



*Tenerife **Gastronomy**  
and selection of restaurants*



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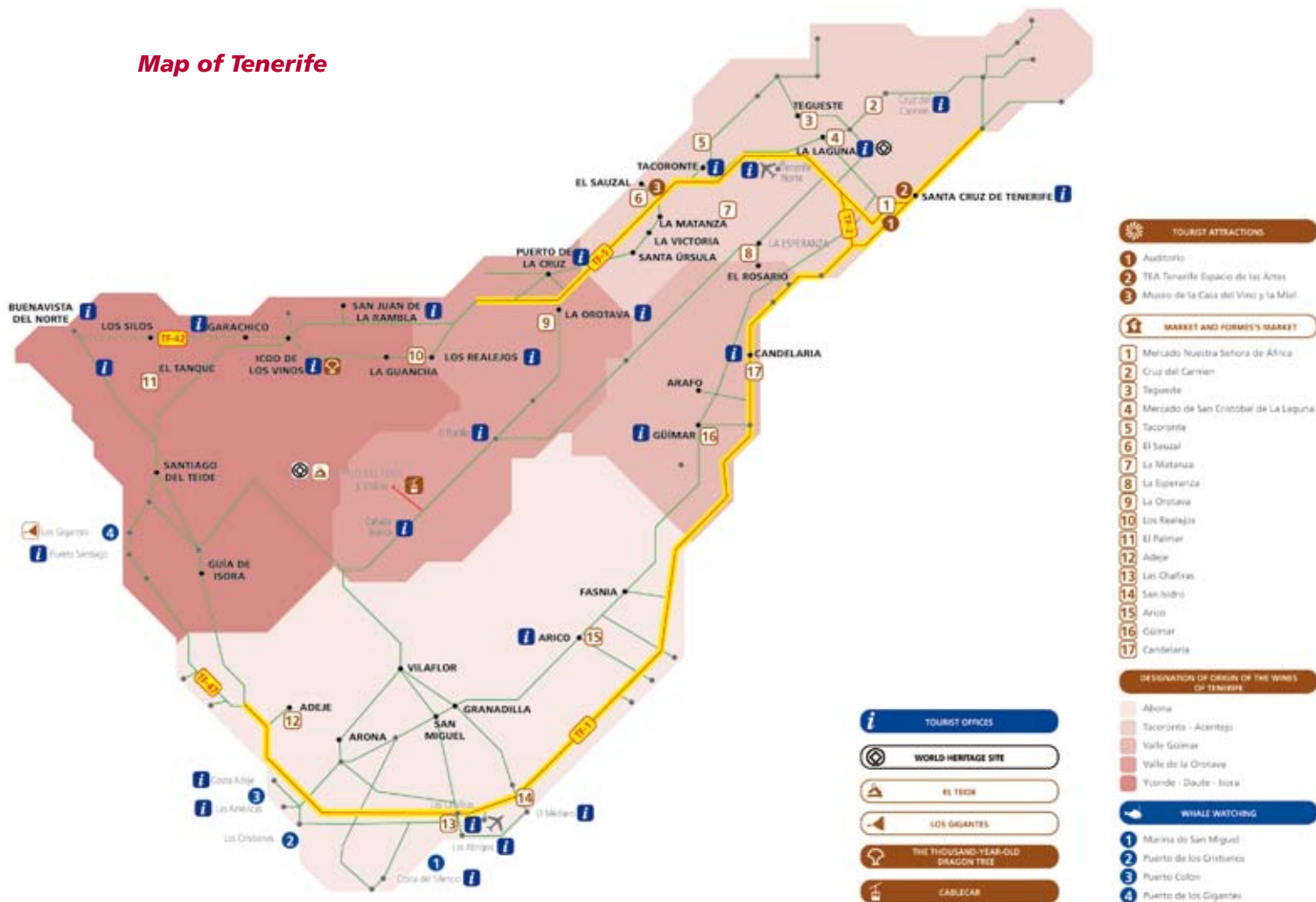
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## Map of Tenerife





Welcome to Tenerife. You will fall more and more in love with this island the longer you stay here and it has all the ingredients to create a holiday of a lifetime. On Tenerife, there is over four hundred kilometres of coastline, where you can relax or take a refreshing dip, footpaths leading to amazing natural landscapes, cities which conserve the aromas of another era and a range of activities for the entire family from the sea up to the top of the mountains. And all this in the shadow of a majestic 3,718-foot volcano, which will be with you everywhere you go.

If anything defines Tenerife it is luminosity and warmth. The sun rises 365 days a year and the average temperature of twenty-two degrees hardly varies throughout the year. The refreshing breeze of the trade winds completes the perfect climate on an island which exudes health.

Leisure and well-being are the Island's main attractions. Leisure that you can enjoy as a family on the beaches or in the large number of

theme parks that there are on the Island, and well-being, through the wide range of Spas and wellness centres where you can spoil yourself and take the time out for some well-deserved pampering.

Life is easy for sports lovers. Here you can practise golf, surfing, tennis, sailing, paddle-tennis, parachuting, hiking, kite-surfing, indeed any sport you like in modern facilities and with the best professionals at your service.

The culture and tradition of the Island form the cherry on the top of an enormous and appetizing cake. Tenerife conserves century-old traditions which it has maintained in their purest state, and a highly-personal kind of architecture with wooden balconies and houses in the colonial style which gives the Island an individual and unique style.

If you add to all this the delicious, fresh and simple cuisine, the result is unbeatable holidays on which you will be short of nothing, except time. Enjoy yourself!

The people of Tenerife have not only taken care of their cuisine and products grown on the island, they have also managed to adapt to current times and trends combining fun, tradition, gastronomy, nature and history.

Tenerife has everything you could possibly want. For nature lovers there are a large number of footpaths that run through the most beautiful parts of the island – all the information that you need can be found in the footpath leaflet, available at the tourist information offices on the island.

To find out more about the excursions available on Tenerife, you can pick up a leaflet in which all the most beautiful routes are marked. There are trips available for those with only a day to spare to those who are lucky enough to have a whole week.

Kids also have plenty to enjoy. Tenerife has a large number of theme parks, offering everything from water excursions to exotic animals. The children's leaflet contains full information on each of the parks, including the opening hours.

Tenerife is host to several festivals every year. These include everything from the Carnival (a fiesta which has been declared of International Interest to Tourism) to the religious festivals held in the many villages around the island. These festivals can be enjoyed at the same time as learning about the culture and traditions of Tenerife.

The history, beautiful beaches, year-round sunny climate and people complete the holiday offering on Tenerife, which makes it a popular destination for tourists year after year.



There are few places in the world where can you eat as well and as healthily as on Tenerife. From fresh fish soaked in local wine to a puchero prepared with fresh vegetables, eaten with white cheese and gofio, gastronomy is lovingly cared for on Tenerife.

Tenerife's cuisine is an integration of all kinds of tastes and blends to create food which appeals to the most demanding palate. But if anything can define the gastronomy of the Islands it is the simplicity of the ingredients and their preparation. One of the best known dishes is "papas arrugadas", which are potatoes boiled in salt and water.

### *Gastronomy with popular appeal*

The people of Tenerife have traditionally been very enthusiastic about making cuisine part of their festive events. Thus, in the romerías, typical fiestas which are held in celebration of Canarian tradition, popular cuisine always plays a part and it is custom for people to share their food at the festivals.

Every year, in many regions of Tenerife, traditional cooking competitions are held that are open to both professionals and amateurs alike; the different tascas and bars on the island have tapas making competitions as well as cake and dessert-making competitions, using local produce such as chestnuts, honey and apples, etc.

### *Canarian Cuisine: fresh, original and simple*

It is The Gastronomy Plan, set up by the Tenerife Cabildo (Island Authority) that has seen this revitalisation of a significant number of regional competitions, contests and championships.

One of the activities with the greatest overseas appeal that is carried out under the Plan is the Island of Tenerife Tri-continental Meeting of Gastronomy, which brings together cooks from Europe, Africa and America, as well as outstanding speakers. The Absolute Championship of Canarian Cooks is also regularly held as well as the International Competition of Gastronomic Photography. The island's food is also included in the international summit of gastronomy, Madrid-Fusión.

Below is a selection of the key, healthy ingredients of Canarian cuisine which give the food its distinctive flavour. We encourage you to try them during your stay in Tenerife.



## The mojos



The red or green mojo sauces of Tenerife are a delight which you must try. It might be said that they are the kings of Canarian cuisine as they are used in a large range of dishes. Canarian mojo sauces give the final touch to every recipe.

The green mojos are based on either coriander or parsley and are ideal for fish and vegetable dishes. The red mojos are made with peppers or “La Palma pepper”, and are ideal for meats and sauces. The most spicy variant of the latter has become so popular that there is even a song named after it, which has almost become an anthem: “La rica salsa canaria se llama mojo picón” (the rich Canarian sauce is called Mojo picón). Over many years travellers have been enthralled by this delicious sauce and have tried, without success, to get hold of the recipe.

