

**Allergen Information** 



20.03.2024 | Version 7.11

Rolls & Buns								This dish	contains							Sı	iitable fo	r?
Dish Name	kcal	Cereals Containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Vegan	Vegetarian	Non-Gluten diets
Salt & Pepper Roll	239	√ wheat, oats, rye & barley														yes	yes	no
Skagen Roll	245	√ wheat, oats, rye & barley														yes	yes	no
Rye Roll	378	√ wheat, oats, rye & barley														yes	yes	no
Polsehorn Danish Sausage Roll	325	<b>V</b> wheat							٧	v	v		v			no	no	no
Sausage Roll	697	<b>√</b> wheat							v	v				v		no	no	no
Kloben Bun	361	√ wheat, barley & rye		<b>√</b> almonds						v						no	yes	no
Chocolate Bun	352	v vheat, barley & rye								v		v				no	yes	no

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Breads								This dish	contains							Sı	itable fo	r?
Dish Name	kcal	Cereals Containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Vegan	Vegetarian	Non-Gluten diets
Carrot Rye	2033/loaf 184/100g	√ wheat, oats, rye & barley														yes	yes	no
Chia Rye	1800/loaf 178/100g	√ wheat, oats, rye & barley														yes	yes	no
Sourdough Loaf	1459/loaf 215/100g	√ wheat, oats, rye & barley														yes	yes	no
Skagen Loaf	1706/loaf 248/100g	√ wheat, oats, rye & barley														yes	yes	no
Christians-havener Loaf	2118/loaf 227/100g	√ wheat, oats, rye & barley														yes	yes	no

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Muffins & Pastries								This dish	contains							Sı	itable fo	r?
Dish Name	kcal	Cereals Containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Vegan	Vegetarian	Non-Gluten diets
Blueberry Muffin	347	<b>√</b> wheat		<b>√</b> almonds					v	v						no	yes	no
Chocolate Muffin	417	<b>√</b> wheat							٧	v		v				no	yes	no
Croissant	372	<b>√</b> wheat							٧	v						no	yes	no
Chocolate Croissant	511	<b>√</b> wheat		<b>√</b> hazelnuts					v	v		v				no	yes	no
Cinnamon Swirl	454	<b>√</b> wheat							v	v				V		no	yes	no
Chocolate Swirl	617	<b>√</b> wheat							٧	v						no	yes	no
Raspberry & Almond Swirl	539	√ wheat, rye & oats		<b>√</b> almonds												yes	yes	no
Spandauer	540	<b>√</b> wheat							٧	v						no	yes	no
Potato & Pesto Spandauer	430	<b>√</b> wheat							٧	v						no	yes	no

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OLE &

**STEEN** 

LAGKAGEHUSET

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Pastries								This dish	contains							Su	iitable fo	r?
Dish Name	kcal	Cereals Containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Vegan	Vegetarian	Non-Gluten diets
Cinnamon Social Slice	588	<b>√</b> wheat							v	v				v		no	yes	no
Cinnamon Social Half	1768	<b>√</b> wheat							v	v				v		no	yes	no
Cinnamon Social Whole	3536 per cake	<b>√</b> wheat							v	v				v		no	yes	no
Almond Social Slice	473	<b>√</b> wheat		<b>√</b> almonds					v	v						no	yes	no
Almond Social Half	1415	<b>√</b> wheat		<b>√</b> almonds					v	v						no	yes	no
Almond Social Whole	2830 per cake	<b>√</b> wheat		<b>√</b> almonds					v	v						no	yes	no
Vegan Social Slice	704	<b>√</b> wheat												v		yes	yes	no
Vegan Social Half	2112	<b>√</b> wheat												v		yes	yes	no
Vegan Social Whole	4227 per cake	<b>√</b> wheat												v		yes	yes	no

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Cakes								This dish	contains							Su	uitable fo	r?
Dish Name	kcal	Cereals Containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Vegan	Vegetarian	Non-Gluten diets
Chocolate Brownie	466	<b>√</b> wheat							v	v		v				no	yes	no
Gateau Marcel Small	530								v	v		v				no	yes	yes
Raspberry Tart	318	<b>√</b> wheat		<b>√</b> pistachio					v	v		v		v		no	yes	no
Strawberry Tart	305	<b>√</b> wheat		<b>√</b> almonds					v	v		v		v		no	yes	no
Chocolate Chip & Hazelnut Cookie	417	<b>√</b> wheat		<b>√</b> hazelnuts					v	v		v				no	yes	no
Apple Cinnamon Tart	312	<b>√</b> wheat, oats							v	v						no	yes	no
Passionfruit Cheesecake Slice	488	<b>√</b> wheat							v	v				v		no	no	no
Very Berry Slice	337	<b>√</b> barley										v		v		yes	yes	no
Vanilla Festival Bun	847	<b>√</b> wheat							v	v		v				no	yes	no
Cake Man Lady Chocolate Cake	14,253 per cake (serves 20)	<b>√</b> wheat, barley		<b>√</b> almonds					v	v		v				no	no	no

