



Allergen Information

**OLE &
STEEN**
LAGKAGEHUSET

Ole & Steen Allergen Information

16.10.2023 | Version 7.6

Rolls & Buns		This dish contains														Suitable for?		
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, barley & rye														yes	yes	no
Skagen Roll	245	✓ wheat, oats, barley & rye														yes	yes	no
Rye Roll	378	✓ wheat, oats, barley & rye														yes	yes	no
Polsehorn Danish Sausage Roll	325	✓ wheat							✓	✓	✓		✓			no	no	no
Sausage Roll	697	✓ wheat							✓	✓				✓		no	no	no
Chocolate Rye	152	✓ wheat, oats, barley & rye		✓ almonds					✓			✓				no	yes	no
Kloben Bun	361	✓ wheat, barley & rye		✓ almonds						✓						no	yes	no
Raisin Bun	198	✓ wheat, oats, barley & rye								✓						no	yes	no
Chocolate Bun	352	✓ wheat, barley & rye								✓		✓				no	yes	no

Guide to symbols

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Breads		This dish contains														Suitable for?		
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, barley & rye														yes	yes	no
Chia Rye	1800/ loaf 178/ 100g	✓ wheat, oats, barley & rye														yes	yes	no
Sourdough Loaf	1459/ loaf 215/ 100g	✓ wheat, oats, barley & rye														yes	yes	no
Skagen Loaf	1706/ loaf 248/ 100g	✓ wheat, oats, barley & rye														yes	yes	no
Malted Sourdough Loaf	1995/ loaf 220/ 100g	✓ wheat, barley, oats & rye														yes	yes	no
Christians- havener Loaf	2118/ loaf 227/ 100g	✓ wheat, barley, oats & rye														yes	yes	no

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Croissant	372	✓ wheat							✓	✓						no	yes	no
Chocolate Croissant	511	✓ wheat		✓ hazelnuts					✓	✓		✓				no	yes	no
Cinnamon Swirl	454	✓ wheat							✓	✓				✓		no	yes	no
Chocolate Swirl	617	✓ wheat							✓	✓						no	yes	no
Raspberry & Almond Swirl	539	✓ wheat, rye & oats		✓ almonds												yes	yes	no
Copenhagener	442	✓ wheat							✓	✓						no	yes	no
Spandauer	540	✓ wheat							✓	✓						no	yes	no
Jam Spandauer	417	✓ wheat							✓	✓						no	yes	no
Truffled Mushroom Spandauer	390	✓ wheat							✓	✓						no	yes	no
Potato & Pesto Spandauer	430	✓ wheat							✓	✓						no	yes	no

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Pastries & Muffins		This dish contains														Suitable for?		
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	516	✓ wheat							✓	✓				✓		no	yes	no
Cinnamon Social Half	1768	✓ wheat							✓	✓				✓		no	yes	no
Cinnamon Social Whole	3536	✓ wheat							✓	✓				✓		no	yes	no
Almond Social Slice	473	✓ wheat		✓ almonds					✓	✓						no	yes	no
Almond Social Half	1416	✓ wheat		✓ almonds					✓	✓						no	yes	no
Almond Social Whole	2830	✓ wheat		✓ almonds					✓	✓						no	yes	no
Vegan Social Slice	606	✓ wheat												✓		yes	yes	no
Vegan Social Half	2112	✓ wheat												✓		yes	yes	no
Vegan Social Whole	4227 per cake	✓ wheat												✓		yes	yes	no

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Cakes & Muffins	This dish contains															Suitable for?		
Dish Name	Kcal	Cereals Containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Vegan	Vegetarian	Non-Gluten diets
Truffle Log	433	✓ wheat		✓ almonds & hazelnuts					✓	✓		✓		✓		no	yes	no
Banana Muffin	403	✓ wheat							✓	✓		✓				no	yes	no
Blueberry Muffin	347	✓ wheat		✓ almonds					✓	✓						no	yes	no
Carrot Muffin	447	✓ wheat							✓	✓						no	yes	no
Chocolate Muffin	417	✓ wheat							✓	✓		✓				no	yes	no
Chocolate Brownie	466	✓ wheat							✓	✓		✓				no	yes	no
Raspberry Slice	369	✓ wheat								✓						no	yes	no
Gateau Marcel Small	530								✓	✓		✓				no	yes	yes
Raspberry Tart	318	✓ wheat		✓ pistachios					✓	✓		✓		✓		no	yes	no
Strawberry Tart	305	✓ wheat		✓ almonds					✓	✓		✓		✓		no	yes	no
Chocolate Chip & Hazelnut Cookie	417	✓ wheat		✓ hazelnuts					✓	✓		✓				no	yes	no

