



MIRADOR DEL RÍO

Lista de Alérgenos
List of Allergens



Centros de Arte,
Cultura y Turismo
Cabildo de Lanzarote

ENGLISH

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
Ham and cheese baguette	✓	✓	✓	□	□	□	✓	✓	✓	□	□	✓	□	□
Soft cheese from Lanzarote, tomato and oregano baguette	✓	✓	□	□	□	□	□	✓	✓	□	□	✓	□	□
Serrano ham baguette served with tomato and olive oil	✓	✓	□	□	□	□	□	✓	✓	□	□	✓	□	□
Spanish omelette baguette	✓	✓	✓	□	□	□	□	✓	✓	□	□	✓	□	□
Croissant with butter	✓	✓	✓	□	□	□	□	✓	✓	□	□	□	□	□
Ham and cheese croissant	✓	✓	✓	□	□	□	✓	✓	✓	□	□	□	□	□
Assorted muffins	✓	✓	✓	□	□	□	□	✓	✓	□	□	✓	✓	□
Apple cake	✓	✓	✓	□	□	□	□	✓	✓	✓	□	□	□	□
Chocolate cake	✓	✓	✓	□	□	□	□	✓	✓	✓	□	□	□	□
Panini bacon and cheese	✓	✓	✓	□	□	□	□	✓	✓	✓	□	✓	□	□
Panini tuna and cheese	✓	✓	✓	□	□	✓	✓	✓	✓	✓	□	✓	□	□
Panini york ham and cheese	✓	✓	✓	□	□	✓	✓	✓	✓	✓	□	✓	□	□
Smoothies														
Jameos del Agua	□	□	□	□	□	□	□	□	□	□	□	□	□	□
Montañas del Fuego	□	□	□	□	□	□	□	□	□	□	□	□	□	□
Castillo San José	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	□	✓
Mirador del Río	□	□	□	□	□	□	□	□	□	□	□	□	□	□
Monumento al Campesino	□	□	□	□	□	□	□	□	□	□	□	□	□	□
Jardín de Cactus	□	□	□	□	□	□	□	□	□	□	□	□	□	□

 Contains allergens
  May contain traces





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