

WITH FRUIT · MIT FRÜCHTEN

- 124- **Santa Bárbara** 4,50€
Banana, chocolate
Banane, Schokolade
- 125- **Santa Catalina** 4,50€
Banana, caramel
Banane, Karamell
- 126- **Santa María** 4,70€
Banana, Maple syrup
Banana, Ahornsirup
- 127- **San Marcos** 5,40€
Banana, chocolate, whipped cream
Banane, Schokolade, Schlagsahne
- 128- **San Nicolás** 6,00€
Banana, chocolate, condensed milk, whipped cream
Banane, Schokolade, Kondensmilch, Sahne
- 129- **San Isidro** 5,20€
Banana, condensed milk, whipped cream
Banane, Kondensmilch, Sahne
- 130- **San Miguel** 5,20€
Pineapple, caramel, whipped cream
Ananas, Karamell, Sahne
- 131- **San Andrés** 5,20€
Pear, chocolate, whipped cream
Birne, Schokolade, Schlagsahne
- 132- **San Francisco** 5,20€
Apple, honey, almonds
Apfel, Honig, Mandeln
- 133- **San Juan** 5,20€
Apple, chocolate, almonds
Apfel, Schokolade, Mandeln
- 134- **San Antonio** 5,70€
Apple, pineapple, banana, pear, chocolate
Apfel, Ananas, Banane, Birne, Schokolade
- 135- **San Eugenio** 6,80€
Apple, pineapple, banana, pear, honey, whipped cream
Apfelmus, Ananas, Banane, Birne, Schlagsahne
- 136- **San Sebastián** 6,20€
Kiwi, coconut ice cream, condensed milk, whipped cream
Kiwi, Kokoseis, Süsse Kondensmilch, Schlagsahne
- 137- **San Valentín** 6,90€
Natural strawberry, strawberry jam, strawberry ice cream, whipped cream, chocolate or condensed milk
Natürliche Erdbeere, Erdbeermarmelade, Erdbeereis, Schlagsahne, Schokolade oder Süsse Kondensmilch
- 138- **Nutella con plátano** 5,50€
Nutella, banana / Nutella, banane

Enjoy with your crêpe our exclusive ecological craft beers

Geniessen Sie mit Ihrem Crêpe unsere exklusiven ökologischen Craft-Biere



All our crepes have milk eggs and gluten.

Due to the configuration of our premises, we can not guarantee the absence of traces of the following allergens in our food

Alle unsere Süsse crepes haltige Milch, Ei und Gluten.

Wegen der Konfiguration unserer Räumlichkeiten, können wir nicht garantieren, dass in unserer Nahrung keine Spuren der folgenden Allergene vorhanden sind



Each supplement that will be added will have an additional cost that will have an additional cost that will change depending on the ingredient

Für jedes Supplement, das hinzugefügt wird, fallen zusätzliche Kosten an, die sich je nach Zutat ändern

IGIC incluido

English

Deutsche



Desde 1996

El Médano

Paseo Picacho 5
Tenerife
922 17 73 80

Corralejo

Arístides Henández Moran 7
Fuerteventura

Homemade traditional French pancakes, savoury or sweet with a variety of fresh and original salads.

Traditionelle Französische Crepes herzhaft oder süss und einzigartige frische Salate.

