



CASA - MUSEO del CAMPESINO

Lista de Alérgenos List of Allergens



Centros de Arte,
Cultura y Turismo
Cabildo de Lanzarote



CASA - MUSEO
del CAMPESINO

ENGLISH

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DISH NAME

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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	☒	☒	☒	☐	☐	☐	☒	☒	☒	☒	☒	☒	☐
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 croquettes served with coriander mayonnaise	☒	☒	☒	☒	☒	☒	☒	☒	☐	☐	☐	☒	☒
Lanzarote style omelette with onion and wreckfish	☐	☐	☒	☐	☐	☒	☐	☒	☐	☐	☐	☐	☐
Scrambled egg with potato, boletus and shrimp	☒	☐	☒	☒	☒	☒	☐	☐	☐	☐	☐	☒	☐
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	☒	☐	☐	☒	☒	☒	☐	☐	☐	☐	☐	☒	☐
Coastal noodles with traditional stew with local fish	☒	☐	☐	☒	☒	☒	☐	☐	☐	☐	☐	☒	☐
Coastal rice with traditional stew with local fish	☐	☐	☐	☒	☒	☒	☐	☐	☐	☐	☐	☒	☐
"Monument style" local fish and seafood fritters	☒	☒	☒	☒	☒	☒	☒	☒	☐	☐	☐	☒	☒
Grilled wreckfish steaks with salad and boiled potatoes	☒	☒	☒	☒	☒	☒	☒	☒	☐	☐	☐	☒	☒
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	☐	☐	☐	☒	☒	☒	☐	☐	☐	☐	☐	☒	☐
Sama (island fish) in tropical pineapple and king prawn sauce	☐	☐	☐	☒	☒	☒	☐	☐	☐	☐	☐	☒	☐

☒ Contains allergens

☒ May contain traces



Gluten



Milk



Eggs



Molluscs



Crustaceans



Fish



Mustard



Soya



Tree nuts



Peanuts



Lupine



Sesame



Sulphites



Celery

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Goat's meat stew traditional recipe	✓	□	✓	□	□	✓	✓	✓	✓	□	□	✓	✓	✓
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	✓	✓	✓	□	□	□	□	✓	✓	□	□	□	✓	□
Crispy chicken stuffed with turkey and cheese, served with mushroom sauce, sautéed vegetables and potato wedges	✓	✓	✓	□	□	□	✓	✓	✓	□	□	□	✓	□
Leg of rabbit in "salmorejo" with local yellow sweet potato purée and Lanzarote sautéed vegetables	✓	✓	✓	□	□	□	□	✓	✓	□	□	□	✓	□
Breaded chicken with chips	✓	□	□	□	□	□	✓	□	□	□	□	□	□	✓
Spaghetti with tomato sauce	✓	✓	✓	□	□	□	□	□	□	□	□	□	□	□
Spaghetti with Bolognese sauce	✓	✓	✓	□	□	✓	□	✓	✓	□	□	□	✓	□
Grilled wreckfish steak with chips	□	□	□	✓	✓	✓	□	□	□	□	□	□	□	□
Meatballs with potato wedges	✓	✓	✓	□	✓	□	✓	✓	✓	□	□	□	✓	✓
Croquettes made with corvina (island fish) and potatoes	✓	✓	✓	✓	✓	✓	□	✓	□	□	□	□	□	□
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 creamy almond dessert with vanilla ice cream	✓	✓	✓	□	□	□	□	✓	✓	✓	□	□	□	□
Grandma's cake	✓	✓	✓	□	□	✓	✓	✓	✓	✓	□	✓	✓	✓
Cheesecake	□	✓	✓	□	□	□	□	✓	□	□	□	□	□	□
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	✓	✓	✓	□	□	□	✓	✓	✓	✓	✓	✓	□	□
Gluten-free bread and butter service	□	✓	□	□	□	□	□	□	□	□	□	□	□	□

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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	☒	☒	☐	☒	☒	☒	☐	☒	☐	☐	☐	☐	☒	☐
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	☒	☒	☒	☐	☐	☐	☒	☒	☐	☐	☐	☐	☐	☐
Turkey and cheese baguette	☒	☒	☐	☐	☐	☐	☐	☒	☒	☐	☐	☒	☐	☐
Grilled soft goat's cheese baguette with canarian tomato slices	☒	☒	☒	☐	☐	☐	☒	☒	☒	☐	☐	☒	☐	☐
Glazed lemon sponge cake	☒	☒	☒	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐
Traditional anisette flavoured rings	☒	☒	☒	☐	☒	☒	☐	☒	☒	☒	☐	☐	☐	☐
Smoothies	☒	☒	☒	☐	☒	☒	☐	☒	☒	☒	☐	☐	☐	☐

Local vegetable grill	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wild asparagus and mushroom risotto served with coconut	☒	☐	☐	☐	☐	☐	☐	☐	☒	☒	☐	☐	☐	☐
Fruit salad	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

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