



GASTILLO DE SAN JOSÉ
RESTAURANTE

Lista de Alérgenos
List of Allergens



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
Tomato, papaya and black olive tapenade salad	✓	✓	□	□	□	✓	✓	□	✓	□	□	□	✓	□
Lettuce hearts and avocado salad with goat cheese and red fruit vinaigrette	✓	□	□	□	□	✓	□	□	□	□	□	□	✓	□
Prawns with apple and mango seasoned with their coral sauce	✓	□	✓	✓	✓	✓	✓	□	□	□	□	□	✓	✓
Coastal grouper ceviche with passion fruit	✓	✓	✓	□	□	✓	✓	□	□	□	□	□	✓	✓
Rabbit-style scrambled eggs	✓	□	✓	✓	✓	✓	□	✓	□	□	□	✓	□	□
Fresh pasta ravioli filled with fish and seafood in aurora sauce	✓	✓	✓	✓	✓	✓	□	□	□	□	□	□	✓	□
Glazed octopus tentacle with sweet mojo, served with "Yema de Jable" sweet potato parmentier.	✓	□	□	✓	□	□	□	✓	□	□	□	✓	✓	□
Foie gras terrine with caramelized onions and apple	□	✓	□	□	□	□	□	□	✓	□	□	□	✓	□
Three cheese croquettes accompanied by homemade fig jam	✓	✓	✓	□	□	□	□	✓	□	□	□	□	✓	□
Island cheeses	□	✓	✓	□	□	□	□	□	□	□	□	□	□	□
Mariner's rice	✓	□	□	✓	✓	✓	□	✓	□	□	□	✓	✓	□
Delights of grouper with prawns	✓	✓	□	✓	✓	✓	□	✓	□	□	□	✓	✓	□
The Squid of Castillo	✓	✓	✓	✓	✓	✓	✓	✓	✓	□	✓	□	✓	□
Manrique's fish	✓	✓	□	✓	✓	✓	□	✓	□	□	□	✓	✓	□
Canarian tuna tataki	✓	✓	✓	✓	✓	✓	□	✓	□	□	□	✓	✓	□
Beef tartare	✓	✓	✓	✓	✓	✓	✓	✓	✓	□	✓	□	✓	✓
Confit pork belly with plantain parmentier	□	□	□	□	□	□	□	□	□	□	□	□	✓	□
Palm pepper beef fillet	✓	✓	✓	✓	✓	✓	✓	✓	□	□	□	✓	✓	✓
Grilled beef entrecôte, carved and seasoned with Janubio salt	✓	✓	□	✓	✓	✓	□	✓	□	□	□	✓	□	□
Deboned and glazed beef ribs with their juices	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	□	✓	✓	✓

