

A stylized logo featuring a rainbow-colored knife and spoon crossed at their handles. The knife handle is blue and green, while the spoon handle is yellow and red. Both have circular loops at the ends.

RAINBOW

R E S T A U R A N T

Gran Canaria



YOU ARE VERY WELCOME



...dear guests and friends of Rainbow!

Since 2003, the Rainbow has been up on Avenida de Tirajana as a bistro and café for 15 years and has been here in Tinache since 2018 as a beautiful restaurant with a great terrace.

All of our dishes are freshly prepared inhouse.

It can take a while when many guests come at once! We are only human too, mistakes can happen, so please, do not hesitate to point out to us, we will surely find a solutions.

With this in mind, I wish you a great stay at Rainbow... and enjoy your meal!

Your Rüdiger and his team!



WEEKLY SPECIALS



From 18:00

incl. I.G.I.C.

Monday

Gyros, coleslaw, fries and tzaziki

16,90 €

Tuesday

Veal liver, apple and onion, with mashed potatoes and sauce

16,90 €

Wednesday

Spareribs with fried and salad

18,90 €

Thursday Day off

Friday

Entrecote steak with fried onions or

24,90 €

pepper sauce, fried potatoes and salad

Homemade fried fish, remoulade, salad

with french fries

18,90 €

with pan-fried potatoes

19,90 €

Saturday

Stuffed peppers with rice

16,90 €

Baked pork fillets with fries and salad

19,90 €

Sunday Day off

STARTERS AND TAPAS

incl. I.G.I.C.

Garlic bread	3,30 €
Bread with alioli	3,30 €
Garlic bread with tomatoes and cheese	4,90 €
Bruschetta	5,90 €
Warm cheese sticks with marmalade (<i>Tequeños</i>)	8,50 €
4 small Camembert with marmalade	8,50 €
Baked cheese with jam	9,90 €
Prawns in garlic oil	14,90 €
Small side salad	3,80 €
Fresh sausage salad	11,90 €
Fresh sausage salad with cheese	12,90 €
8 bacon wrapped dates	6,90 €
Potatoes with mojosauce	6,90 €
Pimientos del padrón	6,80 €
Fresh tomato soup	6,50 €
Fresh broccoli soup	6,50 €
Chorizos (fried spanish Salami)	6,80 €
Hand-cut beef tartare, about 150g	19,90 €



Paella

Meat only

Fish only

Mixed

p.P. 18,00 €

p.P. 22,00 €

p.P. 20,00 €



Paella Negra

Meat only

Fish only

Mixed

p.P. 20,00 €

p.P. 24,00 €

p.P. 22,00 €

ALLERGEN INFORMATION

We inform our clients that this establishment serves food that may contain allergens as ingredients. For any clarification please contact our staff.



GLUTEN
GLUTEN
GLUTEN



CRUSTÁCEOS
CRUSTACEANS
KREBS



HUEVOS
EGGS
EIER



PESCADO
FISH
FISCH



APIO
CELERY
SELLERIE



MOSTAZA
MUSTARD
SENF



SESAMO
SESAME
SESAM



SULFITOS
SULFITES
SULFITE



CACAHUETES
PEANUTS
ERDNUSS



SOYA
SOY
SOJA



LECHE
MILK
MILCH



NUECES
NUTS
NÜSSE



LUPINO
LUPINE
LUPINE



MOLUSCOS
MOLLUSCS
MUSCHELN



PROPÓLEOS
PROPOLIS
PROPOLIS



MAÍZ
CORN
MAIS

MAIN COURSES

incl. I.G.I.C.

Cordon Bleu with fries and salad	18,90 €
Cordon Bleu special with fries and salad (Stuffed with tomatoes and mozzarella)	19,90 €
Cordon Bleu extra with fries and salad (Extra cheese eratinated)	19,90 €
Farmer-style Cordon Bleu with fried egg, fried potatoes, and salad (with fried bacon)	23,90 €
Chicken cordon bleu with fries and salad	19,90 €
Escalope with fries and salad	16,90 €
Escalope with 2 fried eggs, fries and salad	18,50 €
Escalope Hawaii with Pineapple	18,90 €
Chicken escalope with fries and salad	16,90 €
Chicken breast with herb butter, fries and salad	16,90 €
Sliced chicken peppers with rice and salad	17,90 €
Sliced curry chicken with pineapple, rice and salad	17,90 €
Curry sausage 180g with fries	12,90 €
Beef roulade with boiled potatoes and red cabbage	18,90 €
Beef goulash with rice or potatoes	18,90 €
Filet strips with rice and fresh vegetables	28,90 €
Fillet steak with side dish 200 - 350g	32,90-39,90 €
Surf and Turf, steak with prawns 250g	39,90 €
Chateaubriand (2 pers) with fried potatoes, vegetables or Salat 550 - 700g	75,00-99,00 €
Rainbow grill plate with vegetables or salad (Beef, pork, chicken, bacon, chorizo)	36,90 €
For 2 people	65,90 €

PASTA DISHES

incl. I.G.I.C.

Baked pasta bolognese with cheese	16,90 €
Spaghetti di Mare with seafood	19,90 €
Spaghetti bolognese tomato mincemeat sauce	15,90 €
Spaghetti carbonara with ham and cream	16,90 €
Spaghetti de LUX with king prawns, salmon and garlic	23,90 €
Spaghetti with chicken in soya sauce	16,90 €

VEGETARIAN DISHES

Vegetarian spaghetti with vegetables	15,90 €
Fresh vegetables with curry and rice	15,90 €

FISH

Breaded fish fillet with frites and salad	18,90 €
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SAUCES AND SIDE DISHES

Ketchup, Mayonnaise, Mustard	0,50 €
Herb butter	1,50 €

Fresh Sauces	
Pepper, Mushrooms sauce, Holland sauce	3,30 €

French fries small - large	4,50 - 5,90 €
Fried potatoes small - large	2,80 - 5,90 €

MAIN COURSE SALADS

incl. I.G.I.C.