The mojos of Tenerife provide a most mouth-watering accompaniment to fresh fish, local meats and cheeses and you won’t find a restaurant in Tenerife that does not have them on its tables. However, arguably the best combination is that of the potato with the mojo picón. It is so good that it can be eaten by itself or as a side dish.

Avant-garde and more creative gastronomy often uses mojos as a fundamental and healthy ingredient.



## Potatoes

The potato is to Canarian cuisine what Mount Teide is to Tenerife: its defining point. On the Island, you can find varieties such as the papa bonita, the papa azucena, the papa cara, papa King Edward (quinegua, in the Canarian dialect), among others. It can be cooked in a variety of ways, and in many Canarian homes it appears on the table every single day.

The potato arrived on the Islands from America over four Centuries ago and since then it has been cultivated year after year. Little by little, it has become increasingly important and has been added to almost all dishes in Canarian gastronomy. It accompanies meats and fish, and is to be found in all kinds of stews and casseroles such as papas con carne or puchero canario, and even in salads.

Its great quality makes it among the most highly valued potatoes anywhere in Europe. The key is in the tremendous care with which the potato is cultivated; the characteristics of the earth; its texture, which is soft on the palate; the taste, which has acquired its own distinctive flavour with the passing of time and a versatility which means that it fits in perfectly with any recipe, whether traditional or modern (it is even used in some desserts).

One of the most popular and high quality varieties is the papa negra, with a yellow centre, and one of the best ways of preparing it is "arrugándola". The method is very simple and the result delicious. The

potatoes are washed and put into a pan with water and lots of salt and left to boil. When they are ready, they are taken from the gas, the water is poured away and they are returned to the flame for a few seconds after which they are ready to eat. These are the famous "papas arrugadas", literally meaning wrinkled potatoes. You can't leave the island without having tried them!



## ***The wines***



The characteristics of the volcanic soils and special climatic conditions have given rise to a variety of highly-recognised wines, which are difficult to reproduce anywhere else. But, what's more, this has encouraged a method of cultivation that is generous to the environment, protects the soil and the landscape, uses water frugally and conserves some unique varieties which are at the origin of the rich traditions and culture of the wine of Tenerife.

Currently, the wine production of Tenerife is one of the main bastions of island agriculture, which contributes significantly to the conservation of the landscape. The great range of reds, dry, medium-dry and sweet whites, rosés, sparkling wines and viscous wines that are grown on our Island are very difficult to obtain in any other wine-growing regions of similar size.

In the mid-sixteenth Century the new colonists brought the vine to Tenerife. The first vineyard was in Los Realejos, in the north of the Island, a place which soon became home to a vast number of grapes. To this day, this green tapestry still covers the northern slopes of the Island.

For over three centuries, Tenerife was one of the most significant exporters of wine, particularly to England, where they were so famous and popular that even Shakespeare himself mentioned them in his plays.



There are five different areas in which the vine-growers have grouped themselves so as to prepare and guarantee the quality of their products. These are the Ycoden-Daute-Isora, Tacoronte-Acentejo, Abona, Valle de la Orotava and Valle de Güímar denominations of origin. Even the most discerning wine-tasters are fascinated at the richness, quality and personality of the wines and have awarded them prizes in numerous competitions in which they have participated around the world.

The whites, which enjoy great prestige, are fresh, aromatic, spirited and joyful and make the perfect accompaniment for fish, salad or pasta. There are others which have more body after a short time in the barrel and are ideal for eating with fowl or soft meats.

There are many great quality reds. Until recently, the variety of grape that was most used was the listán, but now the island's vine-growers have built up other varieties which possess maturity and complexity.

Among the viscous wines are both the sweet reds and those that are made with the legendary malmsey grape, which made the "Canary wines" of Tenerife so famous that Shakespeare even praised them in his works. There are true gems that are very much appreciated by expert tasters from all over the world.

The Wine Museum is in El Sauzal, in an old 17th Century mansion, where it is possible to taste wines from the five denominations of origin, which you can then buy from the well-stocked wine collection and shop. This museum also has an exhibition room, a restaurant and tasca, a terrace and an old wine-press in the central courtyard.

It is the vine-growers and cellar owners of Tenerife who, generation after generation, have extracted with their own hands the water and the ancient soil overflowing from Mount Teide, to make the wines one of the true essences of the island. The visitor cannot go home without having enjoyed this unique experience.



### **Casa del Vino La Baranda**

*C/ Simón, 51. El Sauzal. 922 57 25 35*

*[www.tenerife.es/casa-vino](http://www.tenerife.es/casa-vino)*

*Tue: 10:30-18:30; Tue-Sat: 9-21; Sun: 11-18.*

*Bank holiday: 11:30-17:30.*

## **The meats**



It is curious to see how an island surrounded by coastline and with a long fishing tradition has such a varied recipe book including so much quality meat. The fact is that this quality comes from the excellent ingredients that are found on the island.

Pork and beef are the most popular and traditionally they are roasted, although they are also prepared in stews such as the delicious papas con carne or costillas de cerdo. Many restaurants in the north and south of the Island offer a wide-ranging menu which delights the hundreds of visitors who come here - mainly at the weekend. Many of them are on the "meat route", in the north of the Island, and also in inland spots in the south, where there are plenty of restaurants.

One of the most traditional meats on the Island is rabbit, the main ingredient for one of the best-known and richest of the local dishes, conejo en salmorejo. Other meats that are popular with many people are goat and kid goat, in light sauces, and fowl.

Typical dishes, such as costillas con papas y piña and carne de fiesta are so popular that some of the island's restaurants specialise in these dishes alone.

Did you know that you can also find lamb on Tenerife? The meat of "pelibuey" is especially recommended. This breed is native to the islands and was raised by the ancient natives, the Guanches. It differs from the common sheep in that it has hair instead of wool Its meat is delicious!

## **Fresh fish**

Just like other islands and coastal areas, Tenerife feeds itself from the sea. The waters that lap the coasts of Tenerife have enviable marine life, with a significant variety of species, which is characterised by the Gulf Stream, the great depths around the coasts and the absence of large underwater platforms. A paradise for lovers of fresh fish.

Seafood is instrumental in the understanding of the island's history. The sea was the source of sustenance over a number of centuries for all the inhabitants of the Island and even today there are many families that live exclusively from fishing. In practically all the coastal villages, recently caught fish is sold at a very good price from stalls set up in the port.

The varieties that are most popular among those who live here and our visitors are: the vieja (parrotfish), the sardine, the sama (pink dentex), the mero (dusky grouper), the cabrilla (comber), la caballa (mackerel), the atún (tuna), the chicharro (jack mackerel), the cherne (grouper) and the chocos (cuttlefish).

The cooking of fish on the Island is anything but sophisticated, with a leaning towards a fresh and natural style of preparation in which the fish is the main focus. As a result, it is usually eaten either boiled or fried - delightful!

Over the last few decades, the Island's chefs have introduced new ways of preparing seafood, with additions such as the accompaniment of special sauces or different cooking techniques. However they have been careful to respect the original tastes in order to retain the renowned high quality.



## **The cheeses**



The Canarian has three or four foods which are never missing from his table. One of them is cheese, whether fresh or mature. The quality is such that many cheeses have won prizes in the most prestigious competitions around the world, against varieties from areas with a long cheese-making tradition.

The most popular is fresh or white cheese. Whether made traditionally with untreated goat's milk or produced in modern dairies, an effort is made to respect the historical processes of preparation handed down from generation to generation. In both cases, the stages are exhaustive.

The taste and texture of the cheeses of Tenerife are unusual. This is due to the adaptability of the livestock, their food and the careful conditions of preparation and maturing. The people of Tenerife use cheese, just as they do potatoes, to accompany their most traditional dishes.

If there is one dish that stands out as a perfect accompaniment to the island's cheese, it is vegetable stew, a delicious hot pot prepared with local vegetables. They taste great alone, but even better together.

Whether matured, semi-matured or soft, the cheese that is prepared on Tenerife is simply delicious.

Some of the most popular cheeses made on Tenerife are those from Arico, Fasnía, Anaga, Teno, Güímar and El Tanque.

## Fruit and vegetables

The most characteristic fruit of the many that are harvested on Tenerife is, without a doubt, the banana. According to experts, the bananas grown on Tenerife are classified as some of the best in the world and are exported to many countries.

The Canary Islands banana is full of character. It is small, yellow and has black spots, which distinguishes it from other varieties. What's more, the taste – due to the fact that the climate allows it to stay on the plant for longer – is simply delicious.

Another highly significant fruit is the tomato. It was brought to the island by the English in the early 19th Century and soon became a staple of Tenerife's agriculture and a main contributor to the economy. The Canarian tomato is delicious, highly aromatic, juicy and both sweet and sour in taste.

