos crujientes con un delicioso rebozado dorado de cerveza y salsa bloody mary</i>	(1,2,3,4,7,10,12,14)	€9.50
CAMEMBERT AL HORNO <i>con whisky, frutos secos, sirope de arce y pan tostado</i>	(1,5,7,8,11,12)	€12.50

Ensaladas

ENSALADA DE QUESO DE CABRA <i>Ensalada de hojas mixtas con nueces, peras y coronada con queso de cabra a la plancha; dorado por fuera y cremoso por dentro</i>	(2,5,7,9,11,12)	€13.50
ENSALADA GRIEGA <i>Clásica ensalada griega de pepinos, tomates y cebolla roja, queso feta, aceitunas, aliñada con aceite de oliva y limón</i>	(7,11,12)	€12.50
ENSALADA LA MESA <i>Ensalada fresca y colorida que incluye pepinos, tomates, cebolla morada, zanahorias, langostinos salmón ahumado y atún confitado con aderezo clásico, francés</i>	(2,3,5,11,12,14)	€16.50

Panes

PANES Y 3 SALSAS	(1,5,7,8,11)	€6.50
PAN CON MANTEQUILLA	(1,5,7,8,11)	€2.50
PAN DE AJO	(1,5,7,8,11)	€3.50
PAN DE AJO CON QUESO	(1,5,7,8,11)	€5.00

Guarniciones

PAPAS FRITAS	€3.50
PAPAS FRITAS CON QUESO	€6.50
PIMIENTOS DE PADRON	€6.50
ENSALADA MIXTA	€4.00



Principales

ENTRECOT DE VACUNO 350gr <i>con papas fritas, pimientos de padrón, tomate asado a fuego lento, con salsa de pimienta o champiñones</i>	(7,12)	€24.00
LASAÑA DE VERDURAS <i>capas de berenjena, salsa de tomate, albahaca queso, horneadas hasta burbujear y papas fritas</i>	(7,12)	
FISH & CHIPS <i>clásico de la cocina británica que consiste en filete de pescado frito rebozado en tempura de cerveza con puré de guisantes y papas fritas</i>	(1,2,3,4,5,7,11,12,14)	
ESCALOPE DE POLLO A LA PARMESANA <i>una crujiente pechuga de pollo frita, horneada en salsa de tomate con cobertura de mozzarella fundida y papas fritas</i>	(1,2,3,4,5,7,11,12,14)	
MEJILLONES AL AZAFRAN <i>con papas fritas en una delicada salsa cremosa de azafrán con pimientos asados condimentados con hierbas provenzales</i>	(1,5,7,8,11,12)	
POLLO AL CURRY <i>con leche de coco, manzana, piña, cacahuetes y espinacas, acompañado con arroz basmati</i>	(5,7,9,11,13)	
CAZUELA MARINERA <i>con merluza, almejas, calamares, mejillones, langostinos y tostas con ajo</i>	(1,3,4,5,7,8,10,12,14)	
PESCADO DEL DÍA <i>plato de nuestro chef, preparado según su receta personal</i>	(1,3,7,12)	
MAR Y MONTAÑA <i>entrecot con brocheta de langostino, papas fritas caseras, verduras de temporada y salsa bernesa</i>	(2,5,7,10,12,14)	

Niños

NUGGETS DE POLLO con fritas	(1, 2, 3, 4, 5, 7, 8, 10, 11, 12, 14)
CHURROS DE PESCADO con fritas	(1, 2, 3, 4, 5, 7, 8, 10, 11, 12, 14)
ESPAGUETTI CON TOMATE	(1, 2, 7, 10, 12)
ESPAGUETTI CON BOLOÑESA	(1, 2)

Postres

BROWNIE DE CHOCOLATE <i>brownie de chocolate casero, templado con helado de vainilla</i>	(11, 12)	€6.50
POSSET DE LIMÓN <i>postre de limón, elaborado con limones frescos, nata con galleta de mantequilla y merengue</i>	(1,2,7)	€6.50
PUDÍN DE CARAMELO <i>bizcocho húmedo templado cubierto con una salsa de toffe y helado</i>	(1,2,7)	€6.50
TARTA DE MANZANA CRUMBLE <i>rellena de dulces manzanas con canela, todo cubierto con una deliciosa cobertura de migas y helado</i>	(1,2,5,7,9)	€6.50
HELADOS <i>Chocolate, Vainilla, Fresa</i>	(1,2,5,7,9)	€1.80 por bola
ALÉRGENOS 1 Gluten 2 Huevos 3 Pescado 4 Moluscos 5 Soja 6 Altramuces 7 Lácteos 8 Sésamo 9 Frutos de cáscaras 10 Apio 11 Mostaza 12 Sulfitos 13 Cacahuete 14 Crustáceos		



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Menu

