



# Menú



# Welcome to Hayaty!

The name *Hayaty*, which means "my life" in Arabic, reflects the heart and soul of our restaurant. Here, you will find not only a place to eat but a family dream come true.

We invite you on an unforgettable culinary journey, where authentic Moroccan cuisine comes to life. Each dish we serve is prepared with fresh local ingredients and spices brought directly from Morocco, offering an experience full of flavor and tradition.

At the heart of it all is my mother, Fátima, our extraordinary chef, whose culinary gift has been passed down through generations. Thanks to her passion, every dish becomes a true work of art.

With a dedicated and passionate team that loves Moroccan cuisine and hospitality, we have created a space where every visit turns into a celebration. At Hayaty, you will be welcomed as if you were at home, in a warm and inviting atmosphere, while you enjoy flavors that evoke memories and stir deep emotions.

*Hayaty* is more than just a restaurant; it is a cultural and gastronomic experience that will transport you directly to Morocco, without leaving Tenerife. Every detail is carefully designed to immerse you in our rich heritage and make you feel like part of our family.

**Welcome to our family, welcome to Hayaty!**

## Allergenics

**ALL OUR PRODUCTS MAY CONTAIN TRACES OF THE 14 INGREDIENTS NUMBERED ALLERGENS IN THE REGULATION (EU) n°1169 / 2011. Please consult our staff**



We cannot totally exclude an accidental presence of others allergenic ingredients in our food, which may appear due to contamination crossed during its elaboration or manipulation

# Starters

Hayat



## Homemade Moroccan Bread



Made with wheat flour and fine semolina,  
baked in a traditional oven.

Perfect to accompany your dishes or enjoy alone.

1,50

### Mixed Cream

A unique combination of Zaaluk, Taktuka, and sautéed carrots. A trio of Moroccan flavors presented in a smooth, flavorful cream

12.00

### Zaaluk

Delicious roasted eggplant cream with tomatoes and spices, perfect for spreading on bread or as a dip for vegetables.

7.50

### Taktuka

Roasted and sautéed red and green peppers with olive oil and spices. Ideal for sharing.

7.50

### Sautéed Carrots

A light and healthy side dish, sautéed with a Moroccan spice dressing

7.00

### Briwat

#### Crispy Pastry Triangles and Rolls

##### • Chicken

Filled with chicken and caramelized onion



9.00

##### • Seafood

Filled with Asian noodles, mushrooms, and seafood.



9.90

##### • Spinach and Ricotta

Filled with fresh spinach and ricotta cheese, served with a touch of honey and sesame



8.90

##### • Kafta

Filled with seasoned minced beef, fresh peppers, olives, and vegetables.



8.90

### Rolls

#### Crispy pastries

##### • Potato

Crispy pastries filled with natural mashed potatoes and cheddar cheese, with a touch of Moroccan spices.



9.00

##### • Cheese

Pastry filled with cheese, honey, and almonds, a sweet and crunchy touch.



9.00

### Mixed Starter

Variety of our most popular starters:

Lentils, taktuka, briwat, potato and cheese rolls, carrots, and Moroccan salad. Ideal for sharing between two people.



18.00

# Salads

<b>House Salad</b>	Tomato, onion, pepper, corn, hard-boiled egg, tuna, and black olives. A fresh and complete salad.	 8.50
<b>Moroccan Salad</b>	A fresh combination of cucumber, tomato, onion, and parsley, dressed with lemon juice, extra virgin olive oil, and a touch of black pepper.	7.00

# Soups

<b>Harira</b>	Harira Traditional Moroccan soup with high energy content, made with vegetables, legumes, and meat (option with or without meat).	7.95
<b>Baysara</b>	A smooth and tasty cream of peas and fava beans in the Tangier style, with a touch of cumin and olive oil.	7.50
<b>Lentils</b>	Slow-cooked with vegetables and house spices, a nutritious and comforting option.	7.95
<b>Moroccan Beans</b>	White beans cooked with spices and aromatic herbs. A traditional Moroccan dish that will transport you to North Africa.	7.50

# Pastela



The chicken pastela is a traditional Moroccan dish that combines sweet and savory flavors in a delicious layer of pastry. Filled with tender chicken, caramelized onion, toasted almonds, and seasoned with cinnamon and orange blossom water, this specialty offers a unique and exquisite culinary experience.