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Cake Man Lady Pastry Cake	10,743 per cake (serves 20)	<b>√</b> wheat, barley		<b>√</b> almonds					v	v		v				no	no	no
Cake Man Lady Muscovado Cake	10,203 per cake (serves 20)	√ wheat, barley & rye		<b>√</b> almonds					v	v		v				no	no	no
Gateau Marcel Large Cake	2118 per cake (serves 6)								v	v		v				no	yes	yes
Strawberry Tart Large Cake	2594 per cake (serves 6)	<b>√</b> wheat		<b>√</b> almonds					v	v		v		v		no	yes	no
Large Christians- havner	1750 per cake (serves 6)	<b>√</b> wheat		<b>√</b> hazelnut					v	v				v		no	yes	no
Luxury Chocolate Cake Small	5778 per cake (serves 6)	<b>√</b> wheat							v	v		v				no	yes	no
Luxury Chocolate Cake Large	11,793 per cake (serves 12)	<b>√</b> wheat							v	v		v				no	yes	no
Marzipan Tower Small	1478 per cake (serves 6)			<b>√</b> almonds						v						no	yes	yes
Marzipan Tower Large	2370 per cake (serves 10)			<b>√</b> almonds						v						no	yes	yes
Othello Layer Cake	4659 per cake (serves 8)	<b>√</b> wheat		<b>√</b> almonds					v	v						no	yes	no
Berry Layer Cake	3698 per cake (serves 8)	<b>√</b> wheat		<b>√</b> almonds					v	v						no	yes	no

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Toasties, Rolls & Sandwich								This dish	contains					-		Sı	uitable fo	r?
Dish Name	kcal	Cereals Containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Vegan	Vegetarian	Non-Gluten diets
Ham & Cheese Toastie	505	<b>√</b> wheat, barley							v		v			v		no	no	no
Truffled Mushroom Toastie	469	<b>√</b> wheat, barley														yes	yes	no
Tuna Melt Toastie	625	v vheat. barley			٧				٧	v						no	no	no
Mozzarella & Pesto Rye Toastie	394	√ wheat, oats, rye & barley							v							no	yes	no
Mushroom Breakfast Roll	592	✔ wheat, rye & barley							v	v	v			v		no	yes	no
Sausage Breakfast Roll	691	✔ wheat, rye & barley							v	v	v			v		no	no	no
Bacon Breakfast Roll	681	v vheat, rye & barley							v	v	v			v		no	no	no
Croissant with Gouda	524	<b>V</b> wheat							v	v						no	yes	no
Croissant with Gouda & Ham	509	<b>√</b> wheat							v	v						no	no	no
Chicken Club Toastie	765	<b>√</b> wheat, barley							v	v	v			v		no	no	no

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Dish Name	kcal	Cereals Containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Vegan	Vegetarian	Non-Gluten diets
Rye Roll with Ham & Gouda	463	√ wheat, oats, rye & barley							v							no	no	no
Skagen Roll with Gouda	411	√ wheat, oats, rye & barley							v							no	yes	no
Roast Chicken Roll	513	√ wheat, oats, rye & barley								v	v					no	no	no
Smoked Salmon Roll	434	√ wheat, oats, rye & barley			v				v							no	no	no
Pastrami Rye Sandwich	357	√ wheat, oats, rye & barley								v	v					no	no	no
Tarragon Chicken Open Rye	437	√ wheat, oats, rye & barley								v		v				no	no	no
Smoked Salmon Open Rye	269	√ wheat, oats, rye & barley			v				v							no	no	no
Houmous & Carrot Open Rye	368	√ wheat, oats, rye & barley						٧	v			v				no	yes	no

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Brunch							This	s dish conta	ains							Su	uitable fo	r?
Dish Name	kcal	Cereals Containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Vegan	Vegetarian	Non-Gluten diets
Christians-havner Toast with Butter	454	√ wheat, oats, rye & barley							v							no	yes	no
Carrot Rye Toast with Butter	297	√ wheat, oats, rye & barley							v							no	yes	no
Add Strawberry Jam	72															no	yes	yes
Add Poached Egg	110									v						no	yes	yes
Add Smoked Salmon	70				v											no	no	yes
Christians-havner Toast with Poached Egg	389	√ wheat, oats, rye & barley							v	v						no	yes	no
Carrot Rye Toast with Poached Egg	403	√ wheat, oats, rye & barley							v	v						no	yes	no
Christians-havner Toast with Smashed Avocado	369	√ wheat, oats, rye & barley						٧				v				yes	yes	no
Carrot Rye Toast with Smashed Avocado	382	√ wheat, oats, rye & barley						٧				v				yes	yes	no

