

OUR MENU



CASAS RURALES - RESTAURANTE

+34 922 804 201

www.amparolashayas.com

amparolashayas@hotmail.com

Casas Rurales y Restaurante Tradicional
Ctra. Las Hayas, 13, 38870
Valle Gran Rey (La Gomera)
Islas Canarias - España



STARTERS

- Chicken, tuna or mixed croquettes**..... € 5.50
- Portion of croquettes**
(with fries and salad)..... € 7.50
- Gomera goat's cheese**
(accompanied with raisined figs and gofio). € 4.50
- Roasted cheese with palm honey**..... € 5.00
- Almogrote gomero**
(cured cheese and pepper cream to spread on bread)..... € 3.50
- Sausages and chistorras**..... € 5.50
- Squid rabas with aioli**..... € 6.50
- Broken eggs**
(with fried potatoes, chorizo, serrano ham and smoked paprika)..... € 5.50
- Garlic prawns**..... € 9.50
- Potaje de berros**
(accompanied with gofio and red onion hulls, with vinegar and extra virgin olive oil)..... € 4.50
- Chickpeas**..... € 4.50
- Escaldón de gofio**
(accompanied with purple onion hulls, red mojo and green mojo)..... € 4.50

Amparo

CASAS RURALES - RESTAURANTE

+34 922 804 201

www.amparolashayas.com

amparolashayas@hotmail.com



SALADS

CLASSICS

Mixed salad

(lettuce, tomato, onion, red pepper, green pepper, cucumber, sweet corn, carrot, beetroot)..... € 7.00

Gomera salad

(lettuce, tomato, onion, red pepper, green pepper, cucumber, sweet corn, carrot, beetroot, goat cheese and seasonal fruit)..... € 8.00

THE MODERN

Vintage salad

(tomato, avocado, red onion and salt flakes with balsamic vinegar dressing and extra virgin olive oil)..... € 7.50

Country salad

(lettuce, rocket, papaya, slices of cured goat cheese, hard-boiled egg and sesame palm honey vinaigrette)..... € 7.50

Amparo

CASAS RURALES - RESTAURANTE

+34 922 804 201

www.amparolashayas.com

amparolashayas@hotmail.com



MEATS

THE FAMOUS

Goat meat "Carne de Cabra"

(Amparo's speciality that you must try, it is recommended to accompany it with ñames)..... € 7.00

Fried pork

(one of our classics)..... € 7.00

THE ROAST

Grilled chicken breast

(with fries or rice and salad)..... € 7.50

Grilled pork steak

(with French fries, or wrinkled potatoes and salad)..... € 8.50

Grilled pork chop

(with french fries, or wrinkled potatoes and salad)..... € 9.00

Grilled pork tenderloin

(with french fries, or wrinkled potatoes and salad)..... € 12.00

Seared and griddled steak,

finished at the table.....€ 25.00/Kg

BREADED CHICKEN

Breaded chicken breast

(with fries or rice and salad)..... € 8.00

Nuggets

(with fries and barbecue sauce or ketchup)..... € 6.00

Amparo

CASAS RURALES - RESTAURANTE

+34 922 804 201

www.amparolashayas.com

amparolashayas@hotmail.com



SAUCES

Mushroom sauce.....	€ 1.50
Roquefort cheese sauce.....	€ 1.50
Pepper sauce.....	€ 1.50

FISH

Tuna with boiled mojo sauce
(a typical Canarian dish with a slightly spicy touch, it is advisable to accompany it with sweet potatoes)..... € 6.50

Grilled cuttlefish ("choco a la plancha")
(with fries or wrinkled potatoes and salad)..... € 11.00

Canarian style octopus
(stewed and served with fresh pepper, vinegar, extra virgin olive oil, salt flakes and wrinkled potatoes)..... € 12.00

SIDES

Papas arrugadas <i>(one of the most famous products of the Canary Islands).....</i>	€ 3.00
French fries.....	€ 3.00
Rice.....	€ 3.00
Sweet potatoes.....	€ 3.50

Ñames

(an exclusive product and present in the great celebrations of the Gomeros. It is eaten as a tapa or with meat and fish. More than 2 years of cultivation and more than 24 hours of slow cooking on firewood make this an exclusive delicacy for very few palates)..... € 5.50

Amparo

CASAS RURALES - RESTAURANTE

+34 922 804 201

www.amparolashayas.com

amparolashayas@hotmail.com



DESSERTS

- Roasted milk with palm honey**
(a classic from Amparo Las Hayas)..... € 3.50
- Frangollo**
(a typical Canary Island dessert made from millet, with palm honey)..... € 3.50
- Polvito Uruguayo**
(the most popular)..... € 3.50
- Creamy cheesecake**..... € 4.00

SOFT DRINKS

- Coca Cola..... € 1.50
- Coca Cola Zero..... € 1.50
- Coca Cola Light..... € 1.50
- Fanta Orange..... € 1.50
- Fanta Lemon..... € 1.50
- Nestea Mango-Pineapple..... € 1.50
- Nestea Lemon..... € 1.50
- Nestea Peach..... € 1.50
- Aquarius Orange..... € 1.50
- Aquarius Lemon..... € 1.50
- Sprite..... € 1.50
- Appletiser..... € 1.50
- Red Bull..... € 2.00
- Tonic..... € 1.50

WATER

- Solán de Cabras still 500ml..... € 1.20
- Solán de Cabras sparkling 330ml..... € 1.30

Amparo

CASAS RURALES - RESTAURANTE

+34 922 804 201

www.amparolashayas.com

amparolashayas@hotmail.com



BEERS

Caña Mahou.....	€ 1.00
Jarra Mahou.....	€ 2.50
Mahou 5 Estrellas.....	€ 1.30
Mahou 0%.....	€ 1.20
Mahou Radler.....	€ 1.50
San Miguel 0% lemon.....	€ 1.30
Mahou Maestra.....	€ 1.80
Mahou Dunkel.....	€ 2.00
Alhambra 1925.....	€ 2.30

WINES, CHAMPAGNE AND SPARKLING WINES

White wine from La Gomera (Glass).....	€ 1.00
White wine from La Gomera (1/4L.).....	€ 2.80
White wine from La Gomera (1/2L.).....	€ 5.00
Red wine from La Orotava (Glass).....	€ 1.00
Red wine from La Orotava (1/4 L.).....	€ 2.80
Red wine from La Orotava (1/2 L.).....	€ 5.00
Aleyda, fruity white. Tenerife.....	€ 9.00
Puente del Lago, Rioja.....	€ 9.00
Protos, Ribera del Duero.....	€ 15.50
Campoviejo, Rioja.....	€ 11.00
Château de Pitray, Burdeos.....	€ 21.00
Sparkling Brut Dargent.....	€ 19.00
Moët Chandon, Champagne.....	€ 44.00
Gomerón <i>(grape brandy with palm honey, a typical liqueur from La Gomera).....</i>	€ 3.00
Mistela <i>(digestive liqueur from La Gomera, macerated with aromatic herbs from the park, fruit peel and spices).....</i>	€ 3.00
Fernet	€ 3.00
Jägermeister	€ 3.50
Cointreau	€ 3.00
Triple Seco	€ 3.00
Ruavieja de hierbas	€ 3.00

Amparo

CASAS RURALES - RESTAURANTE

+34 922 804 201

www.amparolashayas.com

amparolashayas@hotmail.com



+34 922 804 201

www.amparolashayas.com

amparolashayas@hotmail.com

Casas Rurales y Restaurante Tradicional
Ctra. Las Hayas, 13, 38870
Valle Gran Rey (La Gomera)
Islas Canarias - España