

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 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

	می محکور		\bigcirc					م			SO2	
Garden Salad	 Image: A start of the start of											
"Monument" salad with lettuce, cherry tomatoes, fresh pineapple, papaya, cream cheese, guacamole and strawberry vinaigrette												
Tomatoes and fresh goat's cheese served with garlic oil and oregano		 ✓ 										
Our Canarian boiled salted potatoes served with mojo sauces											~	
Garlic shrimp with mushrooms											 Image: A start of the start of	
Cheese board of Lanzarote cheeses, fig confit and our sweet maize meal												
Legume stew of the day with cheese and maize meal side dish			~								~	
Sweet corn and wheat broth with cheese and maize meal side dish												
Fried cheese with cactus jam Blanched maize meal												
with Lanzarote onion Homemade sea bass	\checkmark					\checkmark					\checkmark	
croquettes served with coriander mayonnaise	\checkmark	\checkmark	\checkmark			\checkmark		~			\checkmark	
Lanzarote style omelette with onion and wreckfish						\checkmark						
Scrambled egg with potato, boletus and shrimp												
Roast baby octopus with green "mojo"												
Octopus stew with mojo and "papas arrugadas"				✓							~	
Traditional sancocho fish boiled served with sweet potato, potatoes and pella de gofio												
Coastal noodles with traditional stew with local fish				~							~	
Coastal rice with traditional stew with local fish				~	~	~					~	
"Monument style" local fish and seafood fritters	 Image: A start of the start of	~	\checkmark	\checkmark	\checkmark	~	<u>~</u>	\checkmark			\checkmark	 Image: A start of the start of
Grilled wreckfish steaks with salad and boiled potatoes	~			 Image: A start of the start of	 Image: A start of the start of	~		~			\checkmark	\checkmark
Deep fried or grilled Saharan squid served with Canarian boiled salted potatoes and salad												
Grilled Saharan squid served with Canarian boiled salted potatoes and salad												
Seasonal fish						\checkmark					\checkmark	

Eggs Molluss Crustocean Fish Mustard Soya Tree nuts Peanuts

می محکور Milk

V 25-04-202

May contain traces

Contains allergens

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Milk

می میلید

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Goat's meat stew traditional recipe	~				\checkmark						
Boiled ribs served with potatoes, cabbage and corn on the cob served with a traditional pounded											
Lightly grilled sirloin in our special "Monument Sauce", with Lanzarote vegetables and potato wedges											
Pork sirloin with boletus and date sauce, with vegetables and our special De la Villa potato and cheese pie	✓	~	~								
Confit of pork with Geria wine sauce, local yellow sweet potato purée and Lanzarote vegetables											
Crunchy chicken stuffed with ham and cheese, served with mushrooms, local sautéed vegetables and "papas arrugadas"							 Image: A start of the start of				
Leg of rabbit in "salmorejo" with local yellow sweet potato purée and Lanzarote sautéd vegetables							~				
Breaded chicken with chips	\checkmark					\checkmark					
Spaghetti with tomato sauce	\checkmark	~									
Spaghetti with Bolognese sauce	\checkmark	~	\checkmark		\checkmark					\checkmark	
Grilled wreckfish steak with chips					\checkmark						
Typical Lanzarote pancakes "Torrijas Conejeras" served with palm honey syrup and toasted cornmeal ice-cream	~										
Chocolate Monument (Mousse of three chocolates)		~									
"Lanzarote Vulcano" Canarian bienmesabe	\checkmark										
creamy almond dessert with vanilla ice cream		\checkmark	\checkmark				\checkmark	\checkmark			
Grandma's cake	\checkmark	\checkmark			\checkmark		\checkmark	\checkmark		\checkmark	
Our Frangollo	\checkmark	\checkmark	\checkmark					\checkmark			
Our home made dried fruit tart with locally sourced honey, accompanied by lemon and mint sorbet								 Image: A start of the start of			
Alomogrote (cheese paté) sauce							 Image: A start of the start of			 Image: A start of the start of	
Bread, salt from Janubio, olive oil, dried tomato pate	✓	✓	~								
Gluten-free bread and butter service		~									

Eggs Molluscs Crustacean Fish Mustard Soya Tree nuts Peanuts

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CASA - MUSEO del CAMPESINO

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Canarian-style boiled potatoes with canarian spicy sauce													~	
Sweet canarian toasted corn meal from La Molina de San Bartolomé with fresh cheese, banana, palm honey and crispy almond														
Stuffed olives dizzled with a spicy canarian sauce													~	
Fresh goat's cheese with olive oil		~	~											
Chilled local canarian fish and octopus salad	 Image: A start of the start of												~	
Sea Bass chunks with boiled potatoes in a spicy boiled canarian sauce	~	~	~			~	~						~	
Homemade pork meatballs	~	~	~				~							
Jable-grown chickpeas served with pork, salt ribs and chorizo sausage														
Ham and cheese baguette														
Grilled soft goat's cheese baguette with canarian tomato slices														
Glazed lemon sponge cake	~		\checkmark											
Traditional anisette flavoured rings														
Smoothies														
Local vegetable grill Wild asparagus and mushroom risotto served with coconut Fruit salad														
										Contains	allergens		ain traces	
	Gluten			Molluses	Crustacean S	Fish	Mustard	Soya	Tree nuts	Peanuts	Lupine	Sesame	SO2	Celery