Mixed salad 12,90 €

(Tomatoes, cucumber, peppers, corn and lettuce)

Mixed salad 15,90 €

with tuna fish

Hawaiian salad 15,90 €

with fruits

Rainbow salad 18,90 €

with chicken breast and cheese

Salad de Luxe 20,90 €

with roasted prawns and salmon

Salad avocado 20,90 €

with avocado and prawns

Chocolate cake 7,90 €

with a liquid heart and vanilla ice cream

Homemade tiramisù 8,90 €

Fresh homemade crêpes 8,90 €

with chocolate or strawberry cream and vanilla ice cream

Mixed cup of ice cream 8,90 €

**Lemon ice cream with Ramazzotti and
whipped cream** 8,90 €

WINE & SPARKLING WINE

incl. I.G.I.C.



Separate wine card

Please ask for it

White Wine

	Glass	Bottle
(orquestra) Chardonnay	5,00 €	18,90 €
(orquestra) Verdejo Sauvignon Blanc	5,00 €	18,90 €
(Aleman Rheinessen) Riesling semi-dry	7,90 €	27,90 €
(España) Vega Eslora Sues / Semidulce	5,00 €	18,90 €

Rose

	Glass	Bottle
(Rioja) Marques de Atillo Fruchtig	5,00 €	18,90 €
(Portugal) Mateus with slightly sparkling		18,90 €
(Gran Canaria) Las Tirajanas		28,90 €

Red Wine

	Glass	Bottle
(orquestra) Cabernet Sauvignon	5,00 €	18,90 €
(Rioja) Marques de Atillo		18,90 €
(Rioja) El Coto Crianza		26,90 €

Sangria

1 Liter	16,90 €
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Sparkling wine

	Glass	ontherocks	Bottle
House Sparkling wine	4,00 €	4,20 €	15,90 €
Freixenet Sparkling wine			26,00 €
Small Sparkling wine		200 ml	6,90 €

Champagne

	Bottle
House Champagne	44,90 €
Champagne Veuve Cliquote	89,00 €
Champagne Moet & Chandon	79,90 €

Beer

Viva Pils 0,3l	2,90 €
Viva Pils 0,5l	4,80 €
Weizen 0,5l	5,50 €
Weizen without alcohol 0,5l	5,50 €
Fl. Tropical 0,25l	2,50 €

Soft Drinks

Coca Cola 0,35l	3,50 €
Fanta Orange 0,35l	3,50 €
Fanta Lemon 0,35l	3,50 €
Spezi 0,5l	6,00 €
Sprite 0,35l	3,50 €
Tonic 0,33l	3,00 €
Ginger Ale	3,00 €
Red Bull 0,25l	3,50 €
Ice Tee 0,35l	3,00 €
Appletiser 0,275l	3,00 €
Sparkling water 0,33l	3,00 €
Still water 0,33l	3,00 €

Fresh Juice

Orange juice	3,50 €
Spritzer Orange juice 0,5l	6,00 €
Apple juice	3,50 €
Spritzer Apple juice 0,5l	6,00 €

Hot Drinks

Coffee	2,80 €
Coffee with milk	3,20 €
Cappuccino	3,50 €
Espresso	2,50 €
Cortado	2,80 €
Decaffeinated coffee	2,80 €
Carajillo	5,00 €
Ice Coffee	4,90 €
Irish Coffee	6,00 €
Tea / Tea with Rum	2,50 / 5,00 €
Latte macchiato	5,50 €
Hot chocolate 0,35l	4,00 €

Longdrinks

Bacardi	8,00 €
Gin	8,00 €
Gin Marke	9,00 €
Vodka	8,00 €
Vodka Absolut	9,00 €
Vodka - Red Bull	9,00 €
Brandys (Magno Veterano)	7,50 €
Campari	8,00 €
Ron Arehucas	7,50 €
Pernod	7,50 €
Martini	7,50 €
Martini Solo	5,00 €
Malibu	8,00 €
Aperol Spritz ca. 6cl	7,50 €

Brandy Cognac Rum Whiskey

103	5,00 €
Asbach	6,00 €
Havana	5,00 €
Havana 3 / 7 Años	7,00 €
100 Pipers	6,00 €
Four Roses	6,00 €
Ballantines	6,00 €
J&B	6,00 €
Johnnie Walker Red	6,50 €
Johnnie Walker Black	7,50 €
Jim Beam	6,00 €
Jack Daniels	7,50 €
Southern Comfort	6,00 €
Chivas Regal	8,50 €
Carlos I	8,50 €
with soft drink	+2,50 €

Shots 2cl

All except	2,50 €
Fernet Branca Menta	3,00 €
Jägermeister	3,00 €
Obstler, Grappa	3,50 €

RAINBOW

R E S T A U R A N T

CELEBRATE WITH US YOUR

Birthday party, wedding, Christmas party, etc.

Rainbow Restaurant
Avenida de Bonn, 23
Apart. Tinache, Playa del Ingles
35100 Las Palmas de Gran Canaria

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 +34 649 738 483



OPENING HOURS:

Mon. -Sat. 13:00 to 22:30

(Kitchen open until 21:30)

Thursday and Sunday CLOSED