SALADS · SALATE

- 1- **La Palma** 7,10€
Salad, tomato, artichoke heart, sweetcorn, paprika, shrimps, cocktail sauce, oregano
Salat, Tomate, Artischockenherzen, Mais, Paprika, Garnelen, Cocktailsauce, Oregano
- 2- **La Gomera** 6,90€
Salad, tomato, mushrooms, sweetcorn, avocado, egg, mayonnaise, oregano
Kopfsalat, Tomaten, Champignons, Mais, Avocado, Ei, Mayonnaise, Oregano
- 3- **El Hierro** 7,80€
Salad, tomato, ham, cheese, chicken, egg, mayonnaise, oregano
Salat, Tomaten, Schinken, Käse, Hähnchen, Ei, Mayonnaise, Oregano
- 4- **Tenerife** 6,70€
Salad, mushrooms, wrinkled cooked potatoes, onion, egg, mayonnaise, oregano
Salat, Champignons, Kartoffeln, Zwiebel, Ei, Mayonnaise, Oregano
- 5- **Gran Canaria** 7,50€
Salad, tomato, artichoke hearts, chicken, corn, eggs, mayonnaise, oregano
Salat, Tomaten, Artischocken, Huhn, Mais, Eier, Mayonnaise, Oregano
- 6- **Fuerteventura** 7,80€
Salad, tomato, mushrooms, tuna fish, avocado, egg, mayonnaise, oregano
Salat, Tomaten, Champignons, Thunfisch, Avocado, Ei, Mayonnaise, Oregano
- 7- **La Graciosa** 7,20€
Salad, tomato, ham, cheese, crouton, egg, mayonnaise, oregano
Salat, Tomate, Schinken, Käse, Croutons, Ei, Mayonnaise, Oregano
- 8- **Lobos** 7,00€
Salad, tomatoes, asparagus, corn, carrot, mozzarella, yogurt sauce, oregano
Salat, Tomaten, Spargel, Mais, Karotten, Mozzarella, Joghurtsosse, Oregano
- 9- **Aleganza** 7,80€
Salad, tomato, mushrooms, chicken, pineapple, egg, mayonnaise, oregano
Salat, Tomaten, Champignons, Hähnchen, Ananas, Ei, Mayonnaise, Oregano
- 10- **San Borondón** 8,90€
Salad, tomato, asparagus, smoked salmon, nuts, capers, yogurt sauce, dill
Salat, Tomaten, Spargel, Räucherlachs, Nüsse, Kapern, Joghurtsosse, Dill
- 11- **Lanzarote** 8,80€
Salad, tomato, crab (crayfish), tuna, avocado, shrimp, cocktail sauce, oregano
Salat, Tomaten, Krebsfleisch, Thunfisch, Avocado, Garnelen, Cocktailsauce, Oregano
- 12- **Montaña clara** 7,50€
Salad, tomato, cous-cous, cucumber, sultanas, onions, black olives, mint, yogurt sauce, parsley
Salat, Tomaten, Couscous, Gurke, Rosinen, Zwiebel, schwarze Oliven, Minze, Joghurtsossw, Petersilie
- 13- **Los Roques** 7,90€
Salad, tomato, rice, tuna, onion, sweetcorn, egg, French vinegar, oregano
Salat, Tomaten, Reis, Thunfisch, Zwiebel, Mais, Ei, Vinaigrette, Oregano
- 14- **Garañonay** 8,70€
Salad, tomato, asparagus, sweetcorn, carrot, cured ham, avocado, egg, oregano
Salat, Tomaten, Spargel, Mais, Karotte, Serrano Schinken, Avocado, Ei, Oregano
- 15- **Timanfaya** 8,30€
Salad, tomato, tuna, carrot, onion, mozzarella, avocado, black olives, oregano
Salat, Tomate, Thunfisch, Karotte, Zwiebel, Mozzarella, Avocado, schwarzen Oliven, Oregano
- 16- **La Retama** 8,70€
Salad, pineapple, banana, pear, strawberry, apple, kiwi, sultanas, almonds, honey, oregano
Salat, Ananas, Banane, Birne, Erdbeere, Apfel, Kiwi, Rosinen, Mandeln, Honig, Oregano
- 17- **Roque del Este** 8,50€
Salad, tomato, cured ham, goats cheese, apple, sweet almonds, sultanas, oregano
Salat, Tomaten, serrano Schinken, französischer Ziegenkäse, Apfel, knackigen Krokmandeln, Rosinen, Oregano
- 18- **Taburiente** 7,90€
Salad, tomato, sweetcorn, beetroot, cucumber, white cheese, apple, sweet almonds, oregano
Salat, Tomate, Mais, Rote Beete, Gurken, wasser Käse, Apfel, Krokmandeln, Oregano
- 19- **La Palmera** 8,90€
Salad, tomato, ham, tuna fish, white cheese, apple, pineapple, egg, cocktail sauce, oregano
Salat, Tomaten, Schinken, Thunfisch, wasser Käse, Apfel, Ananas, Ei, Cocktailsosse, Oregano
- 20- **El Brezo** 7,90€
Salad, tomato, rice, mushrooms, crab (crayfish), corn, eggs, mayonnaise, oregano
Salat, Tomate, Reis, champignons, Krebsfleisch, Mais, Ei, Mayonnaise, Oregano
- 21- **Noria** 7,90€
Salad, rucula, tomato, sandwich bread, grilled gota cheese, sunflower seed, sultanas
almonds y palm honey
Salat, rucola salat, tomato, sandwich brot, französischer Ziegenkäse, rosinen, weißer käse
- 22- **Mediterranea** 7, 10€
Pancake, salad, tomato, mozzarella cheese, carrot, pesto sauce
Crepes, laitue, tomate, mozzarella, carotte, pesto sauce

