



JARDÍN de CACTUS

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



Lanzarote diced fresh cheese and soft prickly pears served with olive oil	✓	✓	✓	□	□	□	✓	✓	✓	□	✓	✓	□	□
Cheese platter served with prickly pear jam	✓	✓	✓	□	□	□	✓	✓	✓	✓	✓	□	□	□
Sweet prickly pear croquettes	✓	✓	✓	□	□	□	□	✓	□	□	□	□	□	□
Prickly pear burger	✓	✓	✓	□	□	□	✓	✓	✓	□	□	✓	✓	□
Mini prickly pear burger	✓	✓	✓	□	□	□	✓	✓	✓	✓	□	✓	✓	□
Grilled chicken prickly pear rolls served with a sweet and sour Canarian mojo sauce	✓	✓	✓	□	□	□	□	□	□	□	□	□	✓	□
Heura* chicken nuggets	✓	□	□	□	□	✓	□	✓	□	□	□	□	✓	□
Chorizo with avocado mojo	□	□	□	□	□	□	□	✓	□	□	□	□	□	□
Cactus maki with avocado	✓	□	□	□	□	✓	□	✓	□	□	□	□	✓	□
Vegetable patties	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	□	✓	✓	✓
Garden salad	✓	□	□	□	□	✓	□	✓	✓	□	□	□	✓	□
Canarian salt boiled potatoes served with traditional red and green mojo sauces	□	□	□	□	□	□	□	□	□	□	□	□	✓	□
Chickpea and nopal hummus	✓	✓	□	□	□	□	□	✓	✓	✓	□	✓	✓	□
Dressed olives	□	□	✓	□	✓	✓	□	□	✓	□	□	□	✓	□
Nopal Ice Cream	□	✓	□	□	□	□	□	✓	□	□	□	□	□	□
Jardin Sorbet with prickly pear and apple	□	✓	□	□	□	□	□	✓	□	□	□	□	□	□
Whole grain ham and cheese sandwich	✓	✓	✓	□	□	□	✓	✓	✓	□	✓	✓	□	□
Whole grain sandwich with fresh cheese and tomato	✓	✓	✓	□	□	□	✓	✓	✓	□	✓	✓	□	□
Croissant with butter	✓	✓	✓	□	□	□	□	✓	✓	□	□	□	□	□
Ham and cheese croissant	✓	✓	✓	□	□	□	✓	✓	✓	□	□	□	□	□

Contains allergens
 May contain traces

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DISH NAME

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Dish Name	Gluten	Milk	Eggs	Molluscs	Crustaceans	Fish	Mustard	Soya	Tree nuts	Peanuts	Lupine	Sesame	Sulphites	Celery
Tuna with cheese panini with tuna with cheese, tomato and onions	Contains allergens	Contains allergens	May contain traces			Contains allergens	May contain traces	May contain traces	May contain traces	May contain traces		May contain traces		
Ham and cheese panini accompanied by tomato sauce	Contains allergens	Contains allergens	May contain traces			May contain traces	May contain traces	Contains allergens	May contain traces	May contain traces		May contain traces		
Bacon and cheese panini accompanied by tomato sauce	Contains allergens	Contains allergens	May contain traces			May contain traces	May contain traces	May contain traces	May contain traces			May contain traces		
Canarian sponge cake bizcochón	Contains allergens	Contains allergens	Contains allergens					Contains allergens						
Traditional rings rosquetes	Contains allergens	May contain traces	Contains allergens					May contain traces	May contain traces	May contain traces		May contain traces	May contain traces	
Chocolate muffins	Contains allergens	Contains allergens	Contains allergens					Contains allergens	May contain traces			May contain traces	May contain traces	
Cake of the day - apple	Contains allergens	Contains allergens	Contains allergens					May contain traces	Contains allergens	May contain traces				
Cake of the day - chocolate with hazelnut crocanti	Contains allergens	Contains allergens	Contains allergens					Contains allergens	May contain traces	May contain traces				
Smoothies	May contain traces	May contain traces	May contain traces		May contain traces	May contain traces		May contain traces	May contain traces	May contain traces		May contain traces	May contain traces	
Plain yogurt, granola and Indian prickly pea	Contains allergens	Contains allergens							Contains allergens					
Toasted snacks with cream of avocado, tomato and cottage cheese	Contains allergens	Contains allergens	Contains allergens					May contain traces	May contain traces			May contain traces		
Toasted snacks with cream of avocado, egg and tomato	Contains allergens	May contain traces	Contains allergens					Contains allergens	May contain traces			May contain traces		
Fresh cheese toast	Contains allergens	Contains allergens	May contain traces					May contain traces	May contain traces				May contain traces	
Goat cheese toast	Contains allergens	Contains allergens	May contain traces				May contain traces	May contain traces	Contains allergens	May contain traces		May contain traces		May contain traces
Serrano ham toast	Contains allergens	Contains allergens						May contain traces	May contain traces				May contain traces	
Cheeses		Contains allergens	Contains allergens											
Vegetable patties	Contains allergens	Contains allergens	Contains allergens	May contain traces	May contain traces	May contain traces	May contain traces	Contains allergens	May contain traces	May contain traces		May contain traces	May contain traces	May contain traces
Toasted snack with egg and bacon	Contains allergens	May contain traces	Contains allergens					Contains allergens	May contain traces			May contain traces		
Bread service	Contains allergens	May contain traces	May contain traces				May contain traces	May contain traces	May contain traces		May contain traces			
Gluten-free bread and butter service		Contains allergens												

Contains allergens
 May contain traces



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