

Lista de Alérgenos List of Allergens





























ENGLISH

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DISH NAME

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

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"Monument" salad with lettuce, cherry tomatoes, fresh pineapple, papaya, cream cheese, guacamole and strawberry vinaigrette		✓	~										~		
Canarian salad		~											✓		
Cod roe						~							~		
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				~	~	~							~		
Cheese board of Lanzarote cheeses, fig confit and our sweet maize meal	\checkmark	✓	✓				<u>~</u>	✓	✓	<u>~</u>	<u> </u>	✓			
Legume stew of the day with cheese and maize meal side dish	<u>~</u>	~	~				<u>~</u>	<u>~</u>	~	<u>~</u>			✓		
Sweet corn and wheat broth with cheese and maize meal side dish Fried cheese with cactus		Y	Y	<u>~</u>	V	V	<u></u>	V	<u>~</u>	<u></u>			<u></u>		
jam Blanched maize meal	✓			✓	✓ ✓	✓									
with Lanzarote onion Homemade sea bass croquettes served with coriander mayonnaise	<u>~</u>	✓	✓	<u>~</u>	<u>~</u>	<u>~</u>	□	✓					<u>~</u>	□	
Lanzarote style omelette with onion and wreckfish			✓			~		~							
Scrambled egg with potato, boletus and shrimp	~		~	✓	~	<u>~</u>							~		
Grilled octopus with green mojo		✓	~	~	~	~		~					~		
Octopus stew with mojo and "papas arrugadas"				~	✓	✓		✓					~		
Traditional sancocho fish boiled served with sweet potato, potatoes and pella de gofio	<u>~</u>			<u> </u>	<u> </u>	✓							✓		
Coastal noodles with traditional stew with local fish	~			~	~	~							~		
Coastal rice with traditional stew with local fish				~	✓	~							✓		
"Monument style" local fish and seafood fritters	~	~	~	~	~	~	<u>~</u>	~					~	<u> </u>	
Grilled wreckfish steaks with salad and boiled potatoes	\checkmark	✓	~	\checkmark	~	~	~	~				~	~	✓	
Deep fried or grilled Saharan squid served with Canarian boiled salted potatoes and salad	~			✓	<u> </u>	<u> </u>		✓							
Grilled Saharan squid served with Canarian boiled salted potatoes and salad				~	✓	✓									
Seasonal fish				~	~	~							~		
Sama (island fisch) in tropical pineapple and king prawn sauce				<u> </u>	✓	✓							✓		
										V	/	V	<u> </u>		





























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Goat's meat stew traditional recipe	~		~			~	<u> </u>	✓	~			~	~	✓
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	~	\checkmark	~					<u>~</u>	<u>~</u>				~	
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	~	~	~					~	<u>~</u>				~	
Crispy chicken stuffed with turkey and cheese, served with mushroom sauce, sautéed vegetables and potato wedges	~	✓	✓				<u>~</u>	✓	<u>~</u>				✓	
Leg of rabbit in "salmorejo" with local yellow sweet potato purée and Lanzarote sautéd vegetables	~	✓	~					~	<u>~</u>				~	
Breaded chicken with chips	~						~							~
Spaghetti with tomato sauce	~	~	~											
Spaghetti with Bolognese sauce	✓	~	✓			✓		~	~				✓	
Grilled wreckfish steak with chips				<u>~</u>	~	~								
Meatballs with potato wedges	~	✓	~		~		~	~	~				~	<u>~</u>
Croquettes made with corvina (island fish) and potatoes	~	~	~	~	<u>~</u>	~		~						
Typical Lanzarote pancakes "Torrijas Conejeras" served with palm honey syrup and toasted cornmeal ice-cream	✓	✓	✓				<u>~</u>	<u>~</u>	<u>~</u>	<u>~</u>	<u>~</u>		✓	✓
Chocolate Monument (Mousse of three chocolates)	<u> </u>	~	<u> </u>					~	~					
"Lanzarote Vulcano" Canarian bienmesabe creamy almond dessert with vanilla ice cream	✓		✓					✓	✓	✓				
Grandma's cake	~	~	~			~	<u>~</u>	~	~	~		~	✓	✓
Cheesecake		V												
Our Frangollo Our home made dried	~	✓	~						~	✓				
fruit tart with locally sourced honey, accompanied by lemon and mint sorbet	~	~	~					~	~	~				
Alomogrote (cheese paté) sauce	✓	~				✓		~	~				~	
Bread, salt from Janubio, olive oil, dried tomato pate	~	✓	~				<u>~</u>	✓	~	<u>~</u>	<u>~</u>	<u> </u>		
Gluten-free bread and butter service		~												
													7	

































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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	<u>~</u>	✓	✓						✓	<u>~</u>				
Stuffed olives dizzled with a spicy canarian sauce													✓	
Fresh goat's cheese with olive oil		~	✓											
Chilled local canarian fish and octopus salad	~	<u>~</u>		<u>~</u>	<u>~</u>	~		~					~	
Sea Bass chunks with boiled potatoes in a spicy boiled canarian sauce	~	~	~		<u>~</u>	~	~	<u>~</u>	<u>~</u>				✓	
Homemade pork meatballs	✓	✓	✓		<u> </u>		✓	<u> </u>	<u>~</u>				✓	✓
Jable-grown chickpeas served with pork, salt ribs and chorizo sausage	✓	✓	✓				<u>~</u>	✓						
Ham and cheese baguette	✓	~	✓				<u>~</u>	✓	✓			✓		
Grilled soft goat's cheese baguette with canarian tomato slices	✓	✓	✓				<u> </u>	<u> </u>	✓			✓		
Glazed lemon sponge cake	~	✓	✓					✓						
Traditional anisette flavoured rings	~	~	✓		~	~		<u> </u>	~	~				
Smoothies	<u>~</u>	<u>~</u>	<u> </u>		<u>~</u>	<u>~</u>		<u> </u>	<u>~</u>	<u>~</u>				
Local vegetable grill														
Wild asparagus and mushroom risotto served with coconut	<u>~</u>								~	<u>~</u>				
Fruit salad														
										✓	1	✓	1	





























