



















Lista de Alérgenos
List of Allergens



Centros de Arte,
Cultura y Turismo
Cabildo de Lanzarote

PLATOS ALÉRGENOS

Listado de alérgenos según Reglamento (UE) 1169 / 2011

| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---|---|---|---|---|---|---|---|--|---|---|---|---|---|---|
| Servicio de pan | ✓ | ✓ | □ | □ | □ | □ | □ | ✓ | □ | □ | □ | □ | □ | □ |
| Tabla de quesos | ✓ | ✓ | □ | □ | □ | □ | ✓ | ✓ | ✓ | □ | □ | ✓ | □ | ✓ |
| Tabla de salmón ahumado con salsa tártara de aguacate | ✓ | ✓ | ✓ | □ | □ | ✓ | ✓ | ✓ | ✓ | □ | □ | ✓ | ✓ | ✓ |
| Tabla de atún ahumado | ✓ | □ | □ | ✓ | ✓ | ✓ | □ | ✓ | ✓ | □ | □ | ✓ | □ | □ |
| Croquetas de cherne | ✓ | ✓ | ✓ | □ | □ | ✓ | ✓ | □ | □ | □ | □ | □ | ✓ | ✓ |
| Ensalada de burrata | ✓ | ✓ | □ | □ | □ | □ | □ | □ | ✓ | ✓ | □ | □ | □ | □ |
| Papas arrugadas con mojos | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ | ✓ | □ |
| Croquetas de pulpo | ✓ | ✓ | ✓ | ✓ | □ | □ | ✓ | □ | □ | □ | □ | □ | ✓ | ✓ |
| Queso crujiente Fermina | ✓ | ✓ | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ | ✓ | □ |
| Ceviche Fermina | ✓ | □ | ✓ | ✓ | ✓ | ✓ | ✓ | □ | □ | □ | □ | □ | ✓ | ✓ |
| Hummus de garbanzos y remolacha | ✓ | ✓ | □ | □ | □ | □ | □ | ✓ | ✓ | ✓ | □ | ✓ | ✓ | □ |
| Langostinos al volcán | ✓ | □ | □ | ✓ | ✓ | ✓ | □ | ✓ | □ | □ | □ | ✓ | ✓ | □ |
| Pulpo ahumado a la canaria | □ | □ | □ | ✓ | ✓ | ✓ | □ | □ | □ | □ | □ | □ | ✓ | □ |
| Calamar sahariano con salteado de verduritas | ✓ | □ | □ | ✓ | ✓ | ✓ | □ | ✓ | □ | □ | □ | ✓ | □ | □ |
| Cherne embarrado con puré de batata | ✓ | □ | □ | ✓ | ✓ | ✓ | □ | □ | □ | □ | □ | □ | ✓ | □ |
| Vueltas caseras de solomillo con papas salteadas | □ | ✓ | ✓ | □ | □ | □ | ✓ | □ | □ | □ | □ | □ | ✓ | ✓ |
| Pechuga de pollo Lanzarote | □ | ✓ | ✓ | □ | □ | □ | □ | □ | □ | □ | □ | □ | ✓ | □ |
| Servicio de mojos | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ | ✓ | □ |
| Milhojas de berenjenas | □ | □ | □ | ✓ | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ |
| Risotto mar y montaña | □ | ✓ | □ | ✓ | ✓ | ✓ | □ | □ | □ | □ | □ | □ | ✓ | □ |
| Fingers de pollo con papas fritas | ✓ | □ | ✓ | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ |
| Extra de pan pita | ✓ | ✓ | □ | □ | □ | □ | □ | ✓ | □ | □ | □ | ✓ | □ | □ |
| Arroz con leche de coco y mango caramelizado | ✓ | ✓ | □ | □ | □ | □ | ✓ | □ | ✓ | ✓ | □ | ✓ | □ | ✓ |
| Mousse de chocolate | ✓ | ✓ | ✓ | □ | □ | □ | □ | ✓ | ✓ | □ | □ | □ | □ | □ |
| Cremoso de queso con salsa de mango | □ | ✓ | ✓ | □ | □ | □ | □ | ✓ | □ | □ | □ | □ | □ | □ |
| Bocadillos | | | | | | | | | | | | | | |
| Bocadillo El Ibérico (jamón ibérico con tomaca y aceite de oliva) | ✓ | □ | □ | □ | □ | □ | □ | ✓ | ✓ | □ | □ | ✓ | □ | □ |
| Bocadillo Mi Tierra (con pata asada de cochino, tomate untado, queso fresco y pimiento asado) | ✓ | ✓ | ✓ | □ | □ | □ | ✓ | ✓ | ✓ | □ | □ | ✓ | ✓ | ✓ |
| Bocadillo El Campesino (calabacín, berenjena, queso fresco del país, tomate y orégano) | ✓ | ✓ | ✓ | □ | □ | □ | ✓ | ✓ | ✓ | □ | □ | ✓ | ✓ | ✓ |
| Bocadillo Noruego (salmón ahumado con queso fresco, aguacate, tomate, alcaparras y pepinillos) | ✓ | ✓ | ✓ | □ | □ | ✓ | ✓ | ✓ | ✓ | □ | □ | ✓ | ✓ | ✓ |
| Bocadillo Islote de La Fermina | ✓ | ✓ | □ | □ | □ | □ | □ | ✓ | ✓ | □ | □ | ✓ | ✓ | □ |
| <div>  Contiene alérgenos  Puede contener trazas </div> | | | | | | | | | | | | | | |