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Brunch							Thi	s dish conta	ains							Sı	uitable fo	r?
Dish Name	kcal	Cereals Containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Vegan	Vegetarian	Non-Gluten diets
Christians-havner Toast with Avocado & Eggs	479	✔ wheat, oats, rye & barley						v		v		v				no	yes	no
Carrot Rye Toast with Avocado & Eggs	492	√ wheat, oats, rye & barley						v		v		v				no	yes	no
Christians-havner Toast with Avocado, Eggs & Salmon	548	√ wheat, oats, rye & barley			v			v		v		v				no	no	no
Carrot Rye Toast with Avocado, Eggs & Salmon	562	√ wheat, oats, rye & barley			v			v		v		v				no	no	no
Turkish Eggs with Christian-havner Toast	580	√ wheat, oats, rye & barley						v	v	v		v				no	yes	no
Turkish Eggs with Carrot Rye Toast	502	<b>√</b> wheat, oats, rye & barley						v	v	v		v				no	yes	no

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Additions & Packaged Food								This dish	contains							Su	iitable fo	or?
Dish Name	kcal	Cereals Containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Vegan	Vegetarian	Non-Gluten diets
Ham	32															no	no	yes
Gouda Cheese	127								٧							no	yes	no
Butter	127								٧							no	yes	no
Honey	328															no	yes	no
Bag of Chia Rye Crisps	724	√ wheat, oats, rye & barley														yes	yes	no
Chocolate Chip & Hazelnut Cookies	994	<b>√</b> wheat		<b>√</b> hazelnuts					٧	v		v				no	yes	no
Brownie Bites	877	<b>√</b> wheat		<b>√</b> almonds					٧	v						no	yes	no
Mango Yoghurt	528	√ wheat, oats & barley														yes	yes	no
Apricot Yoghurt	533	✔ wheat, oats & barley														yes	yes	no

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Hot Beverages								This dish	contains							Sı	iitable fo	r?
Dish Name	kcal	Cereals Containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Vegan	Vegetarian	Non-Gluten diets
Coffee Beans 1kg	996															yes	yes	yes
Espresso (No Milk)	1															yes	yes	yes
Double Espresso	3															yes	yes	yes
Espresso Macchiato (Whole Cow's Milk)	8								v							no	yes	yes
Americano (No Milk)	7															yes	yes	yes
16oz Americano	9															yes	yes	yes
Latte (Whole Cow's Milk)	120								v							no	yes	yes
16oz Latte	258								v							no	yes	yes
Cappuccino (Whole Cow's Milk)	84								٧			v				no	yes	yes
16oz Cappuccino	208								٧			v				no	yes	yes
Flat White (Whole Cow's Milk)	118								٧							no	yes	yes

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Mocha (Whole Cow's Milk)	198								v			v				no	yes	yes		
16oz Mocha	450								v			٧				no	yes	yes		
Iced Latte (Whole Cow's Milk)	129								v							no	yes	yes		
Iced Americano (No Milk)	4															yes	yes	yes		
Iced Chocolate (Whole Cow's Milk)	203								٧			٧				no	yes	yes		
Iced Mocha (Whole Cow's Milk)	165								v			٧				no	yes	yes		
Hot Chocolate (Whole Cow's Milk)	251								٧			٧				no	yes	yes		
16oz Hot Chocolate	564								٧			٧				no	yes	yes		
Vanilla Syrup																yes	yes	yes		
Salted Caramel Syrup	79															yes	yes	yes		
Cinnamon Social Syrup	77															yes	yes	yes		

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Chai Latte	148								v			v				no	yes	yes	
16oz Chai Latte	300								٧			٧				no	yes	yes	
Iced Chai Latte	151								٧			v				no	yes	yes	
Matcha Latte	177								٧							no	yes	yes	
16oz Matcha Latte	341								٧							no	yes	yes	
Iced Matcha Latte	180								٧							no	yes	yes	
Cinnamon Social Latte	215								v							no	yes	yes	
16oz Cinnamon Social Latte	407								٧							no	yes	yes	

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Earl Grey (No Milk)	1															yes	yes	yes	
English Breakfast Tea (No Milk)	1															yes	yes	yes	
Peppermint Tea	4															yes	yes	yes	
Camomile Tea	2															yes	yes	yes	
Wild Berry Tea	0															yes	yes	yes	
Green Tea	1															yes	yes	yes	
Whole Cow's Milk	25								v							no	yes	yes	
Skimmed Cow's Milk	14								v							no	yes	yes	
Soya Milk	15											٧				yes	yes	yes	
Oat Milk	19	<b>√</b> oats														yes	yes	no	
Almond Milk	8			<b>√</b> almonds												yes	yes	yes	
Honey	61															no	no	yes	

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Easter			This dish contains															or?
Dish Name	kcal	Cereals Containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Vegan	Vegetarian	Non-Gluten diets
Chicken Little Marshmallow	446	<b>√</b> wheat		<b>√</b> almond					٧	v		v				no	yes	no
Hot Cross Bun	227	<b>√</b> wheat										v		v		no	yes	no
Easter Social Whole	4151/ 6 slices	<b>√</b> wheat							v	v		v		v		no	yes	no
Easter Social Half	2075/ 3 slices	<b>√</b> wheat							v	v		v		v		no	yes	no
Easter Social Slice	692	<b>√</b> wheat							v	v		v		v		no	yes	no

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