EL ALMACÉN

LANZAROTE

Lista de Alérgenos
List of Allergens

Centros de Arte,
Cultura y Turismo
Cabildo de Lanzarote

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LANZAROTE

ENGLISH

The establishment cannot guarantee the absence of traces of allergens contained within these dishes. if you are allergic or intollerant 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

	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 tiramisu 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

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

	Gluten	Milk	Eggs	Molluscs	Crustaceans	Fish	Mustard	Soya	Tree nuts	Peanuts	Lupine	Sesame	Sulphites	Celery
Primeros														
Mango gazpacho	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☑	☐
Vegetable cream soup	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Mixed salad with tuna and guacamole	☑	☐	☐	☐	☐	☑	☐	☐	☑	☐	☐	☐	☑	☐
Hummus with vegetables	☑	☑	☐	☐	☐	☐	☐	☑	☑	☑	☐	☑	☑	☐
Spaghetti with cream, ham, and bacon	☑	☑	☑	☐	☐	☐	☑	☑	☐	☐	☐	☐	☐	☐
Soup lentils	☑	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐	☑	☐
Soup chickpeas	☐	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐	☑	☐
Soup beans	☐	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐	☑	☐
Beans with vinaigrette	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☑	☐
Mixed salad with cheese and fig vinaigrette	☐	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☑	☐
Poke with vegetables, ponzu sauce, and soy sauce	☑	☐	☐	☐	☐	☑	☐	☑	☐	☐	☐	☑	☑	☐
Corn and wheat broth	☑	☑	☐	☑	☑	☑	☑	☑	☑	☐	☐	☐	☑	☐
Segundos														
Pork tenderloin with sweet potato purée and vegetables	☑	☑	☑	☐	☐	☐	☐	☑	☑	☐	☐	☐	☑	☐
Grilled cherne fillet with salad and "papas arrugadas" (Wrinkled potatoes)	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐	☐	☐	☑	☐
Chicken with mushroom sauce and rice	☑	☑	☑	☐	☐	☐	☐	☑	☑	☐	☐	☐	☑	☐
Cod loin on vegan beans	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐	☐	☐	☐	☐
Confit pork taco with sauce, vegetables, and sweet potato purée with egg yolk	☑	☑	☑	☐	☐	☐	☐	☑	☑	☐	☐	☐	☑	☐
Cherne taco on vegetables and confit sweet potato with marinara sauce	☐	☐	☐	☑	☑	☑	☐	☐	☐	☐	☐	☐	☑	☐
Homemade pork meatballs with "papas arrugadas"	☑	☑	☑	☐	☑	☐	☑	☑	☑	☐	☐	☐	☑	☑
Cherne "Sancocho" with sweet potato and potatoes	☑	☐	☐	☑	☑	☑	☐	☐	☐	☐	☐	☐	☑	☐
Braised beef with sauce and "papas arrugadas"	☑	☑	☑	☐	☐	☐	☐	☑	☑	☐	☐	☐	☑	☐
Salmon tacos with dill sauce and roasted zucchini	☐	☐	☐	☑	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐

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Postres														
Homemade flan	☐	☑	☑	☐	☐	☐	☑	☑	☐	☐	☐	☑	☐	☑
Chocolate brownie	☑	☑	☑	☐	☐	☐	☐	☑	☑	☑	☐	☑	☑	☐
Ice cream	☑	☑	☑	☐	☐	☐	☐	☑	☑	☑	☐	☐	☐	☐
Apple pie	☑	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Grandma's cake	☐	☑	☑	☐	☐	☑	☑	☑	☑	☑	☐	☑	☑	☑
Frangollo (Traditional canarian dessert)	☑	☑	☑	☐	☐	☐	☑	☐	☑	☑	☐	☑	☐	☑
Typical Lanzarote pancakes "Torrijas Conejeras"	☑	☑	☑	☐	☐	☐	☑	☑	☑	☑	☐	☑	☑	☑
Cheesecake	☐	☑	☑	☐	☐	☐	☐	☑	☐	☐	☐	☐	☐	☐
Banana mousse with dulce de leche and mimos (Canarian pastry)	☐	☑	☑	☐	☐	☐	☐	☑	☐	☐	☐	☐	☐	☐

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