IGIC incluido

CLASSIC PANCAKES · KLASSISCHE SÜSSE CREPES	
23- Santa Cruz Cheese, ham, bechamel Käse, Schinken, Bechamelsauce	5,00€
24- Puerto de la Cruz Cheese, ham, mushrooms, bechamel Käse, Schinken, Champignons, Bechamelsauce	5,60€
25- Arona Cheese, ham, wrinkled cooked potatoes, bechamel Käse, Schinken, gekochte Kartoffeln, Bechamelsauce	5,60€
26- Las Américas Fresh cheese, ham, tomato, tomato sauce, oregano Käse, Schinken, Tomaten, Tomatensauce, Oregano	5,60€
27- Los Cristianos Fresh cheese, ham, tomato, mushrooms, tomato sauce, oregano Käse, Schinken, Tomaten, Tomatensauce, Oregano	6,20€
28- Las Canteras Cheese, ham, blue cheese, wrinkled cooked potatoes, mushrooms, cream Käse, Schinken, Blauschimmelkäse, gekochte Kartoffeln, Champignons, Sahne	7,50€
29- Buenavista Fresh cheese, chorizo, tomato, mushrooms, tomato sauce, oregano Käse, Wurst, Tomaten, Champignons, Tomaten, Oregano	6,30€
30- Icod Cheese, ham, spinach, bechamel Käse, Schinken, Spinat, Bechamelsauce	6,10€
31- Raíces White cheese, avocado, tomato, mushrooms, cream, oregano Weißer Käse, Avocado, Tomaten, Champignons, Sahne, Oregano	7,20€
32- Burguer Cheese, onion, gherkin, tomato, salad, double hamburger meat, sauces Käse, Zwiebel, Gurke, Tomaten, Salat, Doppel Hamburgerfleisch, Saucen	7,00€
IBERIC · IBERISCH	
33- Güimar Cheese, cured ham, wrinkled cooked potatoes, cream Käse, Schinken, gekochte Kartoffeln, Sahne	7,10€
34- Caleta Cheese, cured ham, mushrooms, bechamel Käse, Schinken, Champignons, Bechamelsauce	7,10€
35- Provençal Cheese, cured ham, blue cheese, wrinkled cooked potatoes, onion, tomato, oregano, cream Käse, Schinken, Blauschimmelkäse, gekochte Kartoffeln, Zwiebeln, Tomaten, Oregano, Sahne	8,90€
36- Caprese Mozzarella, cheese, cured ham, tomato, pesto sauce Käse mozzarella, Serrano Schinken, tomate, pesto sosse	7,90€
WITH CHICKEN · MIT HÜHNCHEN	
37- Laguna Cheese, chicken, mushrooms, cream Käse, Hühnerfleisch, Champignons, Sahne	6,60€
38- Esperanza Cheese, chicken, mushrooms, blue cheese, cream Käse, Huhn, Pilze, Blauschimmelkäse, Sahne	7,00€
39- Matanza Cheese, chicken, ham, sweetcorn, tomato sauce, bechamel Käse, Hähnchen, Schinken Mais, Tomaten, Bechamelsauce	7,10€
40- Guanche Cheese, chicken, banana, sweetcorn, pineapple, cream Käse, Huhn, Bananen, Mais, Ananas, Sahne	7,00€
41- Oriental Cheese, chicken, bananas, wrinkled cooked potatoes, mushrooms, curry, cream Käse, Huhn, Bananen, Kartoffeln, Pilze, Curry, Sahne	7,90€
WITH BACON · MIT BACON	
42- Los Rodeos Cheese, bacon, mushrooms, cream Käse, Speck, Champignons, Sahne	6,20€
43- Tegueste Cheese, bacon, wrinkled cooked potatoes, cream, maple syrup Käse, Speck, Kartoffeln, Sahne, Ahornsirup	7,20€
44- Canadiense Cheese, bacon, mushrooms, tomato, onion, cream, maple syrup Käse, Speck, Champignons, Tomaten, Zwiebeln, Sahne, Ahornsirup	9,00€
45- Pinolere Cheese, wrinkled cooked potatoes, ham, bacon, hard boiled egg Käse, gekochte Kartoffeln, Schinken, Speck, Ei	7,10€
IGIC incluido	

