

# CAFÉ MENU

Served all day

## Croissants

|                                    |           |       |
|------------------------------------|-----------|-------|
| Croissant classic                  | [1,3]     | €2.70 |
| Jam (blueberry/strawberry/apricot) | [1,3]     | €4.00 |
| Pistachio cream                    | [1,3,8c]  | €5.50 |
| Turkey ham, lettuce, mozzarella    | [1,3,6,7] | €6.50 |
| Salmon, fresh cream, lettuce       | [1,3,4,7] | €7.50 |

## Bretzel

|                                  |           |       |
|----------------------------------|-----------|-------|
| Mozzarella, tomatoes, pesto      | [1,3,7,8] | €6.90 |
| Serrano ham, tomatoes, olive oil | [1]       | €7.50 |
| Salmon, sweet mustard            | [1,4,10]  | €8.00 |

## Crepes – savory

|                                                                        |            |       |
|------------------------------------------------------------------------|------------|-------|
| Ham, cheese, rucola, cherry tomatoes, fresh cream                      | [1,3,6,7]  | €6.90 |
| Juicy marinated chicken, cheddar, Cherry tomatoes, rucola, fresh cream | [1,3,7,10] | €7.90 |
| Smoked salmon, avocado, cherry tomatoes, Rucola, fresh cream           | [1,3,4,7]  | €8.90 |

## Crepes – sweet

|                       |         |       |                           |         |       |
|-----------------------|---------|-------|---------------------------|---------|-------|
| Banana, caramel syrup | [1,3,7] | €6.90 | Forest fruit sauce        | [1,3,7] | €6.50 |
| Chocolate syrup       | [1,3,7] | €6.50 | Palm honey or Agave syrup | [1,3,7] | €6.50 |

## Focaccia

|                                                                      |                 |        |
|----------------------------------------------------------------------|-----------------|--------|
| Mozzarella, lettuce, tomato, pesto sauce                             | [1,3,7,8]       | €10.50 |
| Marinated chicken, lettuce, tomato, Cucumber, caesar sauce           | [1,3,4,7,10]    | €12.00 |
| Prawns, lettuce, pickles, aioli                                      | [1,2,3,7,10]    | €12.50 |
| Serrano ham, tomatoes, Parmesan, rucola, olive oil                   | [1,7]           | €12.50 |
| Smoked salmon, lettuce, avocado, honey mustard                       | [1,4,7,10]      | €12.50 |
| Beef pastrami, lettuce, pickles, tomato, Cheddar, red onion, mustard | [1,3,6,7,10,12] | €14.50 |

# BREAKFAST & BRUNCH SPECIAL

Served 08:30 - 12:30

## Ocean Freaks toasts

|                                                                             |       |       |
|-----------------------------------------------------------------------------|-------|-------|
| Serrano ham toast: wholemeal bread, Serrano ham, tomato, arugula, olive oil | [1]   | €7.50 |
| Avocado salmon toast: wholemeal bread, Salmon, arugula, olive oil, avocado  | [1,4] | €8.00 |

## Granola yogurt

(with chia & seeds)

|                                |       |       |
|--------------------------------|-------|-------|
| Banana, palm honey or agave    | [1,7] | €7.50 |
| Fresh fruits                   | [1,7] | €7.50 |
| Fresh berries & dark chocolate | [1,7] | €8.00 |

## Ocean protein yogurt bowl

|                                           |     |       |
|-------------------------------------------|-----|-------|
| Protein + tropical fruits + chia and flax | [7] | €9.00 |
|-------------------------------------------|-----|-------|

## Oatmeal bowl

|                                     |        |       |                                                             |        |       |
|-------------------------------------|--------|-------|-------------------------------------------------------------|--------|-------|
| Natural yoghurt, Banana, palm honey | [1a,7] | €7.00 | Forest fruit sauce, Cinnamon                                | [1a,7] | €6.90 |
| Strawberry jam, Fresh mint          | [1a,7] | €6.90 | extras: caramelized nuts, mixed berries, chocolate (+€1.50) |        |       |

