



MIRADOR DEL RÍO

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



Ham and cheese baguette	☒	☒	☒	☐	☐	☐	☒	☒	☐	☐	☒	☐	☐
Soft cheese from Lanzarote, tomato and oregano baguette	☒	☒	☐	☐	☐	☐	☒	☒	☐	☐	☒	☐	☐
Serrano ham baguette served with tomato and olive oil	☒	☒	☐	☐	☐	☐	☒	☒	☐	☐	☒	☐	☐
Spanish omelette baguette	☒	☒	☒	☐	☐	☐	☒	☒	☐	☐	☒	☐	☐
Croissant with butter	☒	☒	☒	☐	☐	☐	☒	☒	☐	☐	☐	☐	☐
Ham and cheese croissant	☒	☒	☒	☐	☐	☐	☒	☒	☐	☐	☐	☐	☐
Doughnuts	☒	☒	☒	☐	☐	☐	☒	☒	☐	☐	☐	☐	☐
Assorted muffins	☒	☒	☒	☐	☐	☐	☒	☒	☐	☐	☒	☒	☐
Apple cake	☒	☒	☒	☐	☐	☐	☒	☒	☒	☐	☐	☐	☐
Chocolate cake	☒	☒	☒	☐	☐	☐	☒	☒	☒	☐	☐	☐	☐
Panini bacon and cheese	☒	☒	☒	☐	☐	☒	☒	☒	☒	☐	☐	☒	☐
Panini tuna and cheese	☒	☒	☒	☐	☐	☒	☒	☒	☒	☒	☐	☒	☐
Panini york ham and cheese	☒	☒	☒	☐	☐	☒	☒	☒	☒	☒	☐	☒	☐
Smoothies													
Jameos del Agua	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Montañas del Fuego	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Castillo San José	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☐	☒
Mirador del Río	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Monumento al Campesino	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Jardín de Cactus	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

☒ Contains allergens ☐ May contain traces





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