But the Canarian does not exist on bananas and tomatoes alone. On Tenerife, many other fruits and vegetables are cultivated which are also of high quality and have an important role to play in the islands' cuisine. One of the most popular vegetable dishes is puchero canario. Puchero includes cabbage, beans, pumpkin, courgettes, corn on the cob, sweet potato, potatoes and meat among other ingredients. This soup or stew comes highly recommended as it is one of the most balanced and nutritious in Spanish cuisine.

To buy local fresh fruit and vegetables, you can go to one of the many farmers' markets on the Island. Here, the farmers sell their best home-grown produce directly.

Almost all varieties of fruit are grown on Tenerife, from the orange to the pineapple and including the apple, fig, mango and, of course, the banana and the tomato. Many fruit trees arrived on Tenerife from either Asia (via Europe) or from the tropics and Europe and have now acclimatised here. All of them have acquired the unique trait of being grown on volcanic soil, benefitting from the numerous micro-climates of Tenerife.





## Honey



The honey of Tenerife conceals the Island's purest flavours. Many of the honeys that are made here are prepared with endemic flowers and others from the use of a great variety of flowers. This provides a spectrum of choice to appeal to the most discerning palates.

Beekeeping on Tenerife dates back over five hundred years and previously played a significant role in the economic activity of the Islands. Currently, Tenerife has over 500 beekeepers, a job which has generally been passed down from generation to generation.

The types of honey are very special and unique and use a host of exotic flowers. For example, the tajinaste, an endemic flower of the Islands, produces honey which is beige in colour with a mild flavour and a floral aroma. Or Mount Teide broom, which grows in summer at a height of 1,500 metres above sea level, produces honey which is amber in colour with a delicate aroma with a subtle taste of vegetation. There are also multi-floral honeys, all of which have an exquisite flavour.

On Tenerife, you can find the House of Honey Museum, located in the borough of El Sauzal. It was created to give support to and develop the beekeeping industry on the Island. It demonstrates all the services from extraction to technical assistance, all with the purpose of guaranteeing the authenticity and quality of the honey to give it a seal of approval. In this museum, there is a centre which will lay bare the secrets of the bees and the preparation of the unique honey of Tenerife.

### Museo Casa de la Miel

C/ Simón, 51. Finca La Baranda, El Sauzal. 922 56 27 11

[www.casadelamiel.org](http://www.casadelamiel.org)

Tue: 10:30-18:30; Tue-Sat: 9-21; Sun: 11-18.

Bank holiday: 11:30-17:30.



## Gofio



*Gofio* is the food that is arguably the closest to the heart of the Canarian. This toasted and ground cereal is a direct inheritance from the Guanches, the ancient inhabitants of the Island. Although there are currently many varieties, the natives made it with barley and any dried fruits that they found. Making food with *gofio* is so easy and healthy that in the past, the Canarian used to carry it with him, along with water and other ingredients such as honey, milk

and wine, so that he could easily make something without having to stop to make a fire.

Nowadays the most popular types of *gofio* are those made with wheat or maize. It is a synonym for health and for this reason the people of Tenerife eat it with almost everything and there isn't a house on the Island that doesn't have its little tin of *gofio*. It can be eaten mixed with milk for breakfast, together with the juice of fish or meat, with stews of any flavour or kneaded with honey and almonds.

It is one hundred per cent wholemeal, a natural food, in which the quantities of carbohydrate, fats, proteins, vitamins, minerals and fibre are in just the right proportions for the needs of the human being. The colour of *gofio* depends on the kind of cereal used: it is lighter in the case of wheat, and yellower in the case of maize, the two most popular cereals. The smell is dry and penetrating and extremely pleasant when the grain is toasted and immediately ground. The *gofio* mills of Tenerife, where the final treatment was traditionally given to the toasted grain, were recognisable from a distance due to the aroma they emitted.

The versatility of *gofio* means that nowadays, even desserts and ice creams bear its flavour. Two of the most popular are *gofio* mousse and *gofio* ice cream. They are exquisite.

## **Desserts**

You only have to look at the extensive menu of desserts available on the island to realise that the people of Tenerife have a sweet tooth. The tradition of dessert-making comes from the old sugar-refineries and farms on which sugar cane was grown and processed.

On Tenerife, desserts are mainly made in the oven or frying-pan. The best-known and most popular are rosquetes – particularly those of Guía and La Laguna - tortas chasneras, bizcochos or truchas - a kind of sweet pie which is filled with sweet potato- or cabello



de ángel (angel's hair). The hojaldres and torrijas, which are usually eaten during Carnival and Holy Week, are also very popular. The torrijas are prepared with bread soaked in milk which is later covered in egg and fried. Honey, sugar and cinnamon can also be added.

Those who love sweets must also try the frangollo, which is made with ground maize and milk, mixed with grains of aniseed, sugar and egg yolk. Also try 'bombón', which is made with chocolate, beaten egg whites and syrup, and is similar to a mousse. These are all traditional desserts that you can find in any restaurant or tasca.

On Tenerife, one of the most famous cake-making specialities is the 'huevos moles', made with egg yolks, syrup and a little grated lemon rind. There are other variants with almonds or with a few drops of sweet wine.

Today's cuisine has been created using recipes inspired by these rich traditional desserts. This fusion has been well effected by some of the most famous cake shops on the Island, such as Aderno, in Buenavista del Norte or in Santa Cruz, which create an amazing array of desserts, all made with local produce. They are well worth a visit.



**A CHEESE FROM THE ISLAND:** On Tenerife, there are a variety of dairies which prepare superb cheeses. Whether mature, semi-mature or soft, the quality of Tenerife's cheeses is recognised the world over.

**To take home**



**TYPICAL CAKES AND DESSERTS:**

Almendrados, rosquetes - biscuits that you can only find here on the Island and which are the perfect gift on your return home.



**A JAR OF HONEY:** On Tenerife, honey is made with endemic flowers which produce flavours that are bespoke to Tenerife.



**Buy the products of the land of Tenerife on line!!**

[www.productosdetenerife.info](http://www.productosdetenerife.info)  
Tfno.: 00-800-100-101-00

**GOFIO:** There are different varieties to choose from including maize, wheat or a mixture of the two.



**A BOTTLE OF WINE:** You can choose any of the wines offered by the five denominations of origin on the Island.

## Ten dishes you have to try



**ROPA VIEJA:** You can eat this as a main dish or an appetizer. It is a delicious concoction of potatoes, meat and chickpeas. This dish can also include vegetables such as carrots or beans added.



**RANCHO CANARIO:** This delicious soup of noodles and chickpeas is an ideal first course on any menu.

**PUCHERO:** This is one of the most wholesome and nutritious stews in Spanish gastronomy. It is made with almost ten different vegetables, all locally grown.



**POTAJE DE BERROS:** A delicious stew which is made using watercress, maize, spare ribs, haricot beans and sweet potato.

**GARBANZAS:** Cooked chickpeas that are accompanied by small pieces of meat and locally grown potatoes.





**CAZUELA DE PESCADO:** This is one of the best seafood stews of Canarian gastronomy. It can be accompanied by a rich escaldón de gofio (mix of gofio with liquid).



**CONEJO EN SALMOREJO:** The pestle with which this dish is prepared gives it its special mouth-watering flavour. The ideal accompaniment to this dish is papas arrugadas.



**ALMENDRADOS:** Biscuits made with almonds, which are very typical of the Island.



**CARNE CON PAPAS:** This is a simple dish in which the best pork or beef is combined with sliced potatoes.



**BIENMESABE:** This is a traditional dessert prepared with almonds, sponge cake, egg, sugar and lemon. As its name implies, it tastes very good.



## Selection of **restaurants**

HAUTE CUISINE



### **Las Aguas**



**Address:** Gran Hotel Bahía del Duque Resort & Spa. Avenida de Bruselas, s/n. Adeje

**Telephone:** +34 922 713 000

**Comment:** The flagship restaurant of the Gran Hotel Bahía del Duque offering haute cuisine, in which the classic style combines with the identifying characteristics of Canarian signature cuisine and the best products on the Canarian market. Superb service and a very well-stocked wine cellar. The unusual architecture and the location give it a great view over the gardens and the sea.



### **Abama Kabuki (Hotel Abama)**



**Address:** Ctra. General TF. 47 – Km. 9. Guía de Isora

**Telephone:** +34 922 126 000

**Comment:** A famous and much sought-after restaurant with Japanese cuisine. Managed by Ricardo Sanz. This restaurant stands out for the supply of very fresh fish caught by the fishermen of the Islands, as well as green vegetables harvested only a few hours earlier on nearby farms. The food is therefore of the highest quality and is cooked according to the traditions and techniques of Japanese cuisine.



### **Calima (Hotel Gran Meliá Palacio de Isora)**



**Address:** Urbanización La Jaquita, s/n. Guía de Isora

**Telephone:** +34 922 869 000

**Comment:** Modern Mediterranean cuisine. Managed by the chef, Dani García. The use of the most avant-garde cooking techniques, as well as the employment of nitrogen, gives dishes of unusual textures, which on many occasions are a fresh discovery for the palate although always respecting the basic flavours of Andalusian gastronomy, which is the leitmotiv of this restaurant.