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Passionfruit Cheesecake Slice	488	✓ wheat							✓	✓				✓		no	no	no
Very Berry Slice	337	✓ barley										✓		✓		yes	yes	no
Caramel Marshmallow Whip	427			✓ almonds					✓	✓		✓				no	yes	yes
Coconut Marshmallow Whip	378			✓ almonds						✓		✓				no	yes	yes
Boo' The Bat Muffin	522	✓ wheat							✓	✓		✓				no	yes	no
Eye' See You Muffin	584	✓ wheat							✓	✓		✓				no	yes	no
Spooky' The Marshmallow Whip	318	✓ wheat		✓ almond					✓	✓		✓				no	yes	no
Blackcurrant Loaf Slice	471	✓ wheat, barley & rye							✓	✓						no	yes	no

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Blackcurrant Loaf	2823 per cake (serves 6)	✓ wheat, barley & rye							✓	✓						no	yes	no
Cake Man Lady Chocolate Cake	14,253 per cake (serves 20)	✓ wheat, barley		✓ almonds					✓	✓		✓				no	no	no
Cake Man Lady Pastry Cake	10,743 per cake (serves 20)	✓ wheat, barley		✓ almonds					✓	✓		✓				no	no	no
Cake Man Lady Muscovado Cake	10,203 per cake (serves 20)	✓ wheat, barley & rye		✓ almonds					✓	✓		✓				no	no	no
Gateau Marcel Large Cake	2118 per cake (serves 6)								✓	✓		✓				no	yes	yes
Strawberry Tart Large Cake	2594 per cake (serves 6)	✓ wheat		✓ almonds					✓	✓		✓		✓		no	yes	no
Large Christians-havner	1750 per cake (serves 6)	✓ wheat		✓ hazelnut					✓	✓				✓		no	yes	no

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Luxury Chocolate Cake Small	5778 per cake (serves 6)	✓ wheat							✓	✓		✓				no	yes	no
Luxury Chocolate Cake Large	11,793 per cake (serves 12)	✓ wheat							✓	✓		✓				no	yes	no
Marzipan Tower Small	1478 per cake (serves 6)			✓ almonds						✓						no	yes	yes
Marzipan Tower Large	2370 per cake (serves 10)			✓ almonds						✓						no	yes	yes
Othello Layer Cake	4659 per cake (serves 8)	✓ wheat		✓ almonds					✓	✓						no	yes	no
Berry Layer Cake	3698 per cake (serves 8)	✓ wheat		✓ almonds					✓	✓						no	yes	no

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Ham & Cheese Toastie	505	✓ wheat, barley							✓		✓			✓		no	no	no
Truffled Mushroom Toastie	469	✓ wheat, barley														yes	yes	no
Tuna Melt Toastie	625	✓ wheat, barley			✓				✓	✓						no	no	no
Bacon, Brie & Chilli Jam Rye Toastie	453	✓ wheat, rye, oats & barley							✓							no	no	no
Mozzarella & Pesto Rye Toastie	394	✓ wheat, oats, barley & rye							✓							no	yes	no
Omlette Breakfast Roll	537	✓ wheat, rye, oats & barley							✓	✓	✓			✓		no	yes	no
Sausage & Omlette Breakfast Roll	683	✓ wheat, rye, oats & barley							✓	✓	✓			✓		no	no	no
Croissant with Cheese	524	✓ wheat							✓	✓						no	yes	no
Croissant with Cheese & Ham	509	✓ wheat							✓	✓						no	no	no

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Rye Roll with Gouda	507	✓ wheat, oats, barley & rye							✓							no	yes	no
Rye Roll with Ham & Gouda	463	✓ wheat, oats, barley & rye							✓							no	no	no
Skagen Roll with Gouda	411	✓ wheat, oats, barley & rye							✓							no	yes	no
Skagen Roll Ham & Gouda	386	✓ wheat, oats, barley & rye							✓							no	no	no
Roast Chicken Roll	513	✓ wheat, oats, barley & rye								✓	✓					no	no	no
Smoked Salmon Roll	434	✓ wheat, oats, barley & rye			✓				✓							no	no	no
Pastrami Rye Sandwich	357	✓ wheat, oats, barley & rye								✓	✓					no	no	no
Tarragon Chicken Open Rye	437	✓ wheat, oats, barley & rye								✓		✓				no	no	no
Smoked Salmon Open Rye	269	✓ wheat, oats, barley & rye			✓				✓							no	no	no
Houmous & Carrot Open Rye	368	✓ wheat, oats, barley & rye						✓	✓			✓				no	yes	no

