



ENGLISH



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

	Gluten	Milk	Eggs	Molluses	Crustaceans	Fish	Mustard	Soya	Tree nuts	Peanuts	Lupine	Sesame	SO2	Celery
Wrinkled potatoes served with traditional mojos (Canarian sauces)													✓	
Breaded smoked cheese from Lanzarote with carrot jam	✓	~	~					~						
Crispy octopus with sweet potato anda asian mojo	✓	✓	~	~	✓	<u> </u>		~					~	
Creamy croquettes of local fish served with banana sauce	✓	~	~	<u> </u>	<u>~</u>	~	<u> </u>	~					~	<u>~</u>
Chicken balls on delicias sauce	~	~	~				~	~				~	~	~
"Jameos Salad" Assorted fruits, lettuce and canary tomato		✓	~										~	
Sauteed noodles with sitake mushrroms and vegetables	~							~						
Traditional Spanish omelet with vegetable garnish			~	<u>~</u>	~	~		✓						
Vegetable cream with homemade bread crust	✓	<u> </u>						~	<u>~</u>			<u>~</u>		
Grilled fillet of wreckfish, served with mojos, salad bouquet and potatoes				✓	✓	✓								
Grilled squid with mixed salad and wrinkled potatoes				~	✓	<u>~</u>							<u>~</u>	
Fried squid with mixed salad and wrinkled potatoes	✓			~	<u>~</u>	~		~					<u>~</u>	
Entrecôte in our special Peasant Sauce	✓	~	\checkmark			~		~	<u>~</u>				~	
Entrecot with smoked cheese sauce	✓	~	~					~	<u>~</u>				~	
Slow cooked pork with sweet potato purée and local vegetables	✓	✓	~					~	<u> </u>				~	
Grilled local vegetables									~					
Mushroom risotto with coconut curry	✓								✓	✓				































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	Gluten	Milk	Eggs	Molluscs	Crustaceans	Fish	Mustard	Soya	Tree nuts	Peanuts	Lupine	Sesame	Sulphites	Celery
Fruit salad														
Breaded chicken breast (children)	~	~	✓				✓	~						~
Spaghetti bolognese (children)	~	~	~			~		<u> </u>	<u>~</u>				~	
Ice cream ball with vanilla		~	<u> </u>					<u>~</u>	<u>~</u>	<u>~</u>				
Canarian Bienmesabe* with vanilla ice cream egg	<u>~</u>	~	~					✓	~	<u>~</u>				
Crunchy chocolate mousse on Northland	<u>~</u>	~	~					✓	~	~		~	~	
Ice cream sundae with two scoops (chocolate,	<u>~</u>	✓	<u> </u>					<u>~</u>	<u>~</u>	<u>~</u>				
Brownie with vainilla ice cream	~	~	~					~	~	<u> </u>				
Banana and toffee cheescake	~	~	~					~	~	<u>~</u>		~	<u>~</u>	
"Insólita" experience (children)	~			✓	~	~								
"Insólita" experience (adults)		~	✓	<u>~</u>	\checkmark	~		✓					~	
Ham and cheese sandwich	✓	~	~				<u> </u>	~	<u>~</u>					
Sandwich of iberian ham, tomato and virgin olive oil	~	✓						✓	✓			<u>~</u>		
Lanzarote Goat cheese, tomato and oregano baguette	~	✓	~					✓	<u>~</u>			<u>~</u>		
Cookies	~	~	<u> </u>					~	<u>~</u>					
Donuts	~	~	✓					~	<u>~</u>					
Muffins	✓	~	~		<u>~</u>	\checkmark		✓	\checkmark			<u>~</u>	<u>~</u>	
Smoothies	✓	<u>~</u>	<u> </u>		<u>~</u>	<u>~</u>		<u>~</u>	<u>~</u>	<u>~</u>				
Gluten-free bread and butter service		~												

































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DISH NAME - JAMEOS NOCHE

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





	Gluten	Milk	Eggs	Molluscs	Crustaceans	Fish	Mustard	Soya	Tree nuts	Peanuts	Lupine	Sesame	SO2	Celery
Smoked cheese cream, gofio and guava	✓	✓						✓						
Cream of roasted potato with squid stewed in its ink	~	~		~	<u> </u>	~							~	
Lemon and lime Sorbet		<u>~</u>	✓					<u>~</u>	~	<u> </u>				
Pork tenderloin with canarian pepper sauce	~	~	~			~	✓	✓	<u> </u>				~	<u>~</u>
Seasonal fish, carrot and crispy onion	\checkmark	~	~	✓	<u>~</u>	~		~	✓	<u> </u>			✓	
Fig, mango and caramelized walnut biscuit	<u>~</u>	~	✓					~	~	<u> </u>				
Crispy prawn salad with avocado and sweet potato chips	~	~	✓	<u>~</u>	~	<u>~</u>		~					\checkmark	
Confit grouper supreme with Lanzarote sweet potato and boiled mojo sauce		~		~	✓	~		✓					~	
Beef tenderloin, mushrooms and potatoes with smoky hints	~	~	✓			~		~	<u>~</u>				~	
Lanzarote Volcano	~	~	✓			~		~	✓	✓		~	~	~
Cold beetroot and apple cream Tofu tartar served														
with guacamole, tomato and soft lettuce and a soya, sesame and palm honey vinaigrette	~							~					✓	
Fruit Sorbet (pineapple - papaya - orange)														
Wild asparagus and mushroom risotto served with coconut milk, curry and toasted pine nuts	<u>~</u>								✓	<u>~</u>				
Shiitake mushroom and vegetable stir fry served with teriyaki sauce	<u>~</u>							~						
Fruit salad														
Guava filled profiterole	~	~	✓											
Chicken meatballs in a delightful sauce Grilled local white fish	~	✓	~				~	~				~	~	✓
fillet with French fries or `arrugadas´	~		✓			✓		✓						
Grilled or breaded breast fillet with its French fries or `arrugadas´	~	~	✓				~	~						~
Chocolate cream cake and cookies with crispy white chocolate	~	✓	~			✓	<u> </u>	✓	<u> </u>	<u> </u>		<u> </u>	~	~
Bread and butter	~	~						~	~			~		





























