MONTAÑAS DEL FUEGO

List of Allergens

CENTROS DE
ARTE, CULTURA
Y TURISMO
DE LANZAROTE

MONTAÑAS DEL FUEGO

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
Canarian-style boiled potatoes served with spicy mojo sauces	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☑	☐
Grilled chorizo sausage served with fried peppers	☐	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐	☑	☐
Vegetable cream from our garden, with small pieces of Lanzarote cheese and watercress oil	☐	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Cold Island Tomato Cream	☑	☐	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐	☐	☐
Vegetable salad	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Our chicken croquettes	☑	☑	☑	☐	☐	☐	☑	☑	☑	☐	☐	☐	☑	☑
Cheese board of Lanzarote cheeses with fig confit	☐	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Platter of roasted vegetables	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Mushroom risotto with coconut curry milk	☑	☑	☐	☐	☐	☐	☐	☑	☑	☑	☐	☑	☑	☐
Chicken cooked in the heat of the volcano	☐	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐	☑	☐
Chicken thighs	☐	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐	☑	☐
Pork and chicken skewer	☐	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐	☑	☐
Sirloin steak	☐	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐	☐	☐
Fish and prawn skewer	☐	☐	☐	☑	☑	☑	☐	☐	☐	☐	☐	☐	☑	☐
Grilled fish with salad and “arrugadas” wrinkled potatoes	☐	☐	☐	☑	☑	☑	☐	☐	☐	☐	☐	☐	☑	☐
Cold cream of sweet volcanic pimkin with lemon sorbet	☐	☑	☑	☐	☐	☐	☐	☑	☑	☑	☐	☐	☐	☐
Lanzarote volcano on a brownie	☑	☑	☑	☐	☐	☑	☑	☑	☑	☑	☐	☐	☑	☐
Traditional almond syrup served with toasted cornmeal ice-cream	☑	☑	☑	☐	☐	☐	☐	☑	☑	☑	☐	☐	☐	☐
Ice cream sundae with two scoops (chocolate, strawberry, and vanilla)	☐	☑	☑	☐	☐	☐	☐	☑	☑	☑	☐	☐	☐	☐
Lemon ice cream	☐	☑	☑	☐	☐	☐	☐	☑	☑	☑	☐	☐	☐	☐
Breaded chicken	☑	☑	☑	☐	☐	☑	☑	☑	☐	☐	☐	☑	☐	☑
Spaghetti with bolognese sauce	☑	☑	☑	☐	☐	☐	☑	☑	☐	☐	☐	☐	☐	☐
Bread and butter	☑	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐	☐	☐
Gluten-free bread and butter service	☐	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

☑ Contains allergens ☑ May contain traces

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

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Spanish omelette	☐	☑	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Cured ham baguette served with tomato, oregano and olive oil	☑	☐	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐	☐	☐
Iberian ham baguette with extra virgin olive oil	☑	☐	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐	☐	☐
Semi cured Lanzarote cheese baguette served with tomato and extra virgin olive oil	☑	☑	☐	☐	☐	☐	☐	☑	☐	☐	☐	☐	☐	☐
Chicken with fried onion and guacamole heated by the volcano baguette	☑	☑	☑	☐	☐	☐	☐	☑	☐	☐	☐	☐	☑	☐
Spanish omelette baguette with tomato	☑	☐	☑	☐	☐	☐	☐	☑	☐	☐	☐	☐	☐	☐
Ham and cheese baguette	☑	☑	☐	☐	☐	☐	☑	☑	☐	☐	☐	☐	☐	☐
Butter and jam croissant	☑	☑	☑	☐	☐	☐	☐	☑	☑	☐	☐	☑	☑	☐
Ham and cheese croissant	☑	☑	☑	☐	☐	☐	☑	☑	☑	☐	☐	☐	☐	☐
Fruit salad	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Muffins	☑	☑	☑	☐	☑	☑	☐	☑	☑	☐	☐	☑	☑	☐
Cookies	☑	☑	☑	☐	☐	☐	☐	☑	☑	☐	☐	☐	☐	☐
Doughnuts	☑	☑	☑	☐	☐	☐	☐	☑	☑	☐	☐	☐	☐	☐
Fresh handmade muffin	☑	☐	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☑	☐
Shortbreads	☑	☐	☑	☐	☐	☐	☐	☐	☐	☐	☐	☐	☑	☐
Assorted cakes	☑	☑	☑	☐	☑	☑	☑	☑	☑	☐	☐	☑	☑	☐
Smoothies	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
"Insólita" experience (children)	☑	☐	☐	☐	☐	☐	☑	☑	☐	☐	☐	☐	☐	☑
"Insólita" experience (adults)	☑	☑	☐	☐	☐	☐	☑	☑	☑	☐	☐	☐	☑	☐

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V. 06-10-2026

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