### **MB de Martín Berasategui (Hotel Abama)**



**Address:** Ctra. General TF. 47 – Km. 9. Guía de Isora

**Telephone:** +34 922 126 000

**Comment:** Haute cuisine with the school of Berasategui. In this restaurant, which has obtained one star in the Michelin Guide and two stars in the Repsol Guide, the trend of Berasategui's modern Basque cuisine is blended with the influence of a more Mediterranean line, in accordance with the ambience of a holiday hotel and the climate. Superb and respectful service. An outstanding wine-cellar with over five hundred Canarian, Spanish and European labels.



< 15 €



15 - 30 €



> 30 €

Approximate prices: First course, second course and dessert, without beverages.

## SIGNATURE CUISINE



### Jardín



**Address:** Hotel Royal Garden. Finca Los Olivos, s/n. Adeje

**Telephone :** +34 922 775 650

**Comment:** Well-prepared, signature cuisine, which is offered on several menus. Generally, the restaurant is only open for dinner. Elegant decoration. It is located in the interior of a luxury hotel of great charm, the Royal Garden Villas. Elegant decoration and an excellent wine-cellar.



### El Archete



**Address:** Calle Lomo de Aroba, 2. Candelaria

**Telephone:** +34 922 500 115

**Comment:** Updated traditional cuisine. A place with unusual décor in an equally unusual location. This restaurant is near to the town of Candelaria, where the Basilica of the Virgin of Candelaria stands, the Patron Saint of the Canary Islands.



### La Retama



**Address:** Carretera General del Norte, Nº120. Entre Tacoronte y El Sauzal

**Telephone:** +34 922 571 277

**Comment:** Modern Canarian cuisine with some of our own creations. The retama aims to include on its menu ecological produce and organic crops, treated with current culinary techniques.



### El Duende



**Address:** La Higuera, 41. Puerto de la Cruz

**Telephone:** +34 922 374 517

**Comment:** Modern haute cuisine, well executed, with many local influences. The chef and owner began his activity on Tenerife and continued his training in Germany, returning later to the Island to create one of the most prestigious restaurants, thanks to the quality of its modern, signature cuisine but with clear identifying characteristics of Canarian gastronomy.



< 15 € 15 - 30 € > 30 € Approximate prices: First course, second course and dessert, without beverages.



### Gañanía



**Address:** Camino El Durazno s/n.  
Puerto de la Cruz

**Telephone:** +34 922 371 000

**Comment:** Modern cuisine of seasonal produce with local influences. Good desserts. Among the options on the menu, the different types of local potato are highly successful. The fruit desserts have won outstanding awards at gastronomical competitions. It has a very attractive arbour-room which looks out over the banana plantations and the distant sea.



### El Maestro



**Address:** Calle Viana, 45. San Cristóbal de La Laguna

**Telephone:** +34 922 265 360

**Comment:** Creative cuisine, with local influences and produce, in an establishment that aims for an equilibrium between a *tasca* and an urban restaurant in the always-interesting city of La Laguna.



### Chez Stéphane



**Address:** Ascanio y Nieves, 7.  
San Cristóbal de La Laguna

**Telephone:** +34 922 253 584

**Comment:** Traditional Belgian and French cuisine with up-to-date touches and a few dishes of our own creation. The chef and owner has a policy of seasonal menus, although some of the most emblematic dishes are always available and he holds regular "themed gastronomic exhibitions".



### Silbo Gomero



**Address:** Avenida El Paso, Polígono los Majuelos. San Cristóbal de La Laguna

**Telephone:** +34 922 310 355

**Comment:** Traditional Canarian cuisine with up-to-date techniques. Very much in demand among local gourmets and connoisseurs from the Spanish mainland who are looking for a restaurant serving current Canarian cuisine in which the produce of the land is respected. Excellent almogrote –cheese paste to spread on bread in the Gomeran style- and mojo sauces from Tenerife.





## Azafrán



**Address:** *C/ Candelaria, 28. Edificio Olimpo. Local 1. Santa Cruz de Tenerife*

**Telephone:** +34 922 282 956

**Comment:** *Modern cuisine with a few dishes of our own creation. Prepared on the basis of produce from local markets. Azafrán has a variety of international beers. The restaurant is located right in the centre of Santa Cruz de Tenerife, with the result that it is very much frequented by the local people and guests from nearby hotels.*



## La Cazuela



**Address:** *Robayna, 34. Esquina a Costa y Grijalba. Santa Cruz de Tenerife*

**Telephone:** +34 922 272 300

**Comment:** *Market cuisine. Traditional or newly-created dishes with a clear Basque influence and incursions into the island recipe book, with dishes such as puchero canario, one day a week. It has one internal dining area and another on a covered terrace.*



## El Aguarde



**Address:** *Costa y Grijalba, 21. Santa Cruz de Tenerife*

**Telephone:** +34 922 289 142

**Comment:** *Classical cuisine with modern preparation. There is always great respect for the produce, which is either from local markets or is brought specifically and directly from the Spanish mainland. Unusual modern décor.*



## Solana Restaurante



**Address:** *Pérez de Rozas, 15. Santa Cruz de Tenerife*

**Telephone:** +34 922 243 780

**Comment:** *Modern market cuisine and our own creations, prepared with common sense. There are also suggestions of updated variations of Spanish regional dishes. And a superb range of wines with special attention paid to new regions.*



CANARIAN FISH CUISINE



**El Rincón de Juan Carlos**



**Address:** Pasaje Jacaranda, 2. Los Gigantes. Santiago del Teide

**Telephone:** +34 922 868 040

**Comment:** Creative cuisine, with very modern tendencies. The Padron brothers offer in this small and pleasant establishment their cuisine based on their training all over Spain in avant-garde techniques with which they produce superb dishes of great originality, many of which are made with island produce. Excellent desserts.



**La Vieja**



**Address:** Avenida de Las Gaviotas. La Caleta – Costa Adeje. Adeje

**Telephone:** +34 922 711 548

**Comment:** Cuisine of fish and rice. The location, with a terrace facing the sea, together with a beach on which the waves break only a few metres away make this an attractive and agreeable place, which is much visited by local people and holidaymakers alike.



**Las Rocas**



**Address:** Hotel Jardín Tropical. Adeje

**Telephone:** +34 922 746 000

**Comment:** Mediterranean cuisine. Fish and rice, by the sea. The location, built on a rocky promontory over the waves, makes Las Rocas a superb place to take in the views of the holiday resort of Playa de las Américas and the marine environment of the coast.



**El Polígono**



**Address:** Polígono Industrial de Güímar - Parcela Nº1. Arafo

**Telephone:** +34 922 539 613

**Comment:** Popular Canarian cuisine with touches of the creative culinary arts and market produce. The location, on an industrial estate, provides many local business clients, who come especially at lunch-times. It is quieter at night-time.



## Manolo II



**Address:** Avda. Cabildo Insular 9 -  
Tajao. Arico

**Telephone:** +34 922 171 15

**Comment:** A well-known local restaurant specialising in fish. It is a popular place, much frequented by local people. The municipal district of Arico is well-known for its agriculture and its traditional honey production as well as for the fishing activity in Tajao and El Porís.



## El Bistrot d'Alain



**Address:** Calle del Valle Menéndez,  
23. Los Cristianos. Arona

**Telephone:** +34 922 752 336

**Comment:** A small, traditional bistrot with French cuisine, one of the first to offer international dishes in the town of Los Cristianos, which has gained in importance among tourists in the course of the years.



## El Pescador



**Address:** Molinos, 27.  
Buenavista del Norte

**Telephone:** +34 922 127 033

**Comment:** Popular Canarian cuisine specialising in fish. The district of Buenavista has some interesting specimens of traditional Canarian architecture as well as hamlets and farms of great natural beauty.



## La Cabaña



**Address:** Calle El Puerto, nº 26.  
Buenavista del Norte

**Telephone:** +34 922 127 922

**Comment:** Fish and other dishes of Canarian cuisine. It is run as a family business and among the options there are wines from the area, which is one of the most famous for its natural beauty.

 < 15 €
  15 - 30 €
  > 30 €
 Approximate prices: First course, second course and dessert, without beverages.



### La Ermita



**Address:** Carretera La Virgen, 74. Urbanización Los Angeles. El Sauzal

**Telephone:** +34 922 575 380

**Comment:** Speciality in fish and Spanish cuisine. This restaurant, over the years it has been open, has won for itself great renown among the local people. It is in an area with a pleasant rural landscape and no tall buildings.



### La Llovizna



**Address:** Avda. Príncipes de España, 4. El Tanque

**Telephone:** +34 922 136 399

**Comment:** Popular Canarian cuisine. There is also barbecued meat and some fish. El Tanque is one of the few municipal districts on Tenerife that has no coast, with the result that its food is more closely related with local agriculture.