## Eggs

|                                                                                                 |           |       |
|-------------------------------------------------------------------------------------------------|-----------|-------|
| Fried eggs, whole grain toast, avocado, lemon pepper, butter                                    | [1,3,7]   | €7.00 |
| Omelette, turkey ham, mozzarella, Whole grain toast & butter                                    | [1,3,6,7] | €7.90 |
| Scrambled eggs, Serrano ham, avocado, Whole grain toast, butter                                 | [1,3,7]   | €8.90 |
| Scrambled eggs, smoked salmon, whole grain toast, Avocado, chives, butter                       | [1,3,4,7] | €9.90 |
| extras: jalapeño, red onion (+0.50); egg, avocado (+1.50); salad (+2 ), Serrano, salmon (+2.50) |           |       |

# MAIN MENU

Served from 12:30 to 21:00

## Ocean Freaks special

|                                                                                         |               |        |
|-----------------------------------------------------------------------------------------|---------------|--------|
| Ocean Freaks club sandwich                                                              | [1,3,6,10,12] | €13.00 |
| Meal + fries and sauce                                                                  | [1,3,6,10,12] | €15.00 |
| wholemeal bread, beef pastrami, avocado, lettuce, egg, tomatoes, pickles, and mustard.  |               |        |
| Meat & chips with BBQ sauce                                                             | [*]           | €15.00 |
| Meat & green                                                                            | [*]           | €15.00 |
| mixed salad, cherry tomatoes, red onion, cucumber, radish, salt and pepper, vinaigrette |               |        |

## Salads

|                                                                                           |                 |        |
|-------------------------------------------------------------------------------------------|-----------------|--------|
| Marinated chicken in sauce teriyaki, rucola, Cherry tomato, red onion, avocado, toast     | [1,3,6,7,10,11] | €12.50 |
| Goat cheese, mixed lettuce, cherry tomato, Red onion, caramelized nuts, mango vinaigrette | [1,7,8b,11]     | €13.00 |
| Prawns, mixed lettuce, cherry tomato, Red onion, Parmesan, mango sauce, avocado, toast    | [1,2,7]         | €13.50 |
| Smoked salmon, rucola, cherry tomato, Red onion, chives, avocado, honey - mustard, toast  | [1,4,10]        | €13.50 |

## Surf poké bowls

|                                                                                                                                                            |        |                                                                                                                                                                   |        |
|------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| Salmon Breaker poké [3,4,6,10,11]                                                                                                                          | €14.90 | Shrimp Swell poké [2,3,4,6,10,11]                                                                                                                                 | €14.90 |
| ingredients: salmon, avocado, mango, cucumber, chives, pickled red onion, wakame, edamame, radish, quinoa, ponzu, sesame oil, Spicy Reef sauce.            |        | ingredients: shrimp, avocado, pineapple, cucumber, chives, pickled red onion, wakame, edamame, radish, quinoa, ponzu, sesame oil, Spicy Reef sauce.               |        |
| Ahi Reef poké (tuna) [3,4,5,6,10,11]                                                                                                                       | €14.90 | Vegan Island poké [6,11]                                                                                                                                          | €14.90 |
| ingredients: tuna, avocado, raspberry, cucumber, chives, pickled red onion, wakame, edamame, radish, quinoa, ponzu, sesame oil, peanuts, spicy reef sauce. |        | ingredients: vegan teriyaki strips, avocado, pineapple, cucumber, chives, pickled red onion, wakame, edamame, radish, cherry tomatoes, quinoa, ponzu, sesame oil. |        |

## Ocean Freaks craft burgers

|                                                                                                                                                                   |        |                                                                                        |        |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|----------------------------------------------------------------------------------------|--------|
| Chicken burger [1,3,4,6,7,9,10]                                                                                                                                   | €13.00 | Tuna steak [1,3,4,7,11]                                                                | €16.90 |
| lettuce, tomato, cucumber, caesar sauce                                                                                                                           |        | fresh tuna 150 g, arugula, tomatoes, red onion, chef's sauce                           |        |
| Vegetarian burger [1,3,6,7,10]                                                                                                                                    | €14.90 | Ocean Freaks beef burger [1,3,4,7,10]                                                  | €15.90 |
| lettuce, tomatoes, gherkin, honey mustard sauce                                                                                                                   |        |                                                                                        |        |
| Salmon steak [1,3,4,7,11]                                                                                                                                         | €16.90 | juicy argentinian beef 150 g, arugula, mozzarella, tomatoes, pickles, red pepper sauce |        |
| norwegian salmon 125 g, arugula, tomatoes, sweet onion, chef's sauce                                                                                              |        |                                                                                        |        |
| burgers served with gourmet potato chips. extras: jalapeño, cheese, red onion, ketchup, mayonnaise (+€0.50), avocado, egg (+€1.50), fries (+€1.50), beef (+€6.90) |        |                                                                                        |        |