WITH MEAT · MIT FLEISCH	
46- Mexicana Cheese, minced beef, tomato sauce, onion, sweetcorn, spicy sauce Käse, Hackfleisch, Tomaten, Zwiebel, Mais, Salsa	8,30€
47- Belice Cheese, minced beef, blue cheese, onion, cream Käse, Hackfleisch, Blauschimmelkäse, Zwiebel, Sahne	8,30€
48- La Orotava Cheese, minced beef, French goats cheese, tomato, onion, cream Käse, Hackfleisch, Französisch Ziegenkäse, Tomaten, Zwiebeln, Sahne	8,90€
49- Sombreira Minced beef, cheese, onion, avocado, pineapple, tomato sauce, curry Hackfleisch, käse, Zwiebeln, Avocado, Ananas, Tomaten, Curry	8,90€
50- Arico Cheese, minced beef, asparagus, onion, avocado, cream Käse, Hackfleisch, Spargel, Zwiebeln, Avocado, Creme	8,70€
51- Victoria Cheese, minced beef, paprika, onion, tomato, barbecue sauce Käse, Hackfleisch, Paprika, Zwiebeln, Tomaten, Barbecue-Sauce	8,60€
WITH FISH · MIT FISCH	
52- El Médano Crabs, shrimps, cream, lemon Krabben, Garnelen, Sahne, Zitrone	6,90€
53- Mesa del Mar Cheese, tuna fish, crab, shrimp, cream, lemon Käse, Thunfisch, Krabben, Garnelen, Sahne, Zitrone	8,50€
54- Candelaria Cheese, tuna fish, cream, lemon Käse, Thunfisch, Sahne, Zitrone	6,00€
55- Tabaiba Cheese, tuna fish, onion, sweetcorn, tomato sauce, oregano Käse, Thunfisch, Zwiebel, Mais, Tomaten, Oregano	6,90€
56- La Quinta Cheese, tuna fish, spinach, onion, paprika, egg, cream Käse, Thunfisch, Spinat, Zwiebel, Paprika, Ei, Sahne	7,90€
57- Masca Cheese, salmon, whipped cream, lemon Käse, Lachs, Sahne, Zitrone	7,60€
58- Nórdica Cheese, salmon, spinach, cream, lemon Käse, Räucherlachs, Spinat, Sahne, Zitrone	8,90€
59- Thai Cheese, salmon, shrimps, avocado, soy sauce, wasabi Käse, raucherlachs, Garnelen, Avocado, sojasauce, wasabi	8,10€
VEGETARIANS · VEGETARISCH	
60- Garachico Cheese, spinach, bechamel Käse, Spinat, Bechamelsauce	5,20€
61- Tacoronte Cheese, spinach, wrinkled canarian potatoes, bechamel Käse, Spinat, Schrumpelkartoffeln, Bechamelsauce	5,90€
62- Vegetariana Cheese, spinach, wrinkled canarian potatoes, onion, mushrooms, cream Käse, Spinat, Schrumpelkartoffeln, Zwiebeln, Champignons, Sahne	6,80€
63- Fromagère Edam cheese, blue cheese, fresh cheese, goats cheese, white cheese, oregano Edamer Käse, Schimmelkäse, Frischkäse, Ziegenkäse, weisserkäse, Oregano	7,50€
64- Guamasa Cheese, blue cheese, wrinkled canarian potatoes, mushrooms, cream Käse, Schimmelkäse, Schrumpelkartoffeln, Champignons, Sahne	6,80€
65- Granja White cheese, gatas cheese, mushrooms, tomato, salad, sultanas, olive oil Weisser kase, französischer Zeigenkase, champignons, tomato, salat, rosinen, olivenol	7,10€
SPECIALS · UNSERE SÜSSEN SPEZIALITÄTEN	
66- Taganana Cheese, ham, chicken, chorizo, spinach, mushrooms, onion, tomato sauce, bechamel Käse, Schinken, Hühnchen, Chorizo, Spinat, Zwiebel, Tomatensosse, Bechamelsosse	9,80€
67- Latina Cheese, meat, paprika, onions, tomato sauce Käse, Hackfleisch, Paprika, Zwiebel, Tomatensosse	8,20€
KIDS SPECIAL · FÜR KINDER	
68- Tamaimo Cheese, sausage and ketchup Käse, Wurst und Ketchup	4,90€

