



MONTAÑAS
del FUEGO

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



Canarian-style boiled potatoes served with spicy mojo sauces	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐
Grilled chorizo sausage served with fried peppers	☒	☒	☒	☐	☐	☐	☒	☒	☐	☐	☐	☒	☒
Vegetable cream from our garden, with small pieces of Lanzarote cheese and watercress oil	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Cold Island Tomato Cream	☒	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐
Vegetable salad	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐
Our chicken croquettes	☒	☒	☒	☐	☐	☐	☒	☒	☒	☐	☐	☒	☒
Cheese board of Lanzarote cheeses with fig confit	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Platter of roasted vegetables	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Mushroom risotto with coconut curry milk	☒	☐	☐	☐	☐	☐	☐	☒	☒	☐	☐	☐	☐
Chicken cooked in the heat of the volcano	☐	☒	☐	☐	☐	☐	☒	☒	☒	☐	☐	☒	☐
Chicken thighs	☐	☒	☐	☐	☐	☐	☒	☒	☒	☐	☐	☒	☐
Pork and chicken skewer	☐	☒	☐	☐	☐	☐	☒	☒	☒	☐	☐	☒	☐
Sirloin steak	☐	☒	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐
Fish and prawn skewer	☒	☐	☐	☒	☒	☒	☐	☐	☐	☐	☐	☒	☐
Grilled fish with salad and "arrugadas" wrinkled potatoes	☒	☒	☒	☒	☒	☒	☐	☐	☐	☐	☐	☒	☐
Cold cream of sweet volcanic pinkin with lemon sorbet	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒
Lanzarote volcano on a brownie	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒
Traditional almond syrup served with toasted cornmeal ice-cream	☒	☒	☒	☐	☐	☐	☐	☒	☒	☒	☐	☐	☐
Assorted ice-cream flavors starting from	☒	☒	☒	☐	☒	☒	☐	☒	☒	☒	☐	☒	☒
Ice cream sundae with two scoops (chocolate, strawberry, and vanilla)	☒	☒	☒	☐	☐	☐	☐	☒	☒	☒	☐	☐	☐
Breaded chicken	☒	☒	☒	☐	☐	☐	☒	☒	☐	☐	☐	☐	☒
Spaghetti with bolognese sauce	☒	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Bread and butter	☒	☒	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐
Gluten-free bread and butter service	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



Contains allergens

May contain traces



Gluten



Milk



Eggs



Molluscs



Crustaceans



Fish



Mustard



Soya



Tree nuts



Peanuts



Lupine



Sesame



Sulphites



Celery

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Spanish omelette	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Cured ham baguette served with tomato, oregano and olive oil	☒	☐	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐
Iberian ham baguette with extra virgin olive oil	☒	☐	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐
Semi cured Lanzarote cheese baguette served with tomato and extra virgin olive oil	☒	☒	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐
Chicken with fried onion and guacamole heated by the volcano baguette	☒	☒	☒	☐	☐	☐	☒	☒	☒	☐	☐	☐	☒
Spanish omelette baguette with tomato	☒	☐	☒	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐
Ham and cheese baguette	☒	☒	☐	☐	☐	☐	☒	☒	☐	☐	☐	☐	☐
Butter and jam croissant	☒	☒	☒	☐	☐	☐	☐	☒	☒	☐	☐	☒	☒
Ham and cheese croissant	☒	☒	☒	☐	☐	☐	☒	☒	☐	☐	☐	☐	☐
Fruit salad	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Muffins	☒	☒	☒	☐	☒	☒	☐	☒	☒	☐	☐	☒	☒
Cookies	☒	☒	☒	☐	☐	☐	☐	☒	☒	☐	☐	☐	☐
Donuts	☒	☒	☒	☐	☐	☐	☐	☒	☒	☐	☐	☐	☐
Fresh handmade muffin	☒	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐
Shortbreads	☒	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐
Assorted cakes	☒	☒	☒	☐	☒	☒	☒	☒	☒	☐	☐	☒	☒
Smoothies	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒
"Insólita" experience (children)	☒	☐	☐	☐	☐	☐	☒	☒	☐	☐	☐	☐	☒
"Insólita" experience (adults)	☒	☒	☐	☐	☐	☐	☒	☒	☒	☐	☐	☒	☒

☒ Contains allergens
☐ May contain traces



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Milk



Eggs



Molluscs



Crustaceans



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