



ENGLISH



The establishment cannot guarantee the absence of traces of allergens contained within these dishes. if you are allergic or intollerant to any of the ingredients listed in the table below, please ensure that you contact one of our staff for more information.

DISH NAME

List of allergens according to regulation (EU) 1169/2011

Contiene alérgenos

	Gluten	Milk	Eggs	Molluses	Crustaceans	Fish	Mustard	Soya	Tree nuts	Peanuts	Lupine	Sesame	SO2	Celery
Wrinkled potatoes served with traditional mojos (Canarian sauces)													✓	
Breaded smoked cheese from Lanzarote with carrot jam	✓	~	~					~						
Crispy octopus with sweet potato and mojo rojo	✓	✓	~	~	✓	<u> </u>		~					~	
Creamy croquettes of local fish served with banana sauce	✓	~	~	<u> </u>	<u>~</u>	~	<u> </u>	~					~	<u>~</u>
Chicken balls on delicias sauce	~	~	~				~	~				~	\checkmark	~
"Jameos Salad" Assorted fruits, lettuce and canary tomato		✓	~										~	
Sauteed noodles with sitake mushrroms and vegetables	✓							~						
Traditional Spanish omelet with vegetable garnish			\checkmark	<u>~</u>	<u>~</u>	~		~						
Vegetable cream with homemade bread crust	~	<u> </u>	<u>~</u>				<u> </u>	✓	<u>~</u>		<u> </u>			
Grilled fillet of wreckfish, served with mojos, salad bouquet and potatoes				<u> </u>	✓	~							<u>~</u>	
Grilled squid with mixed salad and wrinkled potatoes				✓	<u>~</u>	<u>~</u>							<u>~</u>	
Fried squid with mixed salad and wrinkled potatoes	<u>~</u>			~	<u>~</u>	<u> </u>		~					<u>~</u>	
Entrecôte in our special Peasant Sauce	✓	~	\checkmark			~		~	<u>~</u>				~	
Entrecot with smoked cheese sauce	✓	~	✓					✓	<u>~</u>				<u>~</u>	
Slow cooked pork with sweet potato purée and local vegetables	~	~	~					~	~				~	
Grilled local vegetables									~					
Mushroom risotto with coconut curry	✓								~	✓				

































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	Gluten	Milk	Eggs	Molluscs	Crustaceans	Fish	Mustard	Soya	Tree nuts	Peanuts	Lupine	Sesame	Sulphites	Celery
Fruit salad														
Breaded chicken breast (children)	~	~	✓				✓	~						~
Spaghetti bolognese (children)	~	~	~			~		✓	<u>~</u>				~	
Ice cream ball with vanilla		~	<u> </u>					<u> </u>	<u>~</u>	<u>~</u>				
Canarian Bienmesabe* with vanilla ice cream egg	<u>~</u>	~	~					<u>~</u>	~	<u>~</u>				
Crunchy chocolate mousse on Northland	~	~	~					~	~	<u>~</u>		~	✓	
Ice cream sundae with two scoops (chocolate,	<u>~</u>	~	<u> </u>					<u>~</u>	<u>~</u>	<u>~</u>				
Chocolate cake with vanilla ice cream	<u>~</u>	~	~					~	~	<u>~</u>				
Banana and toffee cheescake	✓	~	✓					~	~	<u>~</u>		<u>~</u>	<u>~</u>	
"Insólita" experience (children)	~	~				~							~	
"Insólita" experience (adults)	~	~				~							~	
Ham and cheese sandwich	~	~					<u>~</u>	~	<u>~</u>			~		
Sandwich of iberian ham, tomato and virgin olive oil	~	~					<u>~</u>	✓	<u>~</u>			~		
Lanzarote Goat cheese, tomato and oregano baguette	~	~	~				~	<u>~</u>	<u>~</u>			~		
Cookies	~	~	~					~	<u>~</u>					
Donuts	~	~	~					~	<u>~</u>					
Muffins	~	~	✓		<u> </u>	<u>~</u>		~	<u>~</u>			<u>~</u>	<u>~</u>	
Smoothies	\checkmark	<u>~</u>	<u> </u>		<u>~</u>	<u>~</u>		<u>~</u>	<u>~</u>	\checkmark				
Gluten-free bread and butter service		~												

































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DISH NAME - JAMEOS NOCHE

List of allergens according to regulation (EU) 1169/2011





SO2

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Smoked Lanzarote cheese royale,gofio	Gluten	Milk	Eggs	Molluscs	Crustaceans	Fish	Mustard	Soya	Tree nuts	Peanuts	Lupine	Sesame	Sulphites	Celery
and guava	Y	Y					Ш						Ш	
Roasted potato cream with stewed squid in its ink	~	~		~	<u>~</u>	~							~	
Confit grouper with local vegetables and boiled mojo sauce				<u> </u>	<u>~</u>	~							~	
Lime-lemon sorbet		<u> </u>	<u>~</u>					<u>~</u>	<u>~</u>	<u>~</u>				
Beef tenderloin with shiitake mushroom sauce and a smoty touch	<u>~</u>	~	<u>~</u>					<u>~</u>	<u>~</u>				~	
Lanzarote Volcano	✓	~	~				<u>~</u>	~	~	<u>~</u>		<u>~</u>	~	~
Bread service	✓	~	~				~	~	~		~			
Cold beetroot and apple cream														
Tomato and anise salad								~						
Fruit Sorbet (pineapple - papaya - orange)														
Wild asparagus and mushroom risotto served with coconut milk, curry and toasted pine nuts	✓								✓	~				
Roasted eggplants with chickpeas and red mojo sauce													~	
Fruit salad														
Vegan bread service	~	~	/				~	~	~		~	~		
Profiterole filled with guava	✓	~	~											
Fish croquettes	✓	~	~	<u> </u>	<u> </u>	~	✓	✓				~	✓	~
Grilled fish fillet	~			~	~	~							~	
Breaded chicken fillet or grilled chicken fillet	~	~	✓				~							~
Crunchy chocolate mousse on nothern soil	<u>~</u>	~	~					~	~	<u>~</u>		<u> </u>	<u>~</u>	
Bola de helado de vainilla		~	~					~	<u> </u>	<u> </u>				



































