



Lista de Alérgenos  
List of Allergens



Centros de Arte,  
Cultura y Turismo  
Cabildo de Lanzarote

## DISH NAME

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

|                                                                                                   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| <b>Bread Service</b>                                                                              | ✓                                                                                 | ✓                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | ✓                                                                                  | □                                                                                   | □                                                                                   | □                                                                                   | □                                                                                   | □                                                                                   | □                                                                                   |
| <b>Fermina cheese platter</b>                                                                     | ✓                                                                                 | ✓                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | ✓                                                                                 | ✓                                                                                  | ✓                                                                                   | □                                                                                   | □                                                                                   | ✓                                                                                   | □                                                                                   | ✓                                                                                   |
| <b>Smoked salmon platter with avocado tartar sauce</b>                                            | ✓                                                                                 | ✓                                                                                 | ✓                                                                                 | □                                                                                 | □                                                                                 | ✓                                                                                 | ✓                                                                                 | ✓                                                                                  | ✓                                                                                   | □                                                                                   | □                                                                                   | ✓                                                                                   | ✓                                                                                   | ✓                                                                                   |
| <b>Smoked tuna platter</b>                                                                        | ✓                                                                                 | □                                                                                 | □                                                                                 | ✓                                                                                 | ✓                                                                                 | ✓                                                                                 | □                                                                                 | ✓                                                                                  | ✓                                                                                   | □                                                                                   | □                                                                                   | ✓                                                                                   | □                                                                                   | □                                                                                   |
| <b>Cherne (island fish) croquettes</b>                                                            | ✓                                                                                 | ✓                                                                                 | ✓                                                                                 | □                                                                                 | □                                                                                 | ✓                                                                                 | ✓                                                                                 | □                                                                                  | □                                                                                   | □                                                                                   | □                                                                                   | □                                                                                   | ✓                                                                                   | ✓                                                                                   |
| <b>Burrata Salad</b>                                                                              | ✓                                                                                 | ✓                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | □                                                                                  | ✓                                                                                   | ✓                                                                                   | □                                                                                   | □                                                                                   | □                                                                                   | □                                                                                   |
| <b>Wrinkled potatoes with Fermina mojo sauces</b>                                                 | □                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | □                                                                                  | □                                                                                   | □                                                                                   | □                                                                                   | □                                                                                   | ✓                                                                                   | □                                                                                   |
| <b>Octopus croquettes</b>                                                                         | ✓                                                                                 | ✓                                                                                 | ✓                                                                                 | ✓                                                                                 | □                                                                                 | □                                                                                 | ✓                                                                                 | □                                                                                  | □                                                                                   | □                                                                                   | □                                                                                   | □                                                                                   | ✓                                                                                   | ✓                                                                                   |
| <b>Fermina crispy cheese</b>                                                                      | ✓                                                                                 | ✓                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | □                                                                                  | □                                                                                   | □                                                                                   | □                                                                                   | □                                                                                   | ✓                                                                                   | □                                                                                   |
| <b>Fermina ceviche</b>                                                                            | ✓                                                                                 | □                                                                                 | ✓                                                                                 | ✓                                                                                 | ✓                                                                                 | ✓                                                                                 | ✓                                                                                 | □                                                                                  | □                                                                                   | □                                                                                   | □                                                                                   | □                                                                                   | ✓                                                                                   | ✓                                                                                   |
| <b>Fermina chickpea and beet hummus</b>                                                           | ✓                                                                                 | ✓                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | ✓                                                                                  | ✓                                                                                   | ✓                                                                                   | □                                                                                   | ✓                                                                                   | ✓                                                                                   | □                                                                                   |
| <b>King Prawns "Volcán"</b>                                                                       | ✓                                                                                 | □                                                                                 | □                                                                                 | ✓                                                                                 | ✓                                                                                 | ✓                                                                                 | □                                                                                 | ✓                                                                                  | □                                                                                   | □                                                                                   | □                                                                                   | ✓                                                                                   | ✓                                                                                   | □                                                                                   |
| <b>Canarian smoked octopus</b>                                                                    | □                                                                                 | □                                                                                 | □                                                                                 | ✓                                                                                 | ✓                                                                                 | ✓                                                                                 | □                                                                                 | □                                                                                  | □                                                                                   | □                                                                                   | □                                                                                   | □                                                                                   | ✓                                                                                   | □                                                                                   |
| <b>Saharan squid with sautéed vegetables</b>                                                      | ✓                                                                                 | □                                                                                 | □                                                                                 | ✓                                                                                 | ✓                                                                                 | ✓                                                                                 | □                                                                                 | ✓                                                                                  | □                                                                                   | □                                                                                   | □                                                                                   | ✓                                                                                   | □                                                                                   | □                                                                                   |