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Brunch	This dish contains															Suitable for?		
	Kcal	Cereals Containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Vegan	Vegetarian	Non-Gluten diets
Christianshavner Toast with Butter	454	✓ wheat, oats, barley & rye							✓							no	yes	no
Carrot Rye Toast with Butter	297	✓ wheat, oats, barley & rye							✓							no	yes	no
Add Strawberry Jam	72															no	yes	yes
Add Poached Egg	110									✓						no	yes	yes
Add Smoked Salmon	70				✓											no	no	yes
Christianshavner Toast with Poached Egg	389	✓ wheat, oats, barley & rye							✓	✓						no	yes	no
Carrot Rye Toast with Poached Egg	403	✓ wheat, oats, barley & rye							✓	✓						no	yes	no
Christianshavner Toast with Smashed Avocado	369	✓ wheat, oats, barley & rye						✓				✓				yes	yes	no
Carrot Rye Toast with Smashed Avocado	382	✓ wheat, oats, barley & rye						✓				✓				yes	yes	no

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Christianshavner Toast with Avocado & Eggs	479	✓ wheat, oats, barley & rye						✓		✓		✓				no	yes	no
Carrot Rye Toast with Avocado & Eggs	492	✓ wheat, oats, barley & rye						✓		✓		✓				no	yes	no
Christianshavner Toast with Avocado, Eggs & Salmon	548	✓ wheat, oats, barley & rye			✓			✓		✓		✓				no	no	no
Carrot Rye Toast with Avocado, Eggs & Salmon	562	✓ wheat, oats, barley & rye			✓			✓		✓		✓				no	no	no
Turkish Eggs with Christianshavner Toast	580	✓ wheat, oats, barley & rye						✓	✓	✓		✓				no	yes	no
Turkish Eggs with Carrot Rye Toast	502	✓ wheat, oats, barley & rye						✓	✓	✓		✓				no	yes	no

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Salads & Yoghurts		This dish contains														Suitable for?		
Dish Name	Kcal	Cereals Containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Vegan	Vegetarian	Non-Gluten diets
Teriyaki Salmon Salad	326	✓ wheat			✓					✓		✓		✓		no	no	no
Mango & Coconut Yoghurt	556	✓ oat		✓ hazelnut												yes	yes	no
Pear & Cardamom Yoghurt	314	✓ oat		✓ hazelnut					✓							no	yes	no

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Additions & Packaged Food	Dish Name	This dish contains														Suitable for?		
		kcal	Cereals Containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Vegan	Vegetarian
	Ham	32														no	no	yes
	Gouda Cheese	127							✓							no	yes	no
	Butter	127							✓							no	yes	no
	Honey	328														no	yes	no
	Bag of Chia Rye Crisps	724	✓ wheat, rye, oats & barley													yes	yes	no
	Chocolate Chip & Hazelnut Cookies	994	✓ wheat		✓ hazelnuts				✓	✓		✓				no	yes	no
	Brownie Bites	877	✓ wheat		✓ almonds				✓	✓						no	yes	no
	Cranberry & Hazelnut Granola	201 per 30g	✓ wheat & oats		✓ hazelnuts											yes	yes	no

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Hot & Cold Beverages	This dish contains															Suitable for?			
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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								✓								no	yes	yes
Americano (No Milk)	7																yes	yes	yes
16ozAmericano	9																yes	yes	yes
Cortado (Whole Cow's Milk)	14								✓								no	yes	yes
Latte (Whole Cow's Milk)	120								✓								no	yes	yes
16oz Latte	258								✓								no	yes	yes
Cappuccino (Whole Cow's Milk)	84								✓			✓					no	yes	yes