(Due to high demand and complex preparation, it sells out quickly. We recommend reserving in advance.)



We also have food to order  
for you to take home.



# Tajines



Our tagines are traditional Moroccan dishes, slow-cooked in a clay pot that preserves and enhances the flavors. Each tagine combines tender meats or fresh vegetables with a rich blend of spices and dried fruits, creating an authentic and delicious culinary experience.

## Kafta



Minced beef seasoned with Moroccan spices, cooked with natural crushed tomato and topped with a poached egg. A traditional dish full of authentic flavor

14.50

## Shrimp



Peeled and juicy shrimp, slowly cooked in a rich natural tomato sauce, garlic, and a special blend of Moroccan spices.

13.95

## Beef with Prunes



Slow-cooked beef with caramelized prunes, quail eggs, crunchy almonds and sesame.

15.95

## Beef with Vegetables

Slow-cooked beef with a variety of fresh vegetables. A healthy and flavorful dish.

16.50

## Slow-Cooked Lamb

Slow-cooked lamb with seasonal vegetables. A traditional Moroccan dish you will love.

23.00

## Lamb with Prunes



Slow-cooked lamb with prunes and spices. An irresistible sweet and savory dish

22.00

## Kafta Lamb

Minced lamb seasoned with Moroccan spices, slow-cooked with potatoes and olives. A traditional dish full of authentic and exquisite flavors.

17.00

## Chicken with Vegetables

Slow-cooked chicken with seasonal vegetables. A light and healthy dish perfect for any occasion.

13.50

## Chicken with Onions and Raisins:



Tender chicken slow-cooked with caramelized onions and raisins, bathed in a rich sauce and topped with toasted almonds.

12.50

## Vegetarian



A selection of seasonal vegetables slow-cooked in their own juice.

A tasty and nutritious dish for vegetarians and vegans.

11.50

# Couscous



Our Moroccan couscous is an iconic dish, made from steamed wheat semolina and accompanied by tender meats such as chicken, beef, or lamb, cooked with aromatic spices. It is served with a variety of fresh vegetables and, in some versions, enriched with raisins and caramelized onion for a sweet touch. A traditional delight that captures the essence of Morocco.

## Chicken

- with a mix of vegetables 13,95
- with **raisins and caramelized onion** 13,50
- **Royal** 15,50

## Beef

- with a mix of vegetables 15,00
- with **raisins and caramelized onion** 14,50
- **Royal** 16,50

## Lamb

- with a mix of vegetables 20,00
- with **raisins and caramelized onion** 20,00
- **Royal** 22,00

## Vegetariano

- Carrot, pumpkin, zucchini, red peppers, potatoes, and chickpeas 13,00
- **Royal** 14,00



# Desserts



## Artisanal Homemade Pastries

Enjoy our artisanal homemade pastries, which vary based on the day's inspiration



### Lemon Cream Dessert

A refreshing homemade lemon cream dessert with a cookie base. Perfect for ending your meal with a sweet touch.



**Moroccan Green Tea with Mint**

3,80

**Moroccan Black Tea with Mint**

3,80

**Espresso**

1,25

**Macchiato**

1,50

**Coffee with Milk**

1,80

**Cappuccino**

2,00

**Moroccan Coffee**

2,90



# Beverages

**Homemade Lemonade with Orange Blossom Water**

1 litro 7,50  
1/2 litro 4,00

**Iced Tea** (Green, Red Fruit o Jasmine)

3,50

**Softdrinks**

2,75

- Coca-Cola • Fanta • Sprite •
- Acuarius • Nestea •
- Appletiser •