| <b>Cherne fish with sweet potato purée</b>                                                        | ✓                                                                                 | □                                                                                 | □                                                                                 | ✓                                                                                 | ✓                                                                                 | ✓                                                                                 | □                                                                                 | □                                                                                  | □                                                                                   | □                                                                                   | □                                                                                   | □                                                                                   | ✓                                                                                   | □                                                                                   |
| <b>Homemade filet slices with sautéed potatoes</b>                                                | □                                                                                 | ✓                                                                                 | ✓                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | ✓                                                                                 | □                                                                                  | □                                                                                   | □                                                                                   | □                                                                                   | □                                                                                   | ✓                                                                                   | ✓                                                                                   |
| <b>Lanzarote chicken breast</b>                                                                   | □                                                                                 | ✓                                                                                 | ✓                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | □                                                                                  | □                                                                                   | □                                                                                   | □                                                                                   | □                                                                                   | ✓                                                                                   | □                                                                                   |
| <b>Mojo service</b>                                                                               | □                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | □                                                                                  | □                                                                                   | □                                                                                   | □                                                                                   | □                                                                                   | ✓                                                                                   | □                                                                                   |
| <b>Eggplant Millefeuille</b>                                                                      | □                                                                                 | □                                                                                 | □                                                                                 | ✓                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | □                                                                                  | □                                                                                   | □                                                                                   | □                                                                                   | □                                                                                   | □                                                                                   | □                                                                                   |
| <b>"Surf and turf" risotto</b>                                                                    | □                                                                                 | ✓                                                                                 | □                                                                                 | ✓                                                                                 | ✓                                                                                 | ✓                                                                                 | □                                                                                 | □                                                                                  | □                                                                                   | □                                                                                   | □                                                                                   | □                                                                                   | ✓                                                                                   | □                                                                                   |
| <b>Chicken Fingers with French Fries</b>                                                          | ✓                                                                                 | □                                                                                 | ✓                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | □                                                                                  | □                                                                                   | □                                                                                   | □                                                                                   | □                                                                                   | □                                                                                   | □                                                                                   |
| <b>Extra Pita bread</b>                                                                           | ✓                                                                                 | ✓                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | ✓                                                                                  | □                                                                                   | □                                                                                   | □                                                                                   | ✓                                                                                   | □                                                                                   | □                                                                                   |
| <b>Coconut Milk Rice Pudding with Caramelized Mango</b>                                           | ✓                                                                                 | ✓                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | ✓                                                                                 | □                                                                                  | ✓                                                                                   | ✓                                                                                   | □                                                                                   | ✓                                                                                   | □                                                                                   | ✓                                                                                   |
| <b>Chocolate Mousse</b>                                                                           | ✓                                                                                 | ✓                                                                                 | ✓                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | ✓                                                                                  | ✓                                                                                   | □                                                                                   | □                                                                                   | □                                                                                   | □                                                                                   | □                                                                                   |
| <b>Creamy cheese with mango sauce</b>                                                             | □                                                                                 | ✓                                                                                 | ✓                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | ✓                                                                                  | □                                                                                   | □                                                                                   | □                                                                                   | □                                                                                   | □                                                                                   | □                                                                                   |
| <b>Baguettes</b>                                                                                  |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| <b>Iberico baguette (cured ham with tomato and olive oil)</b>                                     | ✓                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | ✓                                                                                  | ✓                                                                                   | □                                                                                   | □                                                                                   | ✓                                                                                   | □                                                                                   | □                                                                                   |
| <b>My Land Baguette (roasted pork spread tomato, fresh cheese and roasted pepper)</b>             | ✓                                                                                 | ✓                                                                                 | ✓                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | ✓                                                                                 | ✓                                                                                  | ✓                                                                                   | □                                                                                   | □                                                                                   | ✓                                                                                   | ✓                                                                                   | ✓                                                                                   |
| <b>Campesino baguette (Zucchini, eggplant, fresh country cheese, tomato, and oregano)</b>         | ✓                                                                                 | ✓                                                                                 | ✓                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | ✓                                                                                 | ✓                                                                                  | ✓                                                                                   | □                                                                                   | □                                                                                   | ✓                                                                                   | ✓                                                                                   | ✓                                                                                   |
| <b>Norwegian baguette (Smoked salmon with fresh cheese, avocado, tomato, capers, and pickles)</b> | ✓                                                                                 | ✓                                                                                 | ✓                                                                                 | □                                                                                 | □                                                                                 | ✓                                                                                 | ✓                                                                                 | ✓                                                                                  | ✓                                                                                   | □                                                                                   | □                                                                                   | ✓                                                                                   | ✓                                                                                   | ✓                                                                                   |
| <b>Islole de Fermina baguette</b>                                                                 | ✓                                                                                 | ✓                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | □                                                                                 | ✓                                                                                  | ✓                                                                                   | □                                                                                   | □                                                                                   | ✓                                                                                   | ✓                                                                                   | □                                                                                   |