SWEET PANCAKES · SÜSSE CREPES	
69- Sugar Zucker	2,30€
70- Icing sugar Puderzucker	2,40€
71- Sugar, cinnamon Zimtzucker	2,60€
72- Sugar, lemon Zitronen-Zucker	2,60€
73- Honey Honig	2,80€
74- Honey, almond Honig, Mandeln	3,70€
75- Marmelade (strawberry, raspberry, blackberry or peach) Mermelada (Erdbeer, Himbeer, Blaubeere oder Pflirsich)	2,90€
76- Chestnut cream Kastaniencreme	3,10€
77- Chestnut cream, whipped cream Kastaniencreme Schlagsahne	3,80€
78- Chestnut cream, vanilla ice cream Kastaniencreme, Vanilleeis	3,80€
79- Chocolate Schokolade	2,80€
80- Chocolate, icing sugar Schokolade Puderzucker	3,20€
81- Chocolate, almonds Schokolade, Mandeln	3,80€
82- Chocolate, coconut Schokolade Kokoraspeln	3,60€
83- Chocolate, nuts Schokolade Walnüse	3,80€
84- Chocolate, bitter orange marmalade Schokolade, Bittere Orangenmarmelade	3,60€
85- Chocolate, whipped cream Schokolade, Schlagsahne	3,80€
86- Chocolate, vanilla ice cream Schokolade, Vanilleeis	3,80€
87- Chocolate, caramel sauc Schokolade, Milchkaramell	3,80€
88- Caramel Sauce Milchkaramell	3,00€
89- Caramel Sauce, whipped cream Milchkaramell, Schlagsahne	3,80€
90- Caramel Sauce, vanilla ice cream Milchkaramell, Vanilleeis	3,80€
91- Maple syrup Ahornsirup	3,70€
92- Maple syrup, whipped cream Ahornsirup, Schlagsahne	4,20€
93- Maple syrup, vanilla ice cream Ahornsirup, Vanilleeis	4,20€
94- Palm honey Honig	3,50€
95- Nutella	3,80€
96- Fantasía: White chocolate, nubes, chocolate Weiße Schokolade, nubes, Schokolade	3,80€
97- Oreo: Cookie, chocolate, whipped cream Oreo cookie, Schokolade, Schlagsahne	4,00€
98- M&M: Chocolate, m&m, vanilla ice cream Schokolade, m&m, Vanilleeis	4,00€
99- Snickers: Peanut butter, ice cream caramel, almonds, caramel chocolate Erdmussbutter, karamelleis mandeln,karamell,schokolade	4,20€
100- Black: Chocolate ice cream, clack chocolate chips, chocolate black Schokoladeneis, Schokoladenstückchen, schwarze schokolade	4,30€
101- Kinder: Nutella, white chocolate, cookies Nutella, weisse Schokolade, Kekse	4,00€
IGIC incluido	