### Los Chasneros



**Address:** Cruz del Roque, s/n. Fasnia

**Telephone:** +34 922 520 184

**Comment:** Popular Canarian cuisine, with fish, different stews, potatoes and such like. This region of Fasnia, which was always very arid, was inhabited in the past by the Guanches and was part of the Menceyate of Acaymo.



### El Trasmallo



**Address:** Carretera General del Norte Icod - Buenavista, s/n. Garachico

**Telephone:** +34 922 830 274

**Comment:** Popular Canarian cuisine specialising in fish. It gains its name from a traditional way of fishing. Most of the territory of the municipal district of Buenavista is made up of protected natural parks.



## Ribamar



**Address:** Carretera General Icod-Buenavista, 12. Las Cruce. Garachico

**Telephone:** +34 922 831 311

**Comment:** Popular Canarian cuisine specialising in fish. The port of Garachico was the most important on Tenerife in the 17th Century but it was destroyed by a volcanic eruption, together with many of the town's buildings.



## Los Roques



**Address:** Calle La Marina, 16. Los Abrigos. Granadilla de Abona

**Telephone:** +34 922 749 401

**Comment:** Popular and creative Canarian cuisine specialising in fish in a location with pretty sea views. We offer salads with produce from our own vegetable garden. Los Abrigos is a locality which has become known for its numerous restaurants, almost all of which serve fish.



## El Templete



**Address:** Calle Mencey de Abona, C.C. El Médano. Granadilla de Abona

**Telephone:** +34 922 176 079

**Comment:** Fresh fish of the highest quality. This restaurant still maintains the old custom that was once much more widespread among the fish restaurants on Tenerife in that the guest is asked to personally choose the fish that is going to be prepared any way he wishes.



## Chef Padilla



**Address:** Almirante Gravina, 10. Güímar

**Telephone:** +34 922 528 207

**Comment:** Popular Canarian cuisine with touches of creativity specialising in fish dishes. Very close to the sea, the town where it is located gained its name from the fishing wharf and part of the catch of the local fishermen is eaten right here.



### Finca Salamanca

**Address:** Carretera General Güímar - El Puertito km. 1. Güímar

**Telephone:** +34 922 513 556

**Comment:** Updated Canarian cuisine. Finca Salamanca is located in a rural hotel of the same name, on a farm which has belonged to the same family for several generations. The restaurant is located in an unusual space which was once used for agriculture.



### Agustín y Rosa

**Address:** San Sebastian, 15. Icod de los Vinos

**Telephone:** +34 922 810 792

**Comment:** An establishment offering popular cuisine and Canarian specialties, as well as international dishes. It has a very varied menu and is a restaurant that is much visited by local people and holidaymakers alike. It is in the historical centre of Icod de los Vinos.



### Carmen

**Address:** Hércules, 2. Icod de los Vinos

**Telephone:** +34 922 810 631

**Comment:** Canarian cuisine, with some signature dishes. This is a restaurant that is much renowned for its creations and its wines, which is in a pretty setting, in a restored mansion, very close to the square and the legendary thousand-year-old dragon tree.



### Casa León

**Address:** Avenida Villanueva, 49. La Guancha

**Telephone:** +34 922 828 006

**Comment:** A traditional, popular Canarian restaurant, offering simple, home cooking and much appreciated by local people, which uses the produce of the area, as La Guancha is an agricultural district –one of the smallest on the Island-, which is located on the slopes of Mount Teide.



## El Salón



**Address:** Toscas de San Antonio, 13.  
La Matanza de Acentejo

**Telephone:** +34 922 578 800

**Comment:** Specialising in fresh fish which is selected by the guest from the refrigerated display cabinets. At weekends it is very busy. There are local wines as the district and surrounding areas have plentiful vineyards.



## La Cuadra de San Diego



**Address:** Camino Botello, 2.  
La Matanza de Acentejo

**Telephone:** +34 922 578 385

**Comment:** Canarian cuisine with traditional dishes and others that are adapted. This restaurant is located in a fully-restored 16th Century Canarian mansion which was a place of residence and of agricultural activity. It bottles its own wine, from the restaurant's own vineyard.



## La Pimienta



**Address:** Toscas de San Antonio, 70.  
La Matanza de Acentejo

**Telephone:** +34 922 578 167

**Comment:** Very well-known for its speciality in fresh fish and seafood but it also creates other dishes from the local cookbook. It is a restaurant with many devotees, especially at the weekends.



## La Barraca



**Address:** Calle Sixto Perera González,  
2. Urbanización El Mayorazgo. La  
Orotava

**Telephone:** +34 922 323 050

**Comment:** A small restaurant, where you can enjoy home cooking and the traditional Canarian dishes of the Orotava Valley. The restaurant, which has been here for decades, is run by a married couple and their children. They make their own wine from the vines on the property.



< 15 €



15 - 30 €



> 30 €

Approximate prices: First course, second course and dessert, without beverages.



### Casa Lala



**Address:** Camino El Durazno, 26.  
Puerto de la Cruz

**Telephone:** +34 922 381 794

**Comment:** Traditional restaurant specialising in Canarian cuisine. This establishment is one of the genuine representatives of popular Canarian cuisine and the visitor will be able to find dishes that are generally only prepared in private houses. Traditionally, the restaurant has for many years held a special Lenten cuisine event during Holy Week.



### Cruz del Carmen



**Address:** Carretera de Taganana, 205.  
San Cristóbal de La Laguna

**Telephone:** +34 922 250 062

**Comment:** Canarian cuisine and meats, as well as some Spanish regional dishes. It is located at a crossroads, in the countryside of Las Mercedes, and close to a viewing point with an extraordinary view over the Valley of Aguere, the old name for the area on which the city of La Laguna is situated.



### Casa Maquila



**Address:** Callejón de Maquila, s/n.  
San Cristóbal de La Laguna

**Telephone:** +34 922 257 020

**Comment:** A popular establishment of Canarian traditional cuisine. This is one of the best-known restaurants in La Laguna as, for many years, it has been the main exponent of Canarian cuisine in the historical centre of the city, which is a World Heritage Site.



### El Tonique



**Address:** Heraclío Sánchez, 23.  
San Cristóbal de La Laguna

**Telephone:** +34 922 261 529

**Comment:** Popular market cuisine, based on the traditional Canarian cook-books. A wide range of wines. Tonique or tenique was the Canarian name for the stones that were used in the fire to support the pans.





## La Caseta

**Address:** Avenida Marítima, Punta del Hidalgo. San Cristóbal de La Laguna

**Telephone:** +34 922 156 632

**Comment:** Facing the sea, superb fish and seafood as well as other dishes of Canarian cuisine. It has varied home-made cakes and desserts. Punta del Hidalgo has traditionally been a fishing port and its rocky coast enjoys on occasion the spectacle of a rough sea.



## El Puntero

**Address:** Calle San Clemente, 13. Santa Cruz de Tenerife

**Telephone:** +34 922 282 214

**Comment:** Specialising in fish, mojo sauces, potatoes and local wines. This is one of the few places which has kept the authenticity of the fish restaurants which existed at the turn of the century in Santa Cruz, the capital of Tenerife. The tables are in a number of rooms of an old casa terrera, which has been refurbished.



## El Coto de Antonio

**Address:** General Goded, 13. Santa Cruz de Tenerife

**Telephone:** +34 922 272 105

**Comment:** Canarian and Spanish regional cuisine. Good raw materials. This restaurant, probably the best known in Santa Cruz, is an outstanding exponent of the urban cuisine of the Islands, with regional dishes such as pucheros (vegetable stew), cazuelas de pescado (casserole fish), pulpo en mojo (octopus in mojo sauce), papas negras ("black" potatoes), sama roquera (redbanded seabream) together with a cookbook of preparations from different parts of mainland Spain.



## El Rubí

**Address:** Avenida Marítima de San Andrés Dique, 19. Santa Cruz de Tenerife

**Telephone:** +34 922 549 673

**Comment:** Local fish and seafood prepared from totally Canarian recipes, as well as rice dishes. It has a fisherman's style décor and the cooking is done in public view, just like the produce which is visible in refrigerated display cabinets.

 < 15 €  15 - 30 €  > 30 € Approximate prices: First course, second course and dessert, without beverages.



### Marisquería Ramón



**Address:** Avenida Marítima de San Andrés Dique 23. Santa Cruz de Tenerife

**Telephone:** +34 922 549 132

**Comment:** Fish and seafood, rice and similar. The restaurant is in the village of San Andrés, close to the ruined defensive fort on the way to Las Teresitas beach. It has fish tanks where you can choose some of the seafood to be eaten.