 Contains allergens
  May contain traces





CASTILLO DE SAN JOSÉ
RESTAURANTE

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DISH NAME

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



Dish Name	Wheat	Milk	Eggs	Shellfish	Crustaceans	Fish	Mustard	Soya	Tree nuts	Peanuts	Lupine	Sesame	Sulphites	SO2	Celery
Breaded chicken fillet with salad	✓	✓	✓	□	□	✓	✓	✓	✓	□	□	✓	□	□	✓
Spaghetti with bolognese sauce	✓	✓	✓	□	□	✓	□	✓	✓	□	□	□	□	✓	□
Spaguetti with tomato suace	✓	✓	✓	□	□	□	□	□	□	□	□	□	□	□	□
White splayed fish fillet with salad	□	□	□	✓	✓	✓	□	✓	✓	✓	□	✓	□	□	□
Avocado, goat jerky with red fruits in a lettuce sandwich	✓	□	□	□	□	✓	□	□	□	□	□	□	□	✓	□
Papaya cannelloni, stuffed with rockfish marinade over blackberry vichyssoise	✓	✓	□	✓	✓	✓	□	✓	□	□	□	□	□	✓	□
Grilled local vegetables	✓	□	□	□	✓	✓	□	□	□	□	□	□	□	✓	□
Mushroom risotto with asparagus and coconut milk	✓	□	□	□	□	□	□	□	✓	✓	□	□	□	□	□
Fruit salad	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□
Strawberries from our Castle, with bitter almond ice cream	□	✓	□	□	□	□	□	□	✓	□	□	□	□	✓	□
Yogurt Ingot with cherry jam and sugar crystal	✓	✓	✓	□	□	□	□	✓	✓	□	□	□	□	□	□
Mojito sorbet with gin and tonic foam	✓	✓	✓	□	□	□	□	✓	✓	✓	□	□	□	✓	□
Dark chocolate and almond coulant filled with caramel	✓	✓	✓	□	□	□	□	✓	✓	✓	□	□	□	□	□
Pistacho and lemon semisphere	✓	✓	✓	□	□	□	✓	✓	✓	✓	□	✓	✓	✓	✓
Puff pastry mille-feuille sith passion fruit pastry cream and vanilla Chantilly cream	✓	✓	✓	□	□	□	□	✓	✓	□	□	□	□	□	□
Petit fours	✓	✓	✓	□	□	□	✓	✓	✓	✓	□	✓	✓	✓	✓
Timanfaya ice cream on brownie soil	✓	✓	✓	□	□	□	□	✓	✓	✓	□	✓	✓	✓	✓
Cup of "Montaña Rajada" olive ice cream	□	✓	□	□	□	□	□	✓	✓	✓	□	□	□	□	□
Chocolate bonbon on apple pie	✓	✓	✓	□	□	□	□	✓	✓	✓	□	✓	✓	□	□
Bread Included. Different flavour butter	✓	✓	□	□	□	□	□	□	□	✓	□	✓	□	□	□
Bred and butter free gluten	□	✓	□	□	□	□	□	□	□	□	□	□	□	□	□
Extra mojo	□	□	□	□	□	□	□	□	□	□	□	□	□	✓	□

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Canarian-style boiled potatoes with canarian spicy sauce	✓	□	□	✓	✓	✓	□	□	✓	□	□	□	✓	□
Sautéed sirloin steaks with garlic and parsley	✓	□	□	✓	✓	✓	□	✓	□	□	□	✓	✓	□
Assortment of cheeses served with its garnish	✓	✓	✓	□	✓	✓	✓	□	✓	✓	□	□	□	□
Dressed olives	□	✓	□	□	✓	✓	□	□	✓	□	□	□	✓	□
Ham and cheese sandwich	✓	✓	□	□	✓	✓	✓	✓	✓	□	□	□	✓	□
Morsel of fresh cheese with quince	✓	✓	□	✓	✓	✓	✓	□	□	□	□	✓	✓	□
Morsel of Iberian ham, tomato and virgin olive oil	✓	□	□	✓	✓	✓	□	□	□	□	□	✓	□	□
Sweet potato fries with mojo salt	✓	✓	✓	✓	□	✓	□	□	✓	✓	□	□	✓	□
Chocolate Muffins	✓	✓	✓	□	□	□	□	✓	✓	□	□	✓	✓	□
Chocolate filled cake	✓	✓	✓	□	□	□	□	✓	✓	✓	□	□	□	□
Cheesecake	✓	✓	✓	□	□	□	□	✓	✓	✓	□	□	□	□
Apple pie	✓	✓	✓	□	□	□	□	✓	✓	✓	□	□	□	□
Assorted ice cream cup	✓	✓	✓	□	□	□	□	✓	✓	✓	□	□	□	□
Potatoes fries	✓	□	□	□	□	□	□	✓	✓	□	□	□	□	□
Suggestions														
Ravioli stuffed with stewed rabbit creamy potatoes and perigueux sauce	✓	✓	✓	□	□	□	✓	✓	✓	□	□	✓	✓	✓
Fole terrine with fig jam	✓	✓	✓	□	□	□	✓	✓	✓	□	✓	□	✓	□
Honey roast shoulder of lamb, roast peppers and potatoes	✓	✓	✓	✓	✓	✓	□	✓	□	□	□	✓	✓	□
Seviche of Canary Island tuna with a hint of gofio	✓	✓	✓	✓	✓	✓	✓	✓	✓	□	✓	✓	✓	✓
Chocolate trifle	✓	✓	✓	□	□	□	□	✓	✓	□	□	□	□	□
Cup of yogurt with cherries	✓	✓	✓	□	□	□	✓	✓	✓	□	□	✓	□	✓

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Centros de Arte,
Cultura y Turismo
Cabildo de Lanzarote