

EL ALAACÉP

LANZAROTE

List of Allergens





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

Milk

Eggs

Gluten

	میں محکولا		\bigcirc				Ô			SO2	Ŵ
Coastal fish Croquettes					~		 Image: A start of the start of			~	
Sweet prickly pear croquettes							~				
Almogrote Croquettes (Paste made of spicy cheese)	~		 Image: A start of the start of								
Assorted croquettes	 Image: A start of the start of	~	✓								
Pork and caramelized onions Mini Hamburgers						~	~				
Beef, roasted bell pepper, cheese sauce and vegetables Mini Hamburgers											
Mini squid sandwich with garlic mayonnaise				~							
Small sandwich of blood sausage with roasted peppers, goat cheese, and caramelized onion											
Small sandwich of tortilla with mild cheese and zucchini	 ✓ 		✓								
Picasso salad					~					~	
Our spicy potatoes											
Island cheese assortment		 Image: A start of the start of									
Chickpea hummus with its vegetable crudités									~	~	
Burrata salad with tomato and green pesto											
Zucchini rolls with ricotta, salmon and sun-dried tomato											
Scrambled eggs with desalted wreckfish, onion confit and sweet potato chips			~								
AlmaZen Arepa	\checkmark	~			~	~	~			~	
Bao bread with larded chicken and vegetables	 ✓ 		 ✓ 		~	~	~				

Nollusca Crustacean Fish Mustard Soya Tree nuts

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 \checkmark

Contains allergens

 \checkmark

May contain traces

SO2



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	می محکور		\odot		\$ \$	م				SO2	
Grilled octopus tentacle with sweet and sour mojo and sweet potato puree											
Pork tenderloin medallions with meat jus and sautéed peppers	~										
Udon noodles with shiitake mushrooms, vegetables and teriyaki sauce											
Lemon pie cup with faux meringue	~									~	
Gofio tiramisu cup	\checkmark	\checkmark				\checkmark					
Bienmesabe with ice cream (sponge cake with egg white and sugar frosting)											
lce cream sundae with two scoops (chocolate, strawberry, and		~									
Bread and flavour butter	\checkmark		~				~		~		
Gluten-free bread and butter service											
Extra Pita bread	\checkmark										
Extra butter service		\checkmark									







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ALLERGENS - MENU PICASSO

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Primeros												
Mango gazpacho											\checkmark	
Vegetable cream soup												
Mixed salad with tuna and guacamole					\checkmark						 ✓ 	
Hummus with vegetables	\checkmark						<u>~</u>	<u>~</u>		\checkmark	\checkmark	
Spaghetti with cream, ham, and bacon												
Soup lentils		\checkmark					\checkmark				\checkmark	
Soup chickpeas											\checkmark	
Soup beans		\checkmark					\checkmark				\checkmark	
Beans with vinaigrette											\checkmark	
Mixed salad with cheese and fig vinaigrette												
Poke with vegetables, ponzu sauce, and soy sauce										~		
Corn and wheat broth												
Segundos												
Pork tenderloin with sweet potato purée and vegetables			~				~	~			~	
Grilled cherne fillet with salad and "papas arrugadas" (Wrinkled potatoes)					~							
Chicken with mushroom sauce and rice	\checkmark										\checkmark	
Cod loin on vegan beans					 ✓ 							
Confit pork taco with sauce, vegetables, and sweet potato purée with egg yolk							 Image: A start of the start of					
Cherne taco on vegetables and confit sweet potato with marinara sauce												
Homemade pork meatballs with "papas arrugadas"	~		~			~					 Image: A start of the start of	
Cherne "Sancocho" with sweet potato and potatoes					~						~	
Braised beef with sauce and "papas arrugadas"												
Salmon tacos with dill sauce and roasted zucchini												

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Postres										
Homemade flan		\checkmark								
Chocolate brownie		\checkmark								
Ice cream		\checkmark								
Apple pie	\checkmark	\checkmark	\checkmark							
Grandma's cake		\checkmark								
Frangollo (Traditional canarian dessert)		~								
Typical Lanzarote pancakes "Torrijas Conejeras"		~								
Cheesecake	\checkmark	\checkmark	\checkmark							
Banana mousse with dulce de leche and mimos (Canarian pastry)		~	\checkmark							



<u>SO2</u>

Fish Mustard Sound To

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