### Casa Pedro



**Address:** Magallanes, 38. Santa Úrsula

**Telephone:** +34 922 300 382

**Comment:** *Canarian cuisine, specialising in pucheros. This restaurant, also known as El Crusanero, due to the origin of its founder and owner, is famous around the Islands especially for its traditional Canarian puchero, which is made with local vegetables. It is almost always practically full, especially at the weekend.*



### El Calderito de la Abuela



**Address:** Carretera Comarcal Santa Úrsula, 130. Santa Úrsula

**Telephone:** +34 922 301 918

**Comment:** *Comment: Canarian cuisine, both traditional and creative, in a pleasant building with magnificent views of the Orotava Valley. It is run by a family of people bound by tradition to the hotel and restaurant trade in the Islands. Among the specialities there is the fish casserole with escaldón de gofio.*



### Miriandas



**Address:** Flor de Pascua, 25. Santiago del Teide

**Telephone:** +34 922 860 207

**Comment:** *Popular Canarian cuisine with touches of creative cooking, in the coastal part of the district. In the vicinity, there are the spectacular Los Gigantes cliffs, a breathtaking wall of stone rising over the ocean to between three and six hundred metres in height.*



## Pancho



**Address:** Avda. Marítima del litoral, s/n. Santiago del Teide

**Telephone:** +34 922 861 323

**Comment:** *Canarian and international cuisine. Market produce. This was one of the first restaurants in the Canaries to offer the possibility of excellent gourmet cooking, combined with a menu that was suitable to its status as a very popular holiday establishment. An exceptional location, next to a beach of exotic black sand.*



## Casa Tomás



**Address:** Carretera de El Socorro - El Portezuelo. Tegeste

**Telephone:** +34 922 638 007

**Comment:** *Canarian cuisine. Speciality in salted spare ribs. This is a highly successful country restaurant thanks to its simple cooking and low prices, to such an extent that at the weekend there are several hundred guests for each sitting. The grilled cuttlefish and spare ribs with potatoes, maize on the cob and coriander mojo sauce are the best-loved dishes.*



## El Tema



**Address:** Carretera de El Socorro - El Portezuelo. Tegeste

**Telephone:** +34 922 638 250

**Comment:** *Canarian cuisine with seasonal produce, especially meat and vegetables, but also fish. Among the specialities, cod in onions and larded meat. There is great interest in the wines, especially the Canarian wines, which are served either bottled or in jugs.*



## Casa Pana



**Address:** Calle Castaños,7. Vilaflor

**Telephone:** +34 922 709 070

**Comment:** *Canarian cuisine. Market produce. Among the dishes, there is the goat's meat stew, escaldones de gofio, papas arrugadas (traditional Canarian boiled jacket potatoes), and such like. A wide range of the wines of Tenerife, including most particularly those of our own district, Vilaflor, which produces a number of fine wines.*

< 15 €
 15 - 30 €
 > 30 €
 *Approximate prices: First course, second course and dessert, without beverages.*



**El Sombrerito** 

**Address:** Calle Santa Catalina, 15, Vilaflor

**Telephone:** +34 922 709 052

**Comment:** Traditional cuisine with, among others, the popular Canarian puchero (vegetable stew) a speciality. Also known as Casa Chicho. Vilaflor, located on the way up to Mount Teide from the south, is the village at the greatest height above sea level in Spain. And its vines too are those that are grown at the greatest height above sea level.

CANARIAN MEAT CUISINE




**La Brasa** 

**Address:** Carretera General de Guaza, N°371. Buzanada. Arona

**Telephone:** +34 922 720 622

**Comment:** A restaurant offering Castilian cuisine. Specialising in roasts and meats in different preparations. There are also a number of stews from Spanish cuisine. An outstanding wine-list. Spacious dining-rooms, it is much used by local businessmen and women, in the south of Tenerife.



**La Rana** 

**Address:** Urb. Parque Santiago IV, Playa de Las Américas. Arona

**Telephone:** +34 922 752 522

**Comment:** Castilian and international cuisine, with stone cooked meats. It is a spacious restaurant, with a terrace, very well known and located in a strategic area of the holiday resort of Playa de las Américas, close to some of the most important hotels.



**Mesón Castellano** 

**Address:** Urbanización El Camisón, locales 30,39,40. Los Cristianos. Arona

**Telephone:** +34 922 796 305

**Comment:** Castilian cuisine, roasts and meat. This is a restaurant to which many local people come as well as foreign residents who are looking for traditional Spanish food, with roast suckling pig, lamb and such like. A well-stocked cellar of fine wines.



## Mesón Las Rejas



**Address:** Carretera General del Sur, s/n. La Camella. Arona

**Telephone:** +34 922 720 894

**Comment:** Castilian cuisine, roasts and meat. This is one of the best known restaurants in the south of Tenerife, specialising in Spanish traditional cuisine, suckling pig, lamb, and such like, with special attention to the raw materials. The decoration has a Spanish rustic air. A well-stocked wine-cellar.



## Bodegón Campestre



**Address:** Ctra. General de las Cañadas, Km. 7,5. La Esperanza. El Rosario

**Telephone:** +34 922 548 057

**Comment:** Speciality in barbecued meat with our own green mojo sauce. This is one of the best-known restaurants in the area. The name of "Bodegón Campestre" is due to the fact that the founder, in 1971, when he lived in Venezuela, often went to the famous Restaurante Campestre, in Maracay



## Casa Francisco Los Garrafones



**Address:** Calle Los laureles, s/n. La Victoria de Acentejo

**Telephone:** +34 922 580 124

**Comment:** Popular cuisine specialising in roast chicken and grilled meats. This is one of the restaurants of the so-called "route of meats", an area in the north of the Island where numerous establishments offering meat dishes are very busy, above all at the weekend.



## Los Braseros Criollos



**Address:** Las Chafiras, Nº35. San Miguel de Abona

**Telephone:** +34 922 735 066

**Comment:** Specialising in grilled meats and a few dishes from the Venezuelan cookbook. The braseros criollos consist of a system of roasting which is used in a number of American countries. The restaurant is located in a place which is very close to a motorway exit in the south of Tenerife.



< 15 €



15 - 30 €



> 30 €

Approximate prices: First course, second course and dessert, without beverages.



### Los 4 Postes



**Address:** Emilio Calzadilla, 5.  
Santa Cruz de Tenerife

**Telephone:** +34 922 287 394

**Comment:** Castilian cuisine with a few dishes of other regional influences from the mainland. Good produce, including ham. A busy restaurant, frequently full of local guests, especially from the immediately surrounding area of shops and offices.



### Mesón Clavijo 38



**Address:** Viera y Clavijo, 38.  
Santa Cruz de Tenerife

**Telephone:** +34 922 271 065

**Comment:** Meat and fish, both from the Islands and the Spanish mainland. The owner and chef is a Basque, with the result that the options on the menu have clear roots in the gastronomy of Euskadi, including both the traditional recipe book and more avant-garde preparations. They periodically present gastronomic meals.



### Mesón Castellano



**Address:** Callao de Lima, 4.  
Santa Cruz de Tenerife

**Telephone:** +34 922 271 074

**Comment:** Meat in Castilian style, in roasts and stews. It has accredited fame for the quality of its hams. It is located right in the centre of Santa Cruz de Tenerife, next to Plaza de Weyler and Calle Castillo, in a very busy area of both residents and holidaymakers coming to the capital of the Island.



### Los Monjes



**Address:** Paseo Milicias de Garachico 1,  
Edificio Hamilton. Santa Cruz de Tenerife

**Telephone:** +34 922 246 576

**Comment:** Castilian and Basque cuisine with very good meats. It is a classic of gastronomy based on the Spanish regional cookbook, as well as a few Canarian dishes and produce. Plenty of local people, but also visitors, due to its proximity to Plaza España.



## OTHER STYLES OF CUISINE



### Los Troncos



**Address:** General Goded, 17.  
Santa Cruz de Tenerife.

**Telephone:** +34 922 284 152

**Comment:** *Canarian and created dishes and good meats. One of the best known specialities are eggs English style. Cooking is done with market produce, with the result that the usual menu is complemented with the possibilities of the day which are quoted by the waiter.*



### El Campo



**Address:** Carretera Gral. del Norte -  
Los Naranjeros. Tacoronte

**Telephone:** +34 922 561 761

**Comment:** *Specialists in meats. Roasts and grilled meats. With rustic décor, it is one of the most accredited restaurants on the so-called "route of meat" in the North of Tenerife, as it offers a good variety of cuts which are prepared in sight of the guests. There are also other dishes of Canarian cuisine and a few fish.*



### El Sol



**Address:** Transversal General Franco,  
s/n. Los Cristianos. Arona

**Telephone:** +34 922 790 569

**Comment:** *A traditional place in Los Cristianos for French bistrot cuisine. The Poule à L'Arlesienne is one of its most famous specialities, as well as the onion soup and Quiche Lorraine. Located in the most active part of the holiday resort, it is one of the oldest restaurants around.*



### Khong-Tsha



**Address:** Avda. las Americas, 5 - Parque  
Santiago III. Playa de Las Américas. Arona

**Telephone:** +34 922 753 796

**Comment:** *Chinese cuisine, in minimalist style and with a good level. It is one of the establishments in the south of Tenerife with quality oriental food in a setting of select décor.*

