



Lista de Alérgenos
List of Allergens

















Centros de Arte,
Cultura y Turismo
Cabildo de Lanzarote

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

														
Bread Service	✓	✓	☐	☐	☐	☐	☐	✓	☐	☐	☐	☐	☐	☐
Fermina cheese platter	✓	✓	☐	☐	☐	☐	✓	✓	✓	☐	☐	✓	☐	✓
Smoked salmon platter with avocado tartar	✓	☐	✓	☐	☐	✓	✓	✓	✓	☐	☐	✓	✓	✓
Smoked tuna platter	✓	☐	☐	✓	✓	✓	☐	✓	✓	☐	☐	✓	☐	☐
Wrinkled potatoes with Fermina mojo sauces	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	✓	☐
Octopus croquettes	✓	✓	✓	✓	☐	☐	✓	☐	☐	☐	☐	☐	✓	✓
Fermina crispy cheese	✓	✓	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	✓	☐
Fermina ceviche	☐	☐	✓	✓	✓	✓	✓	☐	☐	☐	☐	☐	✓	✓
Fermina chickpea and beet hummus	✓	✓	☐	☐	☐	☐	☐	✓	✓	✓	☐	✓	✓	☐
Canarian smoked octopus	☐	☐	☐	✓	✓	✓	☐	☐	☐	☐	☐	☐	✓	☐
Saharan squid with sautéed vegetables	✓	☐	☐	✓	✓	✓	☐	✓	☐	☐	☐	☐	✓	☐
Cherne fish with sweet potato purée	✓	☐	☐	✓	✓	✓	☐	☐	☐	☐	☐	☐	✓	☐
Homemade filet slices with sautéed potatoes	☐	✓	✓	☐	☐	☐	✓	☐	☐	☐	☐	☐	✓	✓
Lanzarote chicken breast	☐	✓	✓	☐	☐	☐	☐	☐	☐	☐	☐	☐	✓	☐
Mojo service	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	✓	☐
Eggplant Millefeuille	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
"Surf and turf" risotto	☐	✓	☐	✓	✓	✓	☐	☐	☐	☐	☐	☐	✓	☐
Chicken Fingers with French Fries	✓	☐	✓	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Extra Pita bread	✓	✓	☐	☐	☐	☐	☐	✓	☐	☐	☐	✓	☐	☐
Coconut Milk Rice Pudding with Caramelized Mango	✓	✓	☐	☐	☐	☐	✓	☐	✓	✓	☐	✓	☐	✓
Chocolate Mousse	✓	✓	✓	☐	☐	☐	☐	✓	✓	☐	☐	☐	☐	☐
Creamy cheese with mango sauce	☐	✓	✓	☐	☐	☐	☐	✓	☐	☐	☐	☐	☐	☐
Baguettes														
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)	✓	✓	✓	☐	☐	✓	✓	✓	✓	☐	☐	✓	✓	✓

 Contains allergens
  May contain traces

DISH NAME

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



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"/>
Orange and papaya 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"/>
Orange, banana and strawberries	<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 type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input 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 checked="" 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 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"/>	<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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