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Hot & Cold Beverages	This dish contains															Suitable for?			
	Dish Name	Kcal	Cereals Containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Vegan	Vegetarian	Non-Gluten diets
16oz Cappuccino	208								✓				✓				no	yes	yes
Flat White (Whole Cow's Milk)	118								✓								no	yes	yes
Mocha (Whole Cow's Milk)	198								✓				✓				no	yes	yes
16oz Mocha	450								✓				✓				no	yes	yes
Iced Latte (Whole Cow's Milk)	129								✓								no	yes	yes
Iced Americano (No Milk)	4																yes	yes	yes
Iced Chocolate (Whole Cow's Milk)	203								✓				✓				no	yes	yes
Iced Mocha (Whole Cow's Milk)	165								✓				✓				no	yes	yes
Hot Chocolate (Whole Cow's Milk)	251								✓				✓				no	yes	yes
16oz Hot Chocolate	564								✓				✓				no	yes	yes
Earl Grey (No Milk)	1																yes	yes	yes

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Ole & Steen Allergen Information

Hot & Cold Beverages	This dish contains															Suitable for?			
	Dish Name	Kcal	Cereals Containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Vegan	Vegetarian	Non-Gluten diets
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								✓								no	yes	yes
Skimmed Cow's Milk	14								✓								no	yes	yes
Soya Milk	15											✓					yes	yes	yes
Oat Milk	19	✓ oats															yes	yes	no
Almond Milk	8			✓ almonds													yes	yes	yes
Honey	61																no	no	yes
Vanilla Syrup																	yes	yes	yes

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Autumn Beverages	This dish contains															Suitable for?		
Dish Name	Kcal	Cereals Containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Vegan	Vegetarian	Non-Gluten diets
Salted Caramel Syrup	79															yes	yes	yes
Add Whipped Cream	185								✓							no	yes	yes
Chai Latte	148								✓			✓				no	yes	yes
16oz Chai Latte	300								✓			✓				no	yes	yes
Iced Chai Latte	151								✓			✓				no	yes	yes
Matcha Latte	177								✓							no	yes	yes
16oz Matcha Latte	341								✓							no	yes	yes
Iced Matcha Latte	180								✓							no	yes	yes

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Christmas	This dish contains															Suitable for?		
Dish Name	Kcal	Cereals Containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Vegan	Vegetarian	Non-Gluten diets
Turkey Toastie	685	✓ wheat, barley							✓							no	no	no
Squash Toastie	647	✓ wheat, barley														yes	yes	no
Mince Pie	347	✓ wheat		✓ almond					✓	✓						no	yes	no
Dark Chocolate Honey Hearts	503	✓ wheat, rye							✓	✓		✓				no	yes	no
Merry Muffin	583	✓ wheat, rye							✓	✓		✓				no	yes	no
Jule Tree Whip	370	✓ wheat		✓ almond					✓	✓		✓				no	yes	no
Mince Pie Spandauer	535	✓ wheat							✓	✓						no	yes	no
Brie & Cranberry Spandauer	420	✓ wheat							✓	✓						no	yes	no
Snowman Marshmallow Whip	302	✓ wheat		✓ almond					✓	✓		✓				no	yes	no
Marzipan Slice	246			✓ almond						✓		✓				no	yes	yes
Vanilla Wreaths	941	✓ wheat							✓	✓						no	yes	no
Pebbernodder	925	✓ wheat							✓							no	yes	no

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Christmas	This dish contains															Suitable for?		
Dish Name	Kcal	Cereals Containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Vegan	Vegetarian	Non-Gluten diets
Mince Pie Social Whole	3772 per cake (serves 7)	✓ wheat							✓	✓				✓		no	yes	no
Mince Pie Social Half	1884	✓ wheat							✓	✓				✓		no	yes	no
Mince Pie Social Slice	538	✓ wheat							✓	✓				✓		no	yes	no

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Christmas Beverages	Dish Name	This dish contains														Suitable for?			
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	Mint Syrup	80															yes	yes	yes
	Gingerbread Syrup	79															yes	yes	yes
	Cinnamon Social Syrup	77															yes	yes	yes
	Gingerbread Latte	403							✓								no	yes	yes
	16oz Gingerbread Latte	596							✓								no	yes	yes
	Cinnamon Social Latte	215							✓								no	yes	yes
	16oz Cinnamon Social Latte	407							✓								no	yes	yes
	Mint Hot Chocolate	601							✓			✓					no	yes	yes
	16oz Mint Hot Chocolate	867							✓			✓					no	yes	yes

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