< 15 €   15 - 30 €   > 30 €   *Approximate prices: First course, second course and dessert, without beverages.*



## Monkey



**Address:** Avenida las Américas, C.C. Oasis. Playa de las Américas. Arona

**Telephone:** +34 922 789 291

**Comment:** *En enjoyable restaurant with fusion cuisine. It is a place with plenty of atmosphere, especially at night, where you can try a number of different styles of cooking; anything from grilled preparations to modern creations with oriental-style sauces.*



## Casa del Vino La Baranda



**Address:** Autopista General del Norte, Km. 21. La Baranda. El Sauzal

**Telephone:** +34 922 563 886

**Comment:** *An unusual restaurant within the Tenerife Museum of Vines and Wine. This establishment, located in an old house in the island's architectural style, has a wine tasting room, in which it is possible to try different wines of Tenerife, together with boards with a number of Canarian cheeses. There is a "tasting menu" for both, which is changed often. There is also a wine shop which also sells other island produce.*



## Casa Juan



**Address:** Acentejo, 77. La Matanza de Acentejo

**Telephone:** +34 922 577 012

**Comment:** *Traditional restaurant with German cuisine and home-smoked specialities. It was one of the first restaurants on the Island to offer unequivocally German gastronomy, although without disdaining dishes of other origins. Our smoked specialities are a reference for lovers of good food.*



## El Rincón de Cereza donde María



**Address:** Calle Real 161. La Matanza de Acentejo

**Telephone:** +34 922 579 322

**Comment:** *Galician cuisine successfully carried out and the best produce, whether local or brought from Galicia. The restaurant is run by a married couple; she works in the kitchen and he waits, with the result that there is a family atmosphere, which pleases the guests.*





## Parador las Cañadas del Teide

**Address:** Las Cañadas del Teide, Parque Nacional del Teide, La Orotava

**Telephone:** +34 922 386 415

**Comment:** International cuisine with a number of Canarian specialities in an exceptional setting with views of the Mount Teide. One of the most outstanding points is the exceptional location of this restaurant as it is inside the Mount Teide National Park and in one of the areas which attracts the most visitors.



## Restaurante Victoria

**Address:** Calle Hermano Apolinar 8 (Hotel Victoria), La Orotava

**Telephone:** +34 922 331 683

**Comment:** International and signature cuisine. It is located in an old Canarian house, in the centre of one of the historical spots on the Island, the town of La Orotava. We periodically organise gastronomic days themed on certain products.



## Taoro Casa Egon

**Address:** Calle León, 5, La Orotava

**Telephone:** +34 922 330 087

**Comment:** A restaurant with the influence of simple German cuisine with excellent desserts. It is one of the most famous cake shops on Tenerife, in the historical centre of La Orotava. It has existed since 1916, although the founder, the German chef, Egon Alfred Wende, settled in Tenerife in 1914, as, at the age of 24, the ship on which he was travelling put in here and he was surprised by the outbreak of the First World War.



## La Finca

**Address:** El Monturrio, 12, Los Realejos

**Telephone:** +34 922 362 143

**Comment:** Swiss-German cuisine, with a personal touch and unusual combinations. The restaurant has already been in existence for a number of decades and has always enjoyed great prestige. The restaurant is decorated in a seafaring style although it is located in a more rural area. It prepares some classic dishes that are not so usual in other places.

 < 15 €  15 - 30 €  > 30 € Approximate prices: First course, second course and dessert, without beverages.



**El Monasterio** 

**Address:** La Montaña, 12. Los Realejos

**Comment:** International cuisine with special menus for holidaymakers. It is a complex of different rooms and activities aimed above all at visitors, developed in the open space of what was for centuries a rural family residence.



**Las Flores** 

**Address:** Calle Suiza, 5. Puerto de la Cruz

**Telephone:** +34 922 380 698

**Comment:** A pleasant setting for updated international cuisine with market produce and a few unusual combinations of sauces with fruit ingredients together with others that are absolutely classical. There are a number of dining-rooms and an attractive terrace and garden.



**Mundial 82** 

**Address:** La Marina, Nº18. La Caleta de Interián. Los Silos

**Telephone:** +34 922 840 969

**Comment:** A restaurant specialising in fish and paellas. The restaurant takes its name from the football championship held in Spain in 1982, which is one of the thematic elements of the décor, together with other allusions to the sport.



**Magnolia** 

**Address:** Avenida Márquez Villanueva del Prado, s/n. Puerto de la Cruz

**Telephone:** +34 922 385 614

**Comment:** A restaurant with Catalan cuisine, with a number of dishes in the international style. We are very careful with the produce, with periodical market suggestions. This is one of the oldest top-of-the-range establishments in this resort, maintaining a classical air.



## Peruano



**Address:** El Pozo, 18. Puerto de la Cruz

**Telephone:** +34 922 382 253

**Comment:** Popular Peruvian cuisine specialising in ceviches. Andean cooking is currently enjoying a moment of popularity all round the world, but this restaurant was one of the first to bring it to Tenerife many years ago, and has had a good response from local people and holidaymakers alike.



## The Oriental (Gran Hotel Botánico)



**Address:** Avenida Richard J. Yeoward. Puerto de la Cruz

**Telephone:** +34 922 351 400

**Comment:** Asian haute cuisine: Thai, Vietnamese, Malaysian, Indonesian, Chinese and Japanese. In the interior of the exceptional Hotel Botánico, where highly-valued works of art form part of the décor, this is one of the most outstanding oriental restaurants and especially Thai restaurants on Tenerife.



## Régulo



**Address:** Calle San Felipe, 6. Puerto de la Cruz

**Telephone:** +34 922 384 506

**Comment:** Canarian and Spanish regional cuisine. Located close to the emblematic Plaza del Charco, in an old Puerto de la Cruz building, with an unusual terrace and dining-room, it is one of the best-known and most-recommended restaurants in Puerto de la Cruz.



## Tinguaro (Hotel Tigaiga)



**Address:** Hotel Tigaiga, Parque Taoro. Puerto de la Cruz

**Telephone:** +34 922 383 500

**Comment:** International and Canarian cuisine, with good local produce, in the setting of a hotel with charm, where a very personal service is offered. The terrace is a very enjoyable place to enjoy the splendid sea views, sunsets and the Island of La Palma. The name, Tinguaro, is of Guanche origin.



### Da'Stefano



**Address:** Márquez de Celada, 45.  
San Cristóbal de La Laguna

**Telephone:** +34 922 632 387

**Comment:** Italian cuisine, specialising in salad, pizzas, risottos and well-prepared pastas. This is one of the best known restaurants for this kind of food but it also offers some dishes that are all its own and others from international cuisine. It is located in the historical part of town.



### La Hoya del Camello



**Address:** Ctra. General del Norte, 128.  
San Cristóbal de La Laguna

**Telephone:** +34 922 262 054

**Comment:** International cuisine with simple recipes and market produce. One of its specialities is its rice dishes. It is located close to Los Rodeos airport. The name refers to the fact that once camels were frequently seen being used for agricultural tasks and transport.



### Las Aguas



**Address:** La Destila, 20.  
San Juan de la Rambla

**Telephone:** +34 922 360 428

**Comment:** Fish casseroles and rice stews of different origins such as Catalanian, Valencian or Andalusian. The restaurant is in a natural setting, among the rocks at a distance of some twenty metres from the sea and close to the municipal swimming pools.



### Don Pelayo



**Address:** Benavides, 30. Santa Cruz de Tenerife

**Telephone:** +34 922 271 159

**Comment:** The cuisine of Asturias, with original produce brought directly. Good Spanish sausages. In a place which attracts many local patrons, with solid cuisine that satisfies, which includes the traditional fabada and other preparations of regional cooking which characterise the restaurant. Near the central Plaza de La Paz.



## El Corte Inglés Restaurante



**Address:** Avenida Tres de Mayo,7.  
Santa Cruz de Tenerife

**Telephone:** +34 922 549 673

**Comment:** International cuisine with seasonal menus and themed gastronomic days several times a year. It opens only at midday. Among the main attractions is its location on the top floor of the building with splendid views over much of the city of Santa Cruz, its port and the ocean.



## El Libano



**Address:** Santiago Cuadrado,36.  
Santa Cruz de Tenerife

**Telephone:** +34 922 285 914

**Comment:** Arab cuisine. The oldest of its kind in Santa Cruz de Tenerife. It has belonged for decades to the same Lebanese family that has settled in the Islands. Its gastronomy is much praised and it has for years been the most important and continuous exponent of the Arab cookbook on the Island.



## La Posada



**Address:** Calle Méndez Núñez, 61.  
Esquina a calle San Fernando. Santa Cruz de Tenerife

**Telephone:** +34 922 246 772

**Comment:** Traditional Asturian cuisine and other regional dishes. Solid and satisfying cooking, with excellent produce either from the local market or brought from Asturias. It has the style of a good tasca-restaurant and it is patronised by many local people. Close to the Almeyda Military Museum.