## Ocean beef smash burgers

(argentine style)

|                                                                                                                                                                        |        |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| Double beef smash — “Big Kahuna” [1,3,7,10,11]                                                                                                                         | €24.90 |
| juicy argentinian beef 300 g, caramelized onions, arugula, tomato, red onion, pickles, cheddar, roasted pineapple & rum sauce. topping: fried onions and cheese fondue |        |
| Beef smash — “Pipeline Perfection” [1,3,7,10,11]                                                                                                                       | €17.00 |
| juicy argentinian beef 150 g, aioli, lettuce, tomato, red onion, pickles, caramelized onions, mozzarella. topping: cheese fondue and crispy bacon                      |        |
| Beef smash — “Spicy Wipeout” [1,3,7,11]                                                                                                                                | €17.00 |
| juicy argentinian beef 150g, spicy sauce, arugula, tomato, red onion, jalapeño, cheddar                                                                                |        |
| Beef smash — “Barrel Rider” [1,3,7,10,11]                                                                                                                              | €17.00 |
| juicy argentinian beef 150 g, smoked bacon mayo, lettuce, tomato, onion, pickles, caramelized onions, BBQ, mozzarella. topping: cheese fondue and crispy Serrano ham   |        |
| Crispy chicken burger — “Beach Break” [1,3,7,11]                                                                                                                       | €17.00 |
| lettuce, tomato, red onion, caramelized onions, cheddar, special sauce                                                                                                 |        |
| burgers served with fries — extras: jalapeño, cheese, red onion (+€0.50); avocado, egg (+€1.50), beef (+€6.90)                                                         |        |

## Tartare

|                                                                        |        |                                                                           |        |
|------------------------------------------------------------------------|--------|---------------------------------------------------------------------------|--------|
| Salmon tartare [1,4,6,11]                                              | €17.90 | Tuna tartare [1,4,6,11]                                                   | €17.90 |
| norwegian salmon, avocado, whole grain toast, and a hint of ripe mango |        | fresh tuna, raspberry, avocado, whole grain toast and a touch of balsamic |        |

## Chicken teriyaki drumsticks

|                          |        |                         |        |
|--------------------------|--------|-------------------------|--------|
| Lemon and pepper [6,11]  | €10.00 | Sweet Ocean [3,6,10,11] | €10.90 |
| Spicy Reef [3,4,6,10,11] | €10.90 | BBQ [6,10,11]           | €10.90 |

## Fries

|                                                                              |       |                                                                            |       |
|------------------------------------------------------------------------------|-------|----------------------------------------------------------------------------|-------|
| Sandy Shores fries                                                           | €3.90 | Tsunami Loaded fries [7,10]                                                | €7.90 |
| Truffle Reef fries [3,7]                                                     | €7.90 | cheese fondue, sour cream sauce, crispy Serrano ham, pickles, fried onions |       |
| truffle sauce, shaved Parmesan, flaky sea salt, freshly ground black pepper. |       |                                                                            |       |

## Sauces

|                       |       |                    |       |
|-----------------------|-------|--------------------|-------|
| BBQ wave [10]         | €2.00 | Sweet Ocean [3,10] | €2.00 |
| Spicy Reef [3,4,6,10] | €2.00 | Truffle Splash [3] | €2.50 |

# KIDS MENU

|                                                   |       |                                         |       |
|---------------------------------------------------|-------|-----------------------------------------|-------|
| Beef cheeseburger [1,3,7,9]                       | €9.90 | Chicken nuggets & fries [1,9]           | €7.00 |
| beef patty, cheddar cheese, brioche bun, ketchup. |       | chicken nuggets, crispy fries, ketchup. |       |

# SNACKS

|                      |       |         |       |
|----------------------|-------|---------|-------|
| Potato chips gourmet | €2.50 | Popcorn | €2.00 |
| Olives               | €2.50 |         |       |

