



Lista de Alérgenos List of Allergens



Centros de Arte,
Cultura y Turismo
Cabildo de Lanzarote

DISH NAME

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

														
Bread Service	✓	✓	□	□	□	□	□	✓	□	□	□	□	□	□
Fermina cheese platter	✓	✓	□	□	□	□	✓	✓	✓	□	□	✓	□	✓
Smoked salmon platter with avocado tartar sauce	✓	✓	✓	□	□	✓	✓	✓	✓	□	□	✓	✓	✓
Smoked tuna platter	✓	□	□	✓	✓	✓	□	✓	✓	□	□	✓	□	□
Cherne (island fish) croquettes	✓	✓	✓	□	□	✓	✓	□	□	□	□	□	✓	✓
Burrata Salad	✓	✓	□	□	□	□	□	□	✓	✓	□	□	□	□
Wrinkled potatoes with Fermina mojo sauces	□	□	□	□	□	□	□	□	□	□	□	□	✓	□
Octopus croquettes	✓	✓	✓	✓	□	□	✓	□	□	□	□	□	✓	✓
Fermina crispy cheese	✓	✓	□	□	□	□	□	□	□	□	□	□	✓	□
Fermina ceviche	✓	□	✓	✓	✓	✓	✓	□	□	□	□	□	✓	✓
Fermina chickpea and beet hummus	✓	✓	□	□	□	□	□	✓	✓	✓	□	✓	✓	□
King Prawns "Volcán"	✓	□	□	✓	✓	✓	□	✓	□	□	□	✓	✓	□
Canarian smoked octopus	□	□	□	✓	✓	✓	□	□	□	□	□	□	✓	□
Saharan squid with sautéed vegetables	✓	□	□	✓	✓	✓	□	✓	□	□	□	✓	□	□
Cherne fish with sweet potato purée	✓	□	□	✓	✓	✓	□	□	□	□	□	□	✓	□
Homemade filet slices with sautéed potatoes	□	✓	✓	□	□	□	✓	□	□	□	□	□	✓	✓
Lanzarote chicken breast	□	✓	✓	□	□	□	□	□	□	□	□	□	✓	□
Mojo service	□	□	□	□	□	□	□	□	□	□	□	□	✓	□
Eggplant Millefeuille	□	□	□	✓	□	□	□	□	□	□	□	□	□	□
"Surf and turf" risotto	□	✓	□	✓	✓	✓	□	□	□	□	□	□	✓	□
Chicken Fingers with French Fries	✓	□	✓	□	□	□	□	□	□	□	□	□	□	□
Extra Pita bread	✓	✓	□	□	□	□	□	✓	□	□	□	✓	□	□
Coconut Milk Rice Pudding with Caramelized Mango	✓	✓	□	□	□	□	✓	□	✓	✓	□	✓	□	✓
Chocolate Mousse	✓	✓	✓	□	□	□	□	✓	✓	□	□	□	□	□
Creamy cheese with mango sauce	□	✓	✓	□	□	□	□	✓	□	□	□	□	□	□
Baguettes														
Iberico baguette (cured ham with tomato and olive oil)	✓	□	□	□	□	□	□	✓	✓	□	□	✓	□	□
My Land Baguette (roasted pork spread tomato, fresh cheese and roasted pepper)	✓	✓	✓	□	□	□	✓	✓	✓	□	□	✓	✓	✓
Campesino baguette (Zucchini, eggplant, fresh country cheese, tomato, and oregano)	✓	✓	✓	□	□	□	✓	✓	✓	□	□	✓	✓	✓
Norwegian baguette (Smoked salmon with fresh cheese, avocado, tomato, capers, and pickles)	✓	✓	✓	□	□	✓	✓	✓	✓	□	□	✓	✓	✓
Islole de Fermina baguette	✓	✓	□	□	□	□	□	✓	✓	□	□	✓	✓	□

Contains allergens

May contain traces



Gluten



Milk



Eggs



Molluscs



Crustaceans



Fish



Mustard



Soya



Tree nuts



Peanuts



Lupine



Sesame



Sulphites



Celery

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.

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Toasts

Tostadas with Olive Oil and Tomato, House Style	✓	□	□	□	□	□	□	✓	✓	□	□	□	✓	□
Tostadas with Olive Oil, Tomato, and Avocado	✓	□	□	□	□	□	□	✓	✓	□	□	□	✓	□
Tostadas with Olive Oil, Tomato, Avocado and Fresh Cheese	✓	✓	✓	□	□	□	□	✓	✓	□	□	□	✓	□
Tostadas with Olive Oil, Tomato, Iberico Ham, and Avocado	✓	□	□	□	□	□	□	✓	✓	□	□	□	✓	□
Salmon toast	✓	✓	✓	□	□	✓	✓	✓	✓	□	□	□	✓	✓

Sandwich

Ham and Cheese Sandwich	✓	✓	✓	□	□	□	✓	✓	✓	□	□	✓	□	□
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Snacks

Stuffed olives drizzed with a spicy Canarian sauce	□	✓	□	□	✓	✓	□	□	✓	□	□	□	✓	□
Apple pie	✓	✓	✓	□	□	□	□	✓	✓	✓	□	□	□	□
Chocolate cake	✓	✓	✓	□	□	□	□	✓	✓	✓	□	□	□	□

Juices

Orange Juice	□	□	□	□	□	□	□	□	□	□	□	□	□	□
Mediterranean Juice: (Orange and Carrot)	□	□	□	□	□	□	□	□	□	□	□	□	□	□
Orange and papaya juice	□	□	□	□	□	□	□	□	□	□	□	□	□	□
Orange, banana and strawberries	□	□	□	□	□	□	□	□	□	□	□	□	□	□
Lanzarote juice	□	□	□	□	□	□	□	□	□	□	□	□	□	□

Brunch

Sweet gofio ball with almogrote mayonnaise and crispy sweet potato yolk	✓	✓	✓	□	□	□	✓	□	□	□	□	□	✓	✓
Assorted bread and pastries	✓	✓	✓	□	□	□	✓	✓	✓	✓	□	✓	✓	□
Cheese and Iberian ham platter	✓	✓	□	□	□	□	✓	✓	✓	□	□	✓	□	✓
Bowl of fresh fruit	□	□	□	□	□	□	□	□	□	□	□	□	□	□
Bowl of fresh fruit with yogurt and granola	□	✓	□	□	□	□	□	✓	✓	□	□	□	□	□
Bagel with arugula, salmon, cream cheese, capers, and truffle	✓	✓	✓	□	□	✓	✓	✓	□	□	□	✓	□	□
Toast with arugula, fresh cheese, roasted pork leg, dried tomato, and quince	✓	✓	✓	□	□	□	□	✓	✓	□	□	□	✓	□
Wrap with arugula, guacamole, and grilled vegetables	✓	□	□	□	□	□	□	□	□	□	□	□	□	□

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