



# CASTILLO DE SAN JOSÉ

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## RESTAURANTE

### Lista de Alérgenos List of Allergens



Centros de Arte,  
Cultura y Turismo  
Cabildo de Lanzarote



CASTILLO DE SAN JOSÉ  
RESTAURANTE

## 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



Tomato, papaya and black olive tapenade salad	✓	✓	□	□	□	✓	✓	□	✓	□	□	□	✓	□
Lettuce hearts and avocado salad with tuna mojama petals and red berry 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 croquettes with an apple heart on a salty bacon and onion crumble	✓	✓	✓	□	□	□	□	✓	□	□	□	□	□	□
Island cheeses	✓	✓	□	□	□	□	□	□	□	□	□	□	✓	□
Delights of grouper with prawns	✓	✓	□	✓	✓	✓	□	✓	□	□	□	✓	✓	□
The Squid of Castillo	✓	✓	✓	✓	✓	✓	✓	✓	✓	□	✓	□	✓	□
Manrique's fish	✓	✓	□	✓	✓	✓	□	✓	□	□	□	✓	✓	□
Canarian Tuna in Teriyaki Sauce and Pickled Vegetables	✓	□	□	□	□	✓	□	✓	□	□	□	✓	✓	□
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



Gluten



Milk



Eggs



Molluscs



Crustaceans



Fish



Mustard



Soya



Tree nuts



Peanuts



Lupine



Sesame



Sulphites



Celery



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	Gluten	Milk	Eggs	Molluscs	Crustaceans	Fish	Mustard	Soya	Tree nuts	Peanuts	Lupine	Sesame	Sulphites	Celery
Breaded chicken fillet with salad	✓	✓	✓	□	□	✓	✓	✓	✓	□	□	✓	□	✓
Spaghetti with bolognese sauce	✓	✓	✓	□	□	✓	□	✓	✓	□	□	□	✓	□
Spaguetti with tomato suace	✓	✓	✓	□	□	□	□	□	□	□	□	□	□	□
White splayed fish filet with salad	□	□	□	✓	✓	✓	□	✓	✓	✓	□	✓	□	□
Avocado sam and tuna mojama petals with red berries	✓	□	□	□	□	✓	□	□	□	□	□	□	✓	□
Papaya cannelloni, stuffed with rockfish marinade over blackberry vichyssoise	✓	✓	□	✓	✓	✓	□	✓	□	□	□	□	✓	□
Grilled local vegetables	✓	□	□	□	✓	✓	□	□	□	□	□	□	✓	□
Mushroom risotto with asparagus and coconut milk	✓	□	□	□	□	□	□	□	✓	✓	□	□	□	□
Sea and mountain stewed lentils with carabineros and pork crackling	✓	□	□	✓	✓	✓	□	✓	□	□	□	✓	□	□
Warm Avocado Salad with Garlic Shrimp from La Santa	□	□	□	✓	✓	□	□	□	□	□	□	□	□	□
Fruit salad	□	□	□	□	□	□	□	□	□	□	□	□	□	□
Strawberries from our Castle, with bitter almond ice cream	□	✓	□	□	□	□	□	□	✓	□	□	□	✓	□
Mojito sorbet with gin and tonic foam	✓	✓	✓	□	□	□	□	✓	✓	✓	□	□	✓	□
Dark chocolate and almond coulant filled with caramel	✓	✓	✓	□	□	□	□	✓	✓	✓	□	□	□	□
Puff pastry mille-feuille sith passion fruit pastry cream and vanilla Chantilly cream	✓	✓	✓	□	□	□	□	✓	✓	□	□	□	□	□
Chocolate brownie millefeuille with white chocolate and cream cheese, served with rosewater cream ice cream	✓	✓	✓	□	□	□	✓	✓	✓	✓	□	✓	✓	✓
Petit fours	✓	✓	✓	□	□	□	✓	✓	✓	✓	□	✓	✓	✓
Chocolate bonbon on apple pie	✓	✓	✓	□	□	□	□	✓	✓	✓	□	✓	✓	□
Bread included. Different flavour butter	✓	✓	□	□	□	□	□	□	□	✓	□	✓	□	□
Bred and butter free gluten	□	✓	□	□	□	□	□	□	□	□	□	□	□	□
Extra mojo	□	□	□	□	□	□	□	□	□	□	□	□	✓	□

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Brothy Rice with Scarlet Shrimp from La Santa	<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 type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Canarian-style boiled potatoes with canarian spicy sauce	<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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Sautéed sirloin steaks with garlic and parsley	<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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Dressed olives	<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"/>
Ham and cheese sandwich	<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 checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Morsel of fresh cheese with quince	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" 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"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Morsel of iberian ham, tomato and virgin olive oil	<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 type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sweet potato fries with mojo salt	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<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"/>
Coconut meringue with a touch of Hawaiian pepper	<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 type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chocolate Muffins	<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 checked="" type="checkbox"/>	<input type="checkbox"/>
Chocolate filled 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"/>
Cheesecake	<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"/>
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"/>
Assorted ice cream cup	<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"/>
Potatoes fries	<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 type="checkbox"/>	<input type="checkbox"/>



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