SWEET PANCAKES WITH CHEESE · SÜSSE CREPES MIT KÄSE	
102- Palmero White cheese, blueberry marmelade Weißer Käse, Blaubeeremarmelade	5,20€
103- Gomero White cheese, palm honey Weißer Käse, Miel de Palma (Honig)	5,40€
104- Tejita White cheese, caramel Sauce, coconut Weißer Käse, Milchkaramell, Kokosraspeln	5,20€
SWEET PANCAKES WITH ALCOHOL · SÜSSE CREPES MIT ALKOHOL	
105- Suzette Sugar, lemon, blazed Grand Marnier Zucker, Zitrone, Grand Marnier flambiert	4,90€
106- After eight Chocolate, Peppermint Schokolade, Pfeffermint	5,00€
107- Before eight Chocolate, Baileys Schokolade, Baileys	5,10€
108- Normande Sugar, apple, cinnamon, blazed Calvados Zucker, Apfel, Zimt, Calvados flambiert	5,40€
109- Pico Viejo Chocolate, banana blazed Rum Schokolade, Banane, Rum Flambiert	5,40€
110- Mar del Plata Caramel, banana, sugar, blazed Rum Milchkaaramell, Bananen, Zucker, Rum Flambiert	5,90€
111- Los Gigantes Chocolate, banana, coconut, Rum, whipped cream Schokolade, Banane, Kokoraspeln, Rum, chlagsahne	6,90€
SWEET PANCAKES WITH ICE CREAM · SÜSSE CREPES MIT EIS	
112- Vilafior Strawberry or vanilla or pistachio or coconut or caramel ice cream, sugar and whipped cream Erdbeer, Vanille, Pistazie, Karamelleis oder Kokoseis, Zucker und Schlagsahne	4,90€
113- Mont Blanc Vanilla ice cream, chocolate, icing sugar Vanilleeis, Schokolade, Puderzucker	4,90€
114- Adeje Vanilla ice cream, chestnut cream, whipped cream Vanilleeis, Kastaniencreme, Schlagsahne	5,50€
115- Teide Strawberry ice cream, condensed milk, whipped cream Erdbeereis, Süsse Kondensmilch, Schlagsahne	5,50€
116- Rosario Pistachio ice cream, chocolate, whipped cream Pistazieneis, Schokolade, Schlagsahne	5,50€
117- Izano Vanilla ice cream, chocolate, whipped cream Vanilleeis, Schokolade, Schlagsahne	5,50€
118- Bajamar Ice cream candy, caramel, whipped cream Karamelleis, Schlagsahne	5,50€
119- Montaña Roja Vanilla ice cream, blackberry marmelade, whipped cream Vanilleeis, Brombeerenmarmelade, Schlagsahne	5,50€
120- Montreal Vanilla ice cream, Maple syrup, whipped cream Vanilleeis, Ahornsirup, Schlagsahne	5,50€
121- Buenos Aires Vanilla ice cream, caramel, banana, chocolate, whipped cream Vanilleeis, Milchkaramel, Banane, Schokolade, Schlagsahne	6,90€
122- Bounty Coconut ice cream, chocolate, condensed milk, coconut, whipped cream Kokoeis, Schokolade, Süsse Kondensmilch, Kokosraspeln, Schlagsahne	6,90€
123- Tres Delicias White chocolate, black chocolate, milk chocolate, Vanilla ice cream Weiße Schokolade, schwarze Schokolade, chocolat au lait, Vanilleeis	5,80€
IGIC incluido	