



Lista de Alérgenos  
List of Allergens



Centros de Arte,  
Cultura y Turismo  
Cabildo de Lanzarote

## 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



Lanzarote diced fresh cheese and soft prickly pears served with olive oil	✓	✓	✓	□	□	□	✓	✓	✓	□	✓	✓	□	□
Cheese platter served with prickly pear jam	✓	✓	✓	□	□	□	✓	✓	✓	✓	✓	□	□	□
Sweet prickly pear croquettes	✓	✓	✓	□	□	□	□	✓	□	□	□	□	□	□
Prickly pear burger	✓	✓	✓	□	□	□	□	✓	✓	□	□	✓	✓	□
Mini prickly pear burger	✓	✓	✓	□	□	□	□	✓	✓	✓	□	✓	✓	□
Grilled chicken prickly pear rolls served with a sweet and sour Canarian mojo sauce	✓	✓	✓	□	□	□	□	□	□	□	□	□	✓	□
Heura* chicken nuggets	✓	□	□	□	□	✓	□	✓	□	□	□	□	✓	□
Chorizo with avocado mojo	□	□	□	□	□	□	□	✓	□	□	□	□	□	□
Cactus maki with avocado	✓	□	□	□	□	✓	□	✓	□	□	□	□	✓	□
Vegetable patties	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	□	✓	✓	✓
Garden salad	✓	□	□	□	□	✓	□	✓	✓	□	□	□	✓	□
Canarian salt boiled potatoes served with traditional red and green mojo sauces	□	□	□	□	□	□	□	□	□	□	□	□	✓	□
Chickpea and nopal hummus	✓	✓	□	□	□	□	□	✓	✓	✓	□	✓	✓	□
Dressed olives	□	□	✓	□	✓	✓	□	□	✓	□	□	□	✓	□
Nopal Ice Cream	□	✓	□	□	□	□	□	✓	□	□	□	□	□	□
Jardin Sorbet with prickly pear and apple	□	✓	□	□	□	□	□	✓	□	□	□	□	□	□
Whole grain ham and cheese sandwich	✓	✓	✓	□	□	□	✓	✓	✓	□	✓	✓	□	□
Whole grain sandwich with fresh cheese and tomato	✓	✓	✓	□	□	□	✓	✓	✓	□	✓	✓	□	□
Croissant with butter	✓	✓	✓	□	□	□	□	✓	✓	□	□	□	□	□
Ham and cheese croissant	✓	✓	✓	□	□	□	✓	✓	✓	□	□	□	□	□

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  May contain traces

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Tuna with cheese panini with tuna with cheese, tomato and onions	✓	✓	✓	□	□	✓	✓	✓	✓	✓	□	✓	□	□
Ham and cheese panini accompanied by tomato sauce	✓	✓	✓	□	□	✓	✓	✓	✓	✓	□	✓	□	□
Bacon and cheese panini accompanied by tomato sauce	✓	✓	✓	□	□	✓	✓	✓	✓	□	□	✓	□	□
Canarian sponge cake bizcochón	✓	✓	✓	□	□	□	□	✓	□	□	□	□	□	□
Traditional rings rosquetes	✓	✓	✓	□	□	□	□	✓	✓	✓	□	✓	✓	□
Chocolate muffins	✓	✓	✓	□	□	□	□	✓	✓	□	□	✓	✓	□
Cake of the day - apple	✓	✓	✓	□	□	□	□	✓	✓	✓	□	□	□	□
Cake of the day - chocolate with hazelnut crocanti	✓	✓	✓	□	□	□	□	✓	✓	✓	□	□	□	□
Smoothies	✓	✓	✓	□	✓	✓	□	✓	✓	✓	□	✓	✓	□
Plain yogurt, granola and Indian prickly pea	✓	✓	□	□	□	□	□	□	✓	□	□	□	□	□
Toasted snacks with cream of avocado, tomato and cottage cheese	✓	✓	✓	□	□	□	□	✓	✓	□	□	✓	□	□
Toasted snacks with cream of avocado, egg and tomato	✓	✓	✓	□	□	□	□	✓	✓	□	□	✓	□	□
Fresh cheese toast	✓	✓	✓	□	□	□	□	✓	✓	□	□	□	✓	□
Goat cheese toast	✓	✓	✓	□	□	□	✓	✓	✓	✓	□	✓	□	✓
Serrano ham toast	✓	✓	□	□	□	□	□	✓	✓	□	□	□	✓	□
Cheeses	□	✓	✓	□	□	□	□	□	□	□	□	□	□	□
Vegetable patties	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	□	✓	✓	✓
Toasted snack with egg and bacon	✓	✓	✓	□	□	□	□	✓	✓	□	□	✓	□	□
Bread service	✓	✓	✓	□	□	□	✓	✓	✓	□	✓	□	□	□
Gluten-free bread and butter service	□	✓	□	□	□	□	□	□	□	□	□	□	□	□

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