CASTILLO DE SAN JOSÉ

RESTAURANTE

Lista de Alérgenos
List of Allergens

Centros de Arte,
Cultura y Turismo
Cabildo de Lanzarote

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RESTAURANTE

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
Iberian ham croquettes from Castillo de San José	■	■	■	□	□	□	□	■	□	□	□	□	□	□
Smoked salmon from Uga with fresh cream, corn toasts and Sicilian pickles	■	■	▪	□	□	■	□	□	▪	□	□	▪	■	□
Moray eel chips	▪	□	□	□	□	■	□	□	□	□	□	□	□	□
Three tomato salad with olive cream and basil	□	▪	□	□	▪	▪	□	□	▪	□	□	□	▪	□
Cherne Gilda	□	▪	□	▪	▪	■	□	□	▪	□	□	□	■	□
Boiled skin-on potatoes with Lanzarote mojos	▪	□	□	□	□	□	□	□	■	▪	□	□	■	□
Islad cheeses	■	■	□	□	□	□	□	□	□	□	□	■	□	□
Creamy potato with Galician-style octopus	□	■	□	■	□	□	□	□	□	□	□	□	□	□
Sea bass ceviche with passion fruit and plantain	▪	▪	□	□	□	■	□	□	□	□	□	□	□	■
Hake ravioli with Aurora sauce and anise	■	■	■	■	■	■	□	■	□	□	□	□	■	□
Chickpea stew with cuttlefish	□	□	□	■	■	■	□	□	□	□	□	□	■	□
Sea bass with Malvasía beurre blanc, spinach and zucchini salad	□	■	□	▪	▪	■	■	□	□	□	□	□	■	□
Glazed octopus tentacle with sweet mojo, served with "Yema de Jable" sweet potato purée.	▪	□	□	■	□	□	□	▪	□	□	□	▪	■	□
Delights of grouper with prawns	■	■	□	■	■	■	□	■	□	□	□	▪	■	□
Brothy Rice with Scarlet Shrimp	□	□	□	■	■	■	□	▪	□	□	□	□	■	□
The Squid of Castillo	■	▪	□	■	▪	■	□	□	□	□	□	■	■	□
Canarian Tuna in Teriyaki Sauce and Pickled Vegetables	■	□	□	□	□	■	□	■	□	□	□	■	■	□
Beef tartare	■	■	■	▪	▪	■	■	■	■	□	▪	□	■	▪
Confit pork belly with plantain parmentier	□	□	□	□	□	□	□	□	□	□	□	□	■	□
Palm pepper beef fillet	■	■	▪	▪	▪	■	■	■	□	□	□	▪	■	▪
Grilled beef entrecôte, carved and seasoned with Janubio salt	▪	■	□	▪	▪	▪	□	▪	□	□	□	▪	□	□
Deboned and glazed beef ribs with their juices	■	■	▪	▪	▪	■	■	■	▪	▪	□	▪	■	▪

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Breaded chicken fillet with salad	■	■	■	□	□	■	■	▪	▪	□	□	▪	□	■
Spaghetti with bolognese sauce	■	■	■	□	□	■	□	▪	▪	□	□	□	■	□
Spaguetti with tomato suace	■	■	■	□	□	□	□	□	□	□	□	□	□	□
White splayed fish filet with salad	□	□	□	▪	▪	■	□	▪	▪	■	□	▪	□	□
Avocado sam and tuna mojama petals with red berries	■	□	□	□	□	■	□	□	□	□	□	□	■	□
Papaya cannelloni, stuffed with rockfish marinade over blackberry vichyssoise	■	■	□	■	■	■	□	■	□	□	□	□	■	□
Three cheese croquette	■	■	■	□	□	□	□	■	□	□	□	□	■	□
Prawn with apple and mango, seasoned with its coral sauce	■	□	■	■	■	■	▪	□	□	□	□	□	■	▪
Grilled vegetables with confit garlic oil	▪	□	□	□	▪	▪	□	□	□	□	□	□	▪	□
Mushroom risotto with asparagus and coconut milk	▪	□	□	□	□	□	□	□	■	▪	□	□	□	□
Passion fruit and strawberry millefeuille in syrup with blackberry ice cream	■	■	■	□	□	□	□	▪	□	□	□	□	□	□
Cheese cream, crumble and red fruit ice cream	■	■	□	□	□	□	□	▪	■	▪	□	▪	▪	□
Fruit salad	□	□	□	□	□	□	□	□	□	□	□	□	□	□
Strawberries from our Castle, with bitter almond ice cream	□	■	□	□	□	□	□	□	■	□	□	□	■	□
Dark chocolate and almond coulant filled with caramel	■	■	■	□	□	□	□	■	■	▪	□	▪	▪	□
Petit fours	■	■	■	□	□	□	▪	■	■	▪	□	▪	■	▪
Bread included. Different flavour butter	■	■	□	□	□	□	□	□	□	▪	□	▪	□	□
Bred and butter free gluten	□	■	□	□	□	□	□	□	□	□	□	□	□	□

■ Contains allergens ▪ May contain traces

Gluten · Milk · Eggs · Molluscs · Crustaceans · Fish · Mustard · Soya · Tree nuts · Peanuts · Lupine · Sesame · Sulphites · Celery

23-02-2026

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Dressed olives	☐	☑	☐	☐	☑	☑	☐	☐	☑	☐	☐	☐	☑	☐
Ham and cheese sandwich	☑	☑	☐	☐	☑	☑	☑	☑	☑	☐	☐	☐	☑	☐
Morsel of fresh cheese with quince	☑	☑	☐	☑	☑	☑	☑	☐	☐	☐	☐	☑	☑	☐
Morsel of iberian ham, tomato and virgin olive oil	☑	☐	☐	☑	☑	☑	☐	☐	☐	☐	☐	☑	☐	☐
Sweet potato fries with mojo salt	☑	☑	☑	☑	☐	☑	☐	☐	☑	☑	☐	☐	☑	☐
Chocolate Muffins	☑	☑	☑	☐	☐	☐	☐	☑	☑	☐	☐	☑	☑	☐
Chocolate filled cake	☑	☑	☑	☐	☐	☐	☐	☑	☑	☑	☐	☐	☐	☐
Cheesecake	☑	☑	☑	☐	☐	☐	☐	☑	☑	☑	☐	☐	☐	☐
Apple pie	☑	☑	☑	☐	☐	☐	☐	☑	☑	☑	☐	☐	☐	☐
Assorted ice cream cup	☑	☑	☑	☐	☐	☐	☐	☑	☑	☑	☐	☐	☐	☐
Potatoes fries	☑	☐	☐	☐	☐	☐	☐	☑	☑	☐	☐	☐	☐	☐

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Gluten Milk Eggs Molluscs Crustaceans Fish Mustard Soya Tree nuts Peanuts Lupine Sesame SO2 Sulphites Celery

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