



Allergen Information

**OLE &
STEEN**
LAGKAGEHUSET

Ole & Steen Allergen Information

19.02.2024 | Version 7.9

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, 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	✓ wheat							✓	✓	✓		✓			no	no	no
Sausage Roll	697	✓ wheat							✓	✓				✓		no	no	no
Kloben Bun	361	✓ wheat, barley & rye		✓ almonds						✓						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, 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														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
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
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
Potato & Pesto Spandauer	430	✓ wheat							✓	✓						no	yes	no

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Pastries		This dish contains														Suitable for?		
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Cinnamon Social Slice	588	✓ wheat							✓	✓				✓		no	yes	no
Cinnamon Social Half	1768	✓ wheat							✓	✓				✓		no	yes	no
Cinnamon Social Whole	3536 per cake	✓ wheat							✓	✓				✓		no	yes	no
Almond Social Slice	473	✓ wheat		✓ almonds					✓	✓						no	yes	no
Almond Social Half	1415	✓ wheat		✓ almonds					✓	✓						no	yes	no
Almond Social Whole	2830 per cake	✓ wheat		✓ almonds					✓	✓						no	yes	no
Vegan Social Slice	704	✓ 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		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
Chocolate Brownie	466	✓ wheat							✓	✓		✓				no	yes	no
Gateau Marcel Small	530								✓	✓		✓				no	yes	yes
Raspberry Tart	318	✓ wheat		✓ pistachio					✓	✓		✓		✓		no	yes	no
Strawberry Tart	305	✓ wheat		✓ almonds					✓	✓		✓		✓		no	yes	no
Chocolate Chip & Hazelnut Cookie	417	✓ wheat		✓ hazelnuts					✓	✓		✓				no	yes	no
Apple Cinnamon Tart	312	✓ wheat, oats							✓	✓						no	yes	no
Passionfruit Cheesecake Slice	488	✓ wheat							✓	✓				✓		no	no	no
Very Berry Slice	337	✓ barley										✓		✓		yes	yes	no
Vanilla Festival Bun	847	✓ wheat							✓	✓		✓				no	yes	no
Cake Man Lady Chocolate Cake	14,253 per cake (serves 20)	✓ wheat, barley		✓ almonds					✓	✓		✓				no	no	no

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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
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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Toasties, Rolls & Sandwich		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
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
Mozzarella & Pesto Rye Toastie	394	✓ wheat, oats, rye & barley							✓							no	yes	no
Omlette Breakfast Roll	537	✓ wheat, oats, rye & barley							✓	✓	✓			✓		no	yes	no
Sausage & Omlette Breakfast Roll	683	✓ wheat, oats, rye & barley							✓	✓	✓			✓		no	no	no
Croissant with Gouda	524	✓ wheat							✓	✓						no	yes	no
Croissant with Gouda & Ham	509	✓ wheat							✓	✓						no	no	no
Beach Club Toastie	709	✓ wheat, barley							✓	✓	✓			✓		no	no	no

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Rye Roll with Ham & Gouda	463	✓ wheat, oats, rye & barley							✓							no	no	no
Skagen Roll with Gouda	411	✓ wheat, oats, rye & barley							✓							no	yes	no
Roast Chicken Roll	513	✓ wheat, oats, rye & barley								✓	✓					no	no	no
Smoked Salmon Roll	434	✓ wheat, oats, rye & barley			✓				✓							no	no	no
Pastrami Rye Sandwich	357	✓ wheat, oats, rye & barley								✓	✓					no	no	no
Tarragon Chicken Open Rye	437	✓ wheat, oats, rye & barley								✓		✓				no	no	no
Smoked Salmon Open Rye	269	✓ wheat, oats, rye & barley			✓				✓							no	no	no
Houmous & Carrot Open Rye	368	✓ wheat, oats, rye & barley						✓	✓			✓				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
Christians-havner Toast with Butter	454	✓ wheat, oats, rye & barley							✓							no	yes	no
Carrot Rye Toast with Butter	297	✓ wheat, oats, rye & barley							✓							no	yes	no
Add Strawberry Jam	72															no	yes	yes
Add Poached Egg	110									✓						no	yes	yes
Add Smoked Salmon	70				✓											no	no	yes
Christians-havner Toast with Poached Egg	389	✓ wheat, oats, rye & barley							✓	✓						no	yes	no
Carrot Rye Toast with Poached Egg	403	✓ wheat, oats, rye & barley							✓	✓						no	yes	no
Christians-havner Toast with Smashed Avocado	369	✓ wheat, oats, rye & barley						✓				✓				yes	yes	no
Carrot Rye Toast with Smashed Avocado	382	✓ wheat, oats, rye & barley						✓				✓				yes	yes	no

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	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						✓		✓		✓				no	yes	no
Carrot Rye Toast with Avocado & Eggs	492	✓ wheat, oats, rye & barley						✓		✓		✓				no	yes	no
Christians-havner Toast with Avocado, Eggs & Salmon	548	✓ wheat, oats, rye & barley			✓			✓		✓		✓				no	no	no
Carrot Rye Toast with Avocado, Eggs & Salmon	562	✓ wheat, oats, rye & barley			✓			✓		