

Lista de Alérgenos List of Allergens





























ENGLISH

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DISH NAME

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

	محلار		\bigcirc	W		* **		P					SO2	
Garden Salad	~												~	
"Monument" salad with lettuce, cherry tomatoes, fresh pineapple, papaya, cream cheese, guacamole and strawberry vinaigrette		~	~										~	
Tomatoes and fresh goat's cheese served with garlic oil and oregano		~	~											
Our Canarian boiled salted potatoes served with mojo sauces													~	
Garlic shrimp with mushrooms				<u>~</u>	~	<u> </u>							~	
Cheese board of Lanzarote cheeses, fig confit and our sweet maize meal	~	~	~				<u>~</u>	~	~	<u>~</u>	<u>~</u>	~		
Legume stew of the day with cheese and maize meal side dish	<u>~</u>	~	~				<u> </u>	<u> </u>	~	<u> </u>			~	
Sweet corn and wheat broth with cheese and maize meal side dish Fried cheese with cactus	<u>~</u>	V	~	<u>~</u>	<u>~</u>	<u>~</u>	<u>~</u>	<u> </u>	~	<u>~</u>			<u> </u>	
jam Blanched maize meal	V	<u>~</u>	<u>~</u>	<u> </u>	<u> </u>	<u>~</u>		<u>~</u>						
with Lanzarote onion Homemade sea bass	✓			Y	Y	Y							Y	
croquettes served with coriander mayonnaise Lanzarote style omelette	<u>~</u>	~	✓	_	<u>~</u>	Y	_	<u>~</u>					<u>~</u>	<u>~</u>
with onion and wreckfish Scrambled egg with			✓			✓		~	П				П	
potato, boletus and shrimp	~		~	✓	✓	✓							~	
Roast baby octopus with green "mojo"				✓	✓	✓							~	
Octopus stew with mojo and "papas arrugadas"				✓	<u> </u>	✓		~					~	
Traditional sancocho fish boiled served with sweet potato, potatoes and pella de gofio	<u>~</u>			<u>~</u>	<u>~</u>	✓							~	
Coastal noodles with traditional stew with local fish	~			~	~	~							<u>~</u>	
Coastal rice with traditional stew with local fish	~			✓	~	✓							~	
"Monument style" local fish and seafood fritters	~	~	~	~	~	~	<u>~</u>	~					~	<u> </u>
Grilled wreckfish steaks with salad and boiled potatoes	<u>~</u>	~	~	✓	✓	✓	✓	~				~	✓	~
Deep fried or grilled Saharan squid served with Canarian boiled salted potatoes and salad	~			✓	<u>~</u>	<u>~</u>		✓						
Grilled Saharan squid served with Canarian boiled salted potatoes and salad				~	<u>~</u>	<u>~</u>								
Seasonal fish				<u> </u>	<u>~</u>	✓							✓	

































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	باللا		\odot	W		* **		O					SO2	
Goat's meat stew traditional recipe	~		✓			~	<u>~</u>	✓	~			<u>~</u>	~	<u>~</u>
Boiled ribs served with potatoes, cabbage and corn on the cob served with a traditional pounded														
Lightly grilled sirloin in our special "Monument Sauce", with Lanzarote vegetables and potato wedges	✓	✓	~					<u>~</u>	<u>~</u>				✓	
Pork sirloin with boletus and date sauce, with vegetables and our special De la Villa potato and cheese pie	✓	✓	~					~	~				✓	
Confit of pork with Geria wine sauce, local yellow sweet potato purée and Lanzarote vegetables	~	~	~					<u>~</u>	<u>~</u>				✓	
Crunchy chicken stuffed with ham and cheese, served with mushrooms, local sautéed vegetables and "papas arrugadas"	~	✓	~				<u>~</u>	~	<u>~</u>				~	
Leg of rabbit in "salmorejo" with local yellow sweet potato purée and Lanzarote sautéd vegetables	~	✓	~					~	<u>~</u>				~	
Breaded chicken with chips	~						~							~
Spaghetti with tomato sauce	~	~	~											
Spaghetti with Bolognese sauce	~	~	~			✓		~	~				~	
Grilled wreckfish steak with chips				/	<u> </u>	~								
Typical Lanzarote pancakes "Torrijas Conejeras" served with palm honey syrup and toasted cornmeal ice-cream	✓	~	~				<u>~</u>	<u>~</u>	<u>~</u>	✓	✓		~	<u>~</u>
Chocolate Monument (Mousse of three chocolates)	<u> </u>	~	<u>~</u>					~	~					
"Lanzarote Vulcano" Canarian bienmesabe	~	~	~	~	~	~	~	~	~	~	~	~	~	~
creamy almond dessert with vanilla ice cream	~	~	~					~	~	~				
Grandma's cake	~	~	~			~	~	~	~	~		~	✓	~
Our Frangollo	\checkmark	✓	~						/	~				
Our home made dried fruit tart with locally sourced honey, accompanied by lemon and mint sorbet	<u>~</u>	✓	~					<u>~</u>	~	<u>~</u>				
Alomogrote (cheese paté) sauce	✓	~				✓		~	<u>~</u>				~	
Bread, salt from Janubio, olive oil, dried tomato pate	<u>~</u>	~	~				<u> </u>	<u>~</u>	~	<u>~</u>	<u>~</u>	<u>~</u>		
Gluten-free bread and butter service		<u>~</u>												































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Sea Bass chunks with boiled potatoes in a spicy boiled canarian sauce				<u>~</u>	<u>~</u>	✓							~	
Canarian-style boiled potatoes with canarian spicy sauce													~	
Sweet canarian toasted corn meal from La Molina de San Bartolomé with fresh cheese, banana, palm honey and crispy almond	<u>~</u>	~	~						✓	<u>~</u>				
Stuffed olives dizzled with a spicy canarian sauce													~	
Fresh goat's cheese with olive oil		~	~											
Seasoned hake roe served with a vegetable vinaigrette				~	<u>~</u>	~							~	
Chilled local canarian fish and octopus salad	~	~		~	~	~		~					~	
Sea Bass chunks with boiled potatoes in a spicy boiled canarian sauce	✓	~	~		<u>~</u>	✓	✓	<u>~</u>	<u>~</u>				~	
Homemade pork meatballs	~	~	~		<u>~</u>		~	<u>~</u>	<u>~</u>				✓	<u>~</u>
Jable-grown chickpeas served with pork, salt ribs and chorizo sausage	~	~	✓				✓	✓						
Ham and cheese baguette	✓	~	✓				<u>~</u>	✓	✓			✓		
Grilled soft goat's cheese baguette with canarian tomato slices	✓	~	~				<u>~</u>	<u>~</u>	<u>~</u>			<u>~</u>		
Glazed lemon sponge cake	~	~	~					~						
Traditional anisette flavoured rings	✓	~	~		~	~		~	~	~				
Smoothies	✓		✓		✓	~		✓	~	~				
Local vegetable grill Wild asparagus and mushroom risotto served with coconut														
Fruit salad														
										Contains		May conta	•	





















