



Lista de Alérgenos  
List of Allergens



The establishment cannot guarantee the absence of traces of allergens contained within these dishes. If you are allergic or intolerant 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



Dish Name	Gluten	Milk	Eggs	Molluscs	Crustaceans	Fish	Mustard	Soya	Tree nuts	Peanuts	Lupine	Sesame	Sulphites	Celery
Bread Service	✓	✓	✓	□	□	□	✓	✓	✓	□	✓	✓	□	□
Fermina cheese platter	✓	✓	□	□	□	□	✓	□	✓	□	□	✓	□	✓
Smoked salmon platter with avocado tartar sauce	✓	□	✓	□	□	✓	✓	✓	✓	□	□	✓	✓	✓
Smoked tuna platter	✓	✓	✓	✓	✓	✓	✓	✓	✓	□	✓	✓	□	□
Smoked swordfish platter	✓	✓	✓	✓	✓	✓	✓	✓	✓	□	✓	✓	□	□
Wrinkled potatoes with Fermina mojo sauces	□	□	□	□	□	□	□	□	□	□	□	□	✓	□
Fermina ceviche	□	□	✓	✓	✓	✓	✓	□	□	□	□	□	✓	✓
Chickpea hummus	✓	✓	□	□	□	□	□	✓	□	□	□	✓	✓	□
Canarian smoked octopus	□	□	□	✓	✓	✓	□	□	□	□	□	□	✓	□
Saharan squid with sautéed vegetables	✓	□	□	✓	✓	✓	□	✓	□	□	□	✓	□	□
Cherne fish with sweet potato purée	✓	□	□	✓	✓	✓	□	□	□	□	□	□	✓	□
Homemade fillet slices with sautéed potatoes	□	✓	✓	□	□	□	✓	□	□	□	□	□	✓	✓
Fermina confit pork	□	□	□	□	□	□	□	□	□	□	□	□	✓	□
Lanzarote chicken breast	□	✓	✓	□	□	□	□	□	□	□	□	□	✓	□
Mojo service	□	□	□	□	□	□	□	□	□	□	□	□	✓	□
Eggplant Millefeuille	□	□	□	□	□	□	□	□	□	□	□	□	✓	□
Chicken Fingers with French Fries	✓	□	✓	□	□	□	□	□	□	□	□	□	□	□
Coconut Milk Rice Pudding with Caramelized Mango	✓	✓	□	□	□	□	✓	□	✓	✓	□	✓	□	✓
Chocolate Mousse	✓	✓	✓	□	□	□	□	✓	✓	□	□	□	□	□

### Baguettes

Whole grain and seed bread contain gluten, sesame, soy and traces of peanuts, eggs, milk, soya, tree nuts and mustard.

Iberico baguette (cured ham with tomato and olive oil)	✓	□	□	□	□	□	□	✓	✓	□	□	✓	□	□
My Land Baguette (roasted pork spread tomato, fresh cheese and roasted pepper)	✓	✓	✓	□	□	□	✓	✓	✓	□	□	✓	✓	✓
Campesino baguette (Zucchini, eggplant, fresh country cheese, tomato, and oregano)	✓	✓	✓	□	□	□	✓	✓	✓	□	□	✓	✓	✓
Norwegian baguette (Smoked salmon with fresh cheese, avocado, tomato, capers, and pickles)	✓	✓	✓	□	□	✓	✓	✓	✓	□	□	✓	✓	✓

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ENGLISH

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DISH NAME

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Toasts

Tostadas with Olive Oil and Tomato, House Style	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Tostadas with Olive Oil, Tomato, and Avocado	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Tostadas with Olive Oil, Tomato, Avocado and Fresh Cheese	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Tostadas with Olive Oil, Tomato, Iberico Ham, and Avocado	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Sandwich

Ham and Cheese Sandwich	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Snacks

Stuffed olives drizzed with a spicy Canarian sauce	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Apple pie	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chocolate cake	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Juices

Orange Juice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mediterranean Juice: (Orange and Carrot)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lanzarote Juice: (Orange, Papaya, Indian)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Brunch

Sweet gofio ball with almogrote mayonnaise and crispy sweet potato yolk	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Assorted bread and pastries	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Cheese and Iberian ham platter	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Bowl of fresh fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bowl of fresh fruit with yogurt and granola	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bagel with arugula, salmon, cream cheese, capers, and truffle	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Toast with arugula, fresh cheese, roasted pork leg, dried tomato, and quince	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Wrap with arugula, guacamole, and grilled vegetables	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Centros de Arte,  
Cultura y Turismo  
Cabildo de Lanzarote