## Sinfonía



**Address:** El Humo, Nº2, Edificio San Carlos, local 4. Santa Cruz de Tenerife

**Telephone:** +34 922 535 350

**Comment:** Light, modern cuisine and good wines. The style of the dishes is imaginative and in many cases surprising with original servings. The restaurant is very close to the Palace of the President of the Canary Islands Government and Nuestra Señora de África Market as well as the bus station.



< 15 €



15 - 30 €



> 30 €

Approximate prices: First course, second course and dessert, without beverages.



## Tajinaste

**Address:** Avenida San Sebastián, 152. Santa Cruz de Tenerife

**Telephone:** +34 822 010 513

**Comment:** *International cuisine. The Restaurant of the "Santa Cruz" Hotel School. Themed gastronomic days and other activities are regularly held. It is very conveniently situated for football enthusiasts, only a few metres away from the stadium in which Club Deportivo Tenerife plays.*



## Donde Mario

**Address:** Carretera General del Norte, 199. Santa Úrsula

**Telephone:** +34 922 304 585

**Comment:** *tapas and raciones. Traditional and creative cuisine. There is an informal atmosphere typical of the tasca, where it is possible to find much Canarian produce, such as sausages, cheeses and such like, which the owners search out in the Canaries. There are dishes and raciones of classical cuisine, but also signature cooking. A very well-stocked cellar.*



## Víctor Cruz

**Address:** C/Plaza Curtidos Hermanos Dorta, 1. Santa Cruz de Tenerife

**Telephone:** +34 922 209 434

**Comment:** *Signature and modern cuisine, with versions of traditional dishes. This is a restaurant in the style of the ever-more-fashionable bistros gastronomiques, in which a well-known chef offers dishes in which his professional knowledge is blended with economical produce to create dishes at more accessible prices.*



## Los Limoneros

**Address:** Carretera Gral. del Norte - Los Naranjeros. Tacoronte

**Telephone:** +34 922 636 637

**Comment:** *Traditional cuisine and superb service. There is also some seafood. This is one of the favourite restaurants of the business world, which has become famous especially for its service. The menu is classical and there are few changes over time. A well-stocked wine-cellar. Close to the Tenerife Golf Club.*

## The best recipes

### PUCHERO CANARIO CANARIAN PUCHERO STEW

Although we have included it in the chapter on starters, the puchero canario, like most Spanish stews is a full meal in itself. This holds particularly true when its broth is used to prepare a starter soup and it is accompanied by a good scalded gofio escaldón.

This is undoubtedly one of the most wholesome dishes in Spain, as its contains an incredible amount of green and exotic vegetables, although naturally enough recipes vary depending on the produce available to the cook.

The recipe here is for a classic puchero, however it can be prepared in exactly the same way omitting some of the ingredients.

#### INGREDIENTES:

- Half kilo of beef.
- A nice piece of rasher
- Another nice piece of chorizo sausage, diced.
- 300 grs. of ribs (fresh or desalted).
- 3 chicken thighs cut into cachos.
- 2 cups of chickpeas (soaking since the previous night).
- 2 or 3 diced cobs of corn.
- One fistful of green beans.
- One small cauliflower, closed and cut in four.
- Some thickly sliced carrots.
- 100 grs. of pumpkin.
- 2 courgettes.
- 100 grs. of sweet potatoes.
- 4 or 5 potatoes.
- 3 locally grown pears.
- Saffron.
- Garlic.
- Salt.
- Cumin.
- Oil.

#### PREPARATION:

Place the pieces of meat with the chorizo sausage and rasher in a large pot of boiling water, with a fisco (tiniest amount) of oil.

A half an hour later, more or less, add the chickpeas and the pieces of corn on the cob. When the chickpeas and the corn begin to soften, add the mixture of green beans, cauliflower and carrots. (At this point, some people put in a bunch of herbs- thyme, bay and hortalana or mint. These should be tied so you can remove them later. This is optional and is a matter of taste).

Roughly twenty minutes later, add the pumpkin, bubango and pears. A little while after add the batatas and potatoes. Some minutes before removing the puchero from the heat, season with a majado made of saffron, garlic and cumin. This is called "templar" the puchero and is an operation that distinguishes it from other Spanish cocidos or stews.



## Mojos



The main ingredient of Mojo sauce are the islands' hot peppers.

### HOT RED MOJO SAUCE

#### INGREDIENTES:

- 6 cloves of garlic
- 1/2 teaspoon of cumin
- 1 pinch salt
- 1/2 hot pepper
- a pinch of paprika
- 3 parts oil to 1 part vinegar

#### PREPARATION:

Crush half a dozen cloves of garlic in the indispensable mortar together with half a teaspoonful of cumin and a pinch of coarse salt. When bound well, add half a hot red pepper and continue to crush. Add paprika and finish by marinating in oil and vinegar, at a proportion of three to one approximately until the desired consistency is obtained. Before adding the oil, you can add some breadcrumbs soaked in vinegar for a while. Again, it's all a matter of personal preference. Mojo picón palmero, the most famous on the Islands, is made more or less in the same way, but using peppers from La Palma, which are larger than those in the rest of the Archipelago. Before making the sauce, soak these in warm water to soften so it is easier to crush them in the mortar.

### GREEN OR CORIANDER MOJO SAUCE

#### INGREDIENTES:

- 1 pinch salt
- 1 bunch chopped cilantro
- 2 cloves garlic
- 1/2 teaspoon of cumin
- a little green hot pepper
- 3 parts oil to 1 part vinegar

#### PREPARATION:

Add a *puñadito* of salt to the mortar together with a bunch of fresh coriander, finely chopped and some cloves of garlic, and a pinch of cumin. Crush well and then add a little sliced hot green pepper and continue to work with the pestle and mortar. When a paste is obtained, add a generous dash of oil and a little less vinegar. Some add a little white wine. This is optional.



## ***JACKET POTATOES COOKED IN SEA SALT***

There are many different ways to arrugar or wrinkle potatoes. The method presented here is one of the most popular, simple and effective.

### **INGREDIENTES:**

- 1 kg potatoes
- water
- 250 gr salt

### **PREPARATION:**

Cover the unpeeled potatoes with water (seawater preferably) and add, for each kilo of the tubers, a little over a quarter kilo of salt -it doesn't matter if you use too much, as they will only absorb the salt required-. Put the pot on the stove and cover well with a clean cloth or baking paper. Then cover with the

lid. Leave the potatoes to cook for between twenty minutes and half an hour, until they are tender. Then, remove the water and drain well.

Without removing from the pot, pour another good puñado or fistful of salt over the potatoes and dry over the heat shaking the pot and tossing the potatoes for a little while or ratito as we say on the islands.



## **RABBIT IN SALMOREJO SAUCE**



One of the most well known and traditional dishes of Canarian gastronomy, which it seems originally came from Aragon, although it is here that it reached its highest and just deserved acclaim.

### **INGREDIENTS:**

- One rabbit weighing one kilo or just over a kilo.
- Coarse salt.
- 6 cloves of garlic.
- A pinch of paprika.
- One hot pepper.
- Oil.
- Vinegar.
- Bay.
- Rosemary.
- Thyme.

### **PREPARATION:**

Cut the rabbit into medium-sized pieces and place in a suitable pot with a little salt.

Crush the cloves of garlic with some coarse salt in a mortar. Add the paprika and the pepper and continue crushing. When everything is roughly bound, add a generous dash of oil and another, a little less, of vinegar. Mix well. Pour this majado onto the rabbit and turn the meat a few times to soak up the mixture. Then, wet with a glass of white wine and add a bay leaf, some rosemary and a bit of thyme.

Mix well again, and leave for a few hours (between four and twelve is recommended). Then, remove the pieces of rabbit and fry in a frying pan before transferring to another container. Pour the remaining sauce used to marinate the rabbit into the same frying pan and heat. Let the sauce rest a little before serving together with the rabbit.

## EGGS IN SAUCE

Huevos moles is an old recipe which appears with variations in many recipe books from different countries and eras. It is now one of the most representative desserts of Tenerife confectionery.

As is the case in other wine producing regions, the ever presence of egg yolks in Canarian desserts is due to the fact that the egg white is used to clarify wine and the egg yolk byproduct is then almost always used in confectionery.

### INGREDIENTS:

- Half kilo of sugar.
- 20 egg yolks.
- 100 cl. of water.
- Cinnamon sticks.
- The rind of one lemon.

### PREPARATION:

Make a thick syrup with the water, sugar, cinnamon and the lemon rind. When thick strands are formed, remove from the heat and leave to cool. Remove the cinnamon and the lemon rind. Whisk the egg yolks well, adding them to the syrup, a spoonful at a time, stirring well. If necessary, place on a low heat, stirring constantly, to thicken. Do not allow it to boil. Pour into glass dessert bowls and chill.





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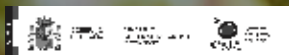


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