Contains allergens

May contain traces



Gluten



Milk



Eggs



Molluscs



Crustaceans



Fish



Mustard



Soya



Tree nuts



Peanuts



Lupine



Sesame



Sulphites



Celery

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



## Toasts

|                                                           |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|-----------------------------------------------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Tostadas with Olive Oil and Tomato, House Style           | ✓ | □ | □ | □ | □ | □ | □ | ✓ | ✓ | □ | □ | □ | ✓ | □ |
| Tostadas with Olive Oil, Tomato, and Avocado              | ✓ | □ | □ | □ | □ | □ | □ | ✓ | ✓ | □ | □ | □ | ✓ | □ |
| Tostadas with Olive Oil, Tomato, Avocado and Fresh Cheese | ✓ | ✓ | ✓ | □ | □ | □ | □ | ✓ | ✓ | □ | □ | □ | ✓ | □ |
| Tostadas with Olive Oil, Tomato, Iberico Ham, and Avocado | ✓ | □ | □ | □ | □ | □ | □ | ✓ | ✓ | □ | □ | □ | ✓ | □ |
| Salmon toast                                              | ✓ | ✓ | ✓ | □ | □ | ✓ | ✓ | ✓ | ✓ | □ | □ | □ | ✓ | ✓ |

## Sandwich

|                         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|-------------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Ham and Cheese Sandwich | ✓ | ✓ | ✓ | □ | □ | □ | ✓ | ✓ | ✓ | □ | □ | ✓ | □ | □ |
|-------------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|

## Snacks

|                                                    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|----------------------------------------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Stuffed olives drizzed with a spicy Canarian sauce | □ | ✓ | □ | □ | ✓ | ✓ | □ | □ | ✓ | □ | □ | □ | ✓ | □ |
| Apple pie                                          | ✓ | ✓ | ✓ | □ | □ | □ | □ | ✓ | ✓ | ✓ | □ | □ | □ | □ |
| Chocolate cake                                     | ✓ | ✓ | ✓ | □ | □ | □ | □ | ✓ | ✓ | ✓ | □ | □ | □ | □ |

## Juices

|                                          |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|------------------------------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Orange Juice                             | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ |
| Mediterranean Juice: (Orange and Carrot) | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ |
| Orange and papaya juice                  | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ |
| Orange, banana and strawberries          | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ |
| Lanzarote juice                          | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ |

## Brunch

|                                                                              |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|------------------------------------------------------------------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Sweet gofio ball with almogrote mayonnaise and crispy sweet potato yolk      | ✓ | ✓ | ✓ | □ | □ | □ | ✓ | □ | □ | □ | □ | □ | ✓ | ✓ |
| Assorted bread and pastries                                                  | ✓ | ✓ | ✓ | □ | □ | □ | ✓ | ✓ | ✓ | ✓ | □ | ✓ | ✓ | □ |
| Cheese and Iberian ham platter                                               | ✓ | ✓ | □ | □ | □ | □ | ✓ | ✓ | ✓ | □ | □ | ✓ | □ | ✓ |
| Bowl of fresh fruit                                                          | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ |
| Bowl of fresh fruit with yogurt and granola                                  | □ | ✓ | □ | □ | □ | □ | □ | ✓ | ✓ | □ | □ | □ | □ | □ |
| Bagel with arugula, salmon, cream cheese, capers, and truffle                | ✓ | ✓ | ✓ | □ | □ | ✓ | ✓ | ✓ | □ | □ | □ | ✓ | □ | □ |
| Toast with arugula, fresh cheese, roasted pork leg, dried tomato, and quince | ✓ | ✓ | ✓ | □ | □ | □ | □ | ✓ | ✓ | □ | □ | □ | ✓ | □ |
| Wrap with arugula, guacamole, and grilled vegetables                         | ✓ | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ |

Contains allergens
 May contain traces



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