Gluten



Lácteos



Huevo



Moluscos



Crustáceos



Pescado



Mostaza



Soja



Frutos secos



Cacahuets



Altramuz



Sésamo



Sulfitos



Apio

ESPAÑOL

El establecimiento no puede garantizar la ausencia de trazas de otros alérgenos no contenidos como ingredientes del plato, por lo que si usted es alérgico o intolerante a algún ingrediente de la tabla inferior, le rogamos que contacte con nuestro personal de sala para mayor información.

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Tostadas

| | | | | | | | | | | | | | | |
|--|---|---|---|--|--|---|---|---|---|--|--|--|---|---|
| Tostadas con aceite de oliva y tomate al estilo de la casa | ✓ | | | | | | | ✓ | ✓ | | | | ✓ | |
| Tostadas con Aceite de Oliva, tomate y aguacate | ✓ | | | | | | | ✓ | ✓ | | | | ✓ | |
| Tostadas con Aceite de Oliva, Tomate, Aguacate y Queso Fresco | ✓ | ✓ | ✓ | | | | | ✓ | ✓ | | | | ✓ | |
| Tostadas con Aceite de Oliva, Tomate, Jamón Ibérico y Aguacate | ✓ | | | | | | | ✓ | ✓ | | | | ✓ | |
| Tostada de salmón | ✓ | ✓ | ✓ | | | ✓ | ✓ | ✓ | ✓ | | | | ✓ | ✓ |

Sándwich

| | | | | | | | | | | | | | | |
|---------------------------|---|---|---|--|--|--|---|---|---|--|--|---|--|--|
| Sandwich de jamón y queso | ✓ | ✓ | ✓ | | | | ✓ | ✓ | ✓ | | | ✓ | | |
|---------------------------|---|---|---|--|--|--|---|---|---|--|--|---|--|--|

Snack

| | | | | | | | | | | | | | | |
|-----------------------------|---|---|---|--|---|---|--|---|---|---|--|--|---|--|
| Aceitunas aliñadas con mojo | | ✓ | | | ✓ | ✓ | | | ✓ | | | | ✓ | |
| Tarta de manzana | ✓ | ✓ | ✓ | | | | | ✓ | ✓ | ✓ | | | | |
| Tarta de chocolate | ✓ | ✓ | ✓ | | | | | ✓ | ✓ | ✓ | | | | |

Zumos

| | | | | | | | | | | | | | | |
|---|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Zumo de Naranja Natural | | | | | | | | | | | | | | |
| Zumo Mediterráneo Natural (naranja y zanahoria) | | | | | | | | | | | | | | |
| Zumo de naranja y papaya | | | | | | | | | | | | | | |
| Zumo de naranja, plátano y fresas | | | | | | | | | | | | | | |
| Zumo de Lanzarote | | | | | | | | | | | | | | |

Brunch

| | | | | | | | | | | | | | | |
|---|---|---|---|--|--|---|---|---|---|---|--|---|---|---|
| Pella de gofio dulce con mayonesa de almogrote y crujiente de batata y yema | ✓ | ✓ | ✓ | | | | ✓ | | | | | | ✓ | ✓ |
| Pan y bollería variada | ✓ | ✓ | ✓ | | | | ✓ | ✓ | ✓ | ✓ | | ✓ | ✓ | |
| Tabla de quesos y jamón ibérico | ✓ | ✓ | | | | | ✓ | ✓ | ✓ | | | ✓ | | ✓ |
| Bol de fruta fresca | | | | | | | | | | | | | | |
| Bol de fruta fresca con yogurt y granola | | ✓ | | | | | | ✓ | ✓ | | | | | |
| Bagel de rúcula, salmón, queso crema, alcaparras y trufa | ✓ | ✓ | ✓ | | | ✓ | ✓ | ✓ | | | | ✓ | | |
| Tostada de rúcula, queso fresco, pata asada, tomate seco y membrillo | ✓ | ✓ | ✓ | | | | | ✓ | ✓ | | | | ✓ | |
| Fajita de rúcula, guacamole y verduras a la llama | ✓ | | | | | | | | | | | | | |

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