

OUR MENU



CASAS RURALES - RESTAURANTE

+34 922 804 201

www.grupogarneg.com

lashayas@grupogarneg.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..... € 6.50

Portion of croquettes

(with fries and salad)..... € 7.50

Cheesboard..... € 5.00

Roasted cheese with palm honey..... € 5.00

Almogrote gomero

(cured cheese and pepper cream to spread on bread)..... € 3.50

Squid rabas with aioli..... € 7.00

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)..... € 5.50



CASAS RURALES - RESTAURANTE

+34 922 804 201

www.grupogarneg.com

lashayas@grupogarneg.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).....

€ 9.00

Country salad

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

€ 7.50



CASAS RURALES - RESTAURANTE

+34 922 804 201

www.grupogarneg.com

lashayas@grupogarneg.com



MEATS

THE FAMOUS

Goat meat "Carne de Cabra"

(Amparo's speciality that you must try, it is recommended to accompany it with ñames)..... € 8.00

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..... € 28.00/Kg

BREADED CHICKEN

Breaded chicken breast

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

Nuggets

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



CASAS RURALES - RESTAURANTE

+34 922 804 201

www.grupogarneg.com

lashayas@grupogarneg.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

Canarian style octopus

(stewed and served with fresh pepper, vinegar, extra virgin olive oil, salt flakes and wrinkled potatoes).....

€ 12.00

SIDES

Papas arrugadas

(one of the most famous products of the Canary Islands).....

€ 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 Gómeros.

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



CASAS RURALES - RESTAURANTE

+34 922 804 201

www.grupogarneg.com

lashayas@grupogarneg.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



CASAS RURALES - RESTAURANTE

+34 922 804 201

www.grupogarneg.com

lashayas@grupogarneg.com



WINES

White wine from La Gomera (Glass).....	€ 1.20
White wine from La Gomera (1/4L.).....	€ 2.80
White wine from La Gomera (1/2L.).....	€ 5.00
Red wine from La Orotava (Glass).....	€ 1.30
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



CASAS RURALES - RESTAURANTE

+34 922 804 201

www.grupogarneg.com

lashayas@grupogarneg.com



+34 922 804 201

www.grupogarneg.com

lashayas@grupogarneg.com

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