# SWEETS

|                         |       |                          |       |
|-------------------------|-------|--------------------------|-------|
| Ice cream / sherbet [*] | €3.00 | Chocolate salami [1,7,8] | €4.00 |
| Mochi [7]               | €3.00 | Passion fruit pie [1,7]  | €6.00 |
| Banana bread [1,3,7]    | €3.50 | (chef's ultimate recipe) |       |

## COFFEE & MORE

|                   |                     |                           |           |
|-------------------|---------------------|---------------------------|-----------|
| Espresso          | €2.00               | Ice latte                 | €4.00     |
| Double espresso   | €3.00               | Frappuccino               | €5.00     |
| Americano         | S €2.50 M €3.00     | Espresso tonic            | €4.00     |
| Coffee with milk  | [7] S €2.50 M €3.50 | Espresso Ocean Blue Tonic | €4.50     |
| Cortado           | [7] S €2.00 M €3.00 | Espresso orange           | €6.00     |
| Leche-Leche       | [7] S €2.50 M €3.00 | Tea (bag)                 | €2.00     |
| Cappuccino        | [7] M €3.00 L €4.00 | Loose-leaf tea (pot)      | €4.00     |
| Flat white        | [7] M €4.00         | Ice green tea             | €3.00     |
| Latte             | [7] €4.00           | Matcha                    | [*] €4.00 |
| Raf               | [7] €4.00           | Ice matcha                | [*] €4.50 |
| Barraquito        | [7] €4.50           | Cacao                     | [*] €3.00 |
| Ice caramel latte | [7] €4.50           |                           |           |

milk: almond, soy, coconut, oat or lactose-free +€0.60  
tea: black, green, fruit, herbal; decaf coffee available.

## SMOOTHIES & MILKSHAKES

|                             |                             |                         |           |
|-----------------------------|-----------------------------|-------------------------|-----------|
| <b>Mango Sunrise</b>        | €7.90                       | <b>Island Milkshake</b> | [7] €7.00 |
| mango, strawberries, orange |                             | strawberry, mango, milk |           |
| <b>Mint Breeze</b>          | €7.90                       | <b>Piña colada</b>      | €7.00     |
| mint, ginger, orange        |                             | coconut, pineapple      |           |
| <b>Banana vanilla</b>       | [7] €7.90                   | <b>Tropical Refresh</b> | €7.90     |
| Milkshake                   |                             | passion fruit,          |           |
| banana, ice cream, milk     |                             | strawberries, syrup     |           |
| <b>Strawberry orange</b>    | €7.90                       | <b>Green Detox</b>      | [9] €7.90 |
|                             | extra: protein - 30g (+2 €) |                         |           |

## AÇAÍ SMOOTHIES

|                                     |      |              |                                                         |     |              |
|-------------------------------------|------|--------------|---------------------------------------------------------|-----|--------------|
| <b>Banana Dream açai</b>            | [7]  | <b>€8.90</b> | <b>Power Cacao açai</b>                                 | [5] | <b>€9.90</b> |
| açai, banana, milk                  |      |              | açai, banana, cacao, peanut butter, agave, coconut milk |     |              |
| <b>Mango Splash açai</b>            |      | <b>€8.90</b> | <b>Tropical Refresh açai</b>                            |     | <b>€9.90</b> |
| açai, mango, strawberries, orange   |      |              | açai, passion fruit, strawberries, syrup                |     |              |
| <b>Island Breeze açai</b>           | [8a] | <b>€9.90</b> |                                                         |     |              |
| açai, pineapple, agave, almond milk |      |              |                                                         |     |              |
| extra: protein - 30g (+2 €)         |      |              |                                                         |     |              |

## AÇAÍ BOWLS

|                                                                                                                                                                          |                                                                                                                                               |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Tropical Swell açai</b> [1,5] €13.00<br>açai, strawberries, pineapple, mango, mango–chia pudding, peanut butter, granola, honey, mixed berries.                       | <b>Cocoa Coconut Barrel</b> [1,5] €13.00<br>açai, strawberries, banana, chia–coconut pudding, granola, dark chocolate, roasted peanuts, honey |
| <b>Matcha Pistachio Point</b> [1,7,8b,8c] €13.50<br>açai, strawberries, matcha–chia pudding, pistachio cream, granola, forest berries, caramelized nuts, pistachio dust. | <b>Passion Splash açai</b> [1,7] €13.50<br>açai, passion fruit, banana, yoghurt, honey, granola, and fresh fruit.                             |
| extra: protein - 30g (+2 €)                                                                                                                                              |                                                                                                                                               |

## ALCOHOLIC DRINKS

|                                          |                 |                                    |                  |
|------------------------------------------|-----------------|------------------------------------|------------------|
| <b>Stella Artois (0.25/0.4l)</b>         | [*] €2.50/€4.00 | <b>House wine (glass)</b>          | [*] €5.00        |
| <b>Surf beer ( 100% craft )</b>          | [*] €5.00       | red/pink/white — semi-sweet or dry |                  |
| <b>Craft beer Tacoa</b>                  | [*] €5.90       | <b>House wine (bottle)</b>         | [*] €17.00       |
| lager 4.5%   ipa 5.5%   porter 6%        |                 | red/pink/white — semi-sweet or dry |                  |
| tajnaste 5.5%   talsa 6.3%   dejavu 8.5% |                 | <b>Red wine Altos Ibericos</b>     | [12] €22.00      |
| <b>Corona</b>                            | [*] €4.00       | Crianza (bottle)                   |                  |
| <b>Local beer</b>                        | [*] €4.50       | <b>Cava (small bottle)</b>         | [*] €7.00        |
| dorada dark/red/special/zero             |                 | <b>Cava (bottle)</b>               | [*] €18.00       |
| <b>Cider</b>                             | [*] €4.00       | <b>Sangria (0.5/1.0l)</b>          | [*] €9.00/€16.00 |

## SPIRITS

Choose your preferred spirit; our bartender will recommend the best available option.

|          |            |
|----------|------------|
| Standard | [*] €5.50  |
| Select   | [*] €7.50  |
| Superior | [*] €15.00 |

## SPECIAL COCKTAILS

|                                           |       |                                                      |           |
|-------------------------------------------|-------|------------------------------------------------------|-----------|
| <b>Caipirinha</b><br>caribbean recipe     | €8.50 | <b>Aperol spritz</b><br>citrusy freshness            | [*] €8.50 |
| <b>Cuba libre</b><br>with canarian spirit | €8.50 | <b>Shot from the chief</b><br>celebration of passion | [*] €6.00 |
| <b>Mojito</b><br>elegantly refreshing     | €8.50 |                                                      |           |

## SOFT DRINKS

|                        |             |                             |           |
|------------------------|-------------|-----------------------------|-----------|
| Island water (0.5/1 l) | €2.00/€3.00 | Appletiser                  | €3.00     |
| Still water            | €2.70       | Juice                       | [*] €3.00 |
| Sparkling water        | €2.90       | Bottle                      |           |
| Coca-Cola              | €3.00       | apple, peach, mango, peach  |           |
| Fanta                  | €3.00       | Tonic                       | [*] €3.00 |
| Sprite                 | €3.00       | Kombucha                    | [*] €4.00 |
| Nestea                 | €3.00       | Red Bull                    | €3.50     |
|                        |             | Fresh orange juice (200 ml) | €5.50     |

## ALLERGEN GUIDE

|                             |              |
|-----------------------------|--------------|
| 1 Cereals containing gluten | 8 Tree nuts  |
| 2 Crustaceans               | 9 Celery     |
| 3 Eggs                      | 10 Mustard   |
| 4 Fish                      | 11 Sesame    |
| 5 Peanuts                   | 12 Sulphites |
| 6 Soybeans                  | 13 Lupin     |
| 7 Milk                      | 14 Molluscs  |

1a Oats · 8a Almonds · 8b Walnuts · 8c Pistachios  
 \* Recipe / flavour / brand: please confirm with our team.  
 Milk alternatives: allergens depend on the option chosen.  
 No number does not mean allergen-free. Please tell us  
 about allergies before ordering; traces may be present.



# MENU

COFFEE | FOOD & GOOD MOOD

LAS AMÉRICAS · TENERIFE  
P.º Mocan · Playa de las Américas · Tenerife  
**Open daily 08:30–21:30 · Kitchen until 21:00**



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**THE BEST COFFEE**  
We really care

**HEALTHY FOOD**  
Quality products

## ISLAND VIBES

### Surf atmosphere