



### starters

- 4,5 GORDAL grilled spicy olives
- 4 ALMONDS, smoked and toasted  
Nut
- 25 IBERIAN ham
- 12 LOBSTER cream  
Egg, Fis, Lac, Sul, Glu, Cru
- 5,5/e SCALLOP, grilled in Kamado  
Mol, Lac, Sul, Cru
- 14 GOAT CHEESE, honey, gofio, eggplant  
Egg, Lac
- 7 BABY spinach, truffle oil, parmesan  
Lac
- 13 LOW temperature egg, portobello, potato foam, fermented gofio, peanuts  
Egg, Lac, Glu, Pea
- 14 LOCAL fish ceviche, pumpkin, pickled shallot, spicy plantain, mango, grapefruit.  
Fis, Sul
- 12 IBERIAN ham croquette, melon 4pcs  
Glu, Egg, Lac

### mains

- 25 BEEF tenderloin, roasted red pepper cream, roquefort  
Lac, Sul
- 28 GRILLED scarlet shrimp, risotto, saffron, baby squid  
Lac, Cru, Fis, Sul, Glu
- 17,5 LOCAL fish pithivier, beurreblanc of *champaigne*.  
Glu, Fis, Sul, Mol, Egg, Lac
- 12,5 CAULIFLOWER, celeriac, carrot, thyme  
Sul, Lac
- 23 LOCAL fish, creamy potato, cider and saffron sauce  
Fis, Lac, Sul
- 21 TIZÓN burger on brioche  
Glu, Lac, Egg, Mos, Sul
- 62,50 T. BONE STEAK (800gr) aged 21 days on our Japanese grill  
Lac, Sul

### side dishes

- 9,5 SWEET potato fries Egg, Mus
- 8 GRILLED cabbage, truffle Lac
- 11 BLACK potatoes, plancton, furikake  
Lac
- 9 GRILLED greens, pine nuts Lac, Fru
- 9,5 CREAMY mashed potatoes Lac
- 3 p/p VOLCANIC BREAD SERVICE (includes local oil, whipped butter and black salt flakes) Lac, Glu

choose your best side to accompany the main dishes

### House Tizón

In the heart of Garachico, surrounded by volcanoes, the sea, and alisio winds, we have created a space where you can share, celebrate, and enjoy.

We present you a menu that reflects the beauty of the place around us, accompanied by an extensive and carefully curated selection of wines. Welcome to our home, welcome to Tizón.

ALLERGENS: Gluten, Crustaceans, Egg, Fish, Peanuts, Soy, Lactose, Nuts, Celery, Mostaza, Mustard, Sesame, Sulfites, Lupin, Mollusks.



## desserts



**13** TIRAMISÚ *bayleys*  
Glu, Egg, Lac

**12** PECADO original  
Lac, Egg

**14** CHOCOLATE, banana,  
peanuts, caramel  
Egg, Lac, Fru, Glu, Sul, Pea

**14** JAPANESE cheesecake  
for 2 people  
Lac, Egg

**13** GRILLED pineapple, coconut foam, passion  
fruit, honey ice cream  
Hue, Glu, Lac

**ALLERGENS:** Gluten, Crustaceans, Egg, Fish, Peanuts, Soy, Lactose, Nuts,  
Celery, Mostaza, Mustard, Sesame, Sulfites, Lupin, Mollusks.