



# EL ALMACÉN

LANZAROTE



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



Dish Name	Gluten	Milk	Eggs	Molluscs	Crustaceans	Fish	Mustard	Soya	Tree nuts	Peanuts	Lupine	Sesame	Sulphites	Celery
Coastal fish Croquettes	✓	✓	✓	✓	✓	✓	✓	✓	☐	☐	☐	☐	✓	✓
Sweet prickly pear croquettes	✓	✓	✓	☐	☐	☐	☐	✓	☐	☐	☐	☐	☐	☐
Almogrote Croquettes (Paste made of spicy cheese)	✓	✓	✓	☐	☐	☐	☐	✓	☐	☐	☐	☐	✓	☐
Assorted croquettes	✓	✓	✓	✓	✓	✓	✓	✓	☐	☐	☐	☐	✓	✓
Pork and caramelized onions Mini Hamburgers	✓	✓	✓	✓	☐	☐	✓	✓	✓	☐	☐	✓	✓	✓
Beef, roasted bell pepper, cheese sauce and vegetables Mini Hamburgers	✓	✓	✓	✓	☐	☐	✓	✓	✓	☐	☐	✓	✓	✓
Mini squid sandwich with garlic mayonnaise	✓	✓	✓	✓	✓	✓	✓	✓	✓	☐	✓	✓	✓	✓
Picasso salad	✓	☐	✓	☐	☐	✓	✓	☐	☐	☐	☐	☐	✓	✓
Our spicy potatoes	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	✓	☐
Island cheese assortment	✓	✓	☐	☐	☐	☐	☐	☐	✓	✓	☐	☐	☐	☐
Chickpea hummus with its vegetable crudités	✓	✓	☐	☐	☐	☐	☐	✓	✓	✓	☐	☐	✓	✓
Zucchini rolls with ricotta, salmon and sun-dried tomato	☐	✓	☐	☐	☐	✓	☐	☐	☐	☐	☐	☐	☐	☐
Scrambled eggs with desalted wreckfish, onion confit and sweet potato chips	✓	✓	✓	☐	☐	✓	✓	✓	✓	☐	✓	☐	☐	☐
Alma...Zen Arepa	✓	✓	☐	☐	☐	✓	✓	✓	☐	☐	☐	☐	✓	☐
Bao bread with larded chicken and vegetables	✓	✓	✓	☐	☐	✓	✓	✓	☐	☐	☐	✓	✓	✓
Octopus small sandwich	✓	✓	✓	✓	✓	✓	✓	✓	✓	☐	☐	✓	✓	☐
Tuna belly small sandwich	✓	☐	✓	☐	☐	✓	✓	☐	☐	☐	☐	✓	✓	✓
Chorizo small sandwich	✓	✓	✓	☐	☐	☐	✓	✓	✓	☐	☐	✓	✓	☐
Iberian pork cheek small sandwich	✓	✓	✓	✓	☐	✓	✓	✓	✓	☐	☐	✓	✓	✓
Pickled vegetables small sandwich	✓	✓	✓	☐	✓	✓	✓	✓	✓	☐	☐	✓	✓	✓

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Small octopus with red almond mojo caramelized and Yema sweet potato puree	✓	✓	✓	✓	✓	✓	☐	✓	✓	✓	☐	☐	✓	☐
Pork tenderloin medallions with meat jus and sautéed peppers	✓	✓	✓	☐	☐	☐	☐	✓	✓	☐	☐	☐	☐	✓
Udon noodles with shiitake mushrooms, vegetables and teriyaki sauce	✓	☐	☐	☐	☐	☐	☐	✓	☐	☐	☐	☐	✓	☐
Chocolate panna cotta with bitter orange jam	✓	☐	☐	☐	☐	☐	☐	✓	✓	✓	☐	☐	☐	☐
Lemon pie cup with faux meringue	✓	✓	✓	☐	☐	☐	☐	✓	☐	☐	☐	☐	☐	✓
Gofio tiramisú cup	✓	✓	✓	☐	☐	☐	☐	✓	☐	☐	☐	☐	☐	☐
Bienmesabe with ice cream (sponge cake with egg white and sugar frosting)	✓	✓	✓	☐	☐	☐	☐	✓	✓	✓	☐	☐	☐	☐
Ice cream sundae with two scoops (chocolate, strawberry, and vanilla)	✓	✓	✓	☐	☐	☐	☐	✓	✓	✓	☐	☐	☐	☐
Bread and flavour butter	✓	✓	✓	☐	☐	☐	✓	✓	✓	☐	✓	✓	☐	☐
Gluten-free bread and butter service	☐	✓	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Extra pita bread	✓	✓	☐	☐	☐	☐	☐	✓	☐	☐	☐	✓	☐	☐
Extra butter service	✓	✓	✓	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

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# ALLERGENS - MENU PICASSO

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Primeros

Mango gazpacho	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>									
Vegetable cream soup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>									
Mixed salad with tuna and guacamole	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Hummus with vegetables	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Spaghetti with cream, ham, and bacon	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Soup lentils	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Soup chickpeas	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Soup beans	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Beans with vinaigrette	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>									
Mixed salad with cheese and fig vinaigrette	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Poke with vegetables, ponzu sauce, and soy sauce	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Corn and wheat broth	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Segundos

Pork tenderloin with sweet potato purée and vegetables	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Grilled cherne fillet with salad and "papas arrugadas" (Wrinkled potatoes)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>				
Chicken with mushroom sauce and rice	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Cod loin on vegan beans	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
Confit pork taco with sauce, vegetables, and sweet potato purée with egg yolk	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Cherne taco on vegetables and confit sweet potato with marinara sauce	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Homemade pork meatballs with "papas arrugadas"	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Cherne "Sancocho" with sweet potato and potatoes	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Braised beef with sauce and "papas arrugadas"	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Salmon tacos with dill sauce and roasted zucchini	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Postres

	Wheat	Milk	Eggs	Molluscs	Crustaceans	Fish	Mustard	Soya	Tree nuts	Peanuts	Lupine	Sesame	Sulphites	Celery
Homemade flan	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Chocolate brownie	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Ice cream	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Apple pie	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grandma's cake	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				
Frangollo (Traditional canarian dessert)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Typical Lanzarote pancakes "Torrijas Conejeras"	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Cheesecake	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Banana mousse with dulce de leche and mimos (Canarian pastry)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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