

CAFÉ MENU & BRUNCH

All day: 08:30 - 21:00

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, ^[1,3,7,10] Cherry tomatoes, rucola, fresh cream	€7.90
Smoked salmon, avocado, cherry tomatoes, ^[1,3,4,7] Rucola, fresh cream	€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 ^[1,3,7] Agave syrup	€6.50

Focaccia

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

BREAKFAST SPECIALS

Served 08:30 - 12:30

After 12:30? Ask our team - subject to availability.

Ocean Freaks toasts

Serrano ham toast: wholemeal bread, ^[1] Serrano ham, tomato, arugula, olive oil	€7.50
Avocado salmon toast: wholemeal bread, ^[1,4] Salmon, arugula, olive oil, avocado	€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
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Oatmeal bowl

Natural yoghurt, ^[1a,7] Banana, palm honey	€7.00	Forest fruit sauce, ^[1a,7] Cinnamon	€6.90
Strawberry jam, ^[1a,7] Fresh mint	€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, ^[1,3,6,7] Whole grain toast & butter	€7.90
Scrambled eggs, Serrano ham, avocado, ^[1,3,7] Whole grain toast, butter	€8.90
Scrambled eggs, smoked salmon, whole grain toast, ^[1,3,4,7] Avocado, chives, butter	€9.90
extras: jalapeño, red onion (+0.50); egg, avocado (+1.50); salad (+2), Serrano, salmon (+2.50)	

MAIN MENU & BRUNCH

All day: 08:30 - 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 ^[1]	€15.00
Meat & green ^[1]	€15.00
mixed salad, cherry tomatoes, red onion, cucumber, radish, salt and pepper, vinaigrette	

Salads

Marinated chicken in sauce teriyaki, rucola, ^[1,3,6,7,10,11] Cherry tomato, red onion, avocado, toast	€12.50
Goat cheese, mixed lettuce, cherry tomato, ^[1,7,8b,11] Red onion, caramelized nuts, mango vinaigrette	€13.00
Prawns, mixed lettuce, cherry tomato, ^[1,2,7] Red onion, Parmesan, mango sauce, avocado, toast	€13.50
Smoked salmon, rucola, cherry tomato, ^[1,4,10] Red onion, chives, avocado, honey - mustard, toast	€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 ^[1]	€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 ^[7]	€4.00
Double espresso	€3.00	Frappuccino ^[7]	€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

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

AÇAÍ SMOOTHIES

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

AÇAÍ BOWLS

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

ALCOHOLIC DRINKS

Stella Artois (0.25/0.4l) ^[1]	€2.50/€4.00	House wine (glass) ^[1]	€5.00
Surf beer (100% craft) ^[1]	€5.00	red/pink/white — semi-sweet or dry	
Craft beer Tacoa ^[1]	€5.90	House wine (bottle) ^[1]	€17.00
lager 4.5% ipa 5.5% porter 6% tajnaste 5.5% talsa 6.3% dejavu 8.5%		red/pink/white — semi-sweet or dry	
Corona ^[1]	€4.00	Red wine Altos Ibericos ^[12]	€22.00
Local beer ^[1]	€4.50	Crianza (bottle)	
dorada dark/red/special/zero		Cava (small bottle) ^[1]	€7.00
Cider ^[1]	€4.00	Cava (bottle) ^[1]	€18.00
		Sangria (0.5/1.0l) ^[1]	€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

Caipirinha caribbean recipe	€8.50	Aperol spritz ^[*] citrusy freshness	€8.50
Cuba libre with canarian spirit	€8.50	Shot from the chief ^[*] celebration of passion	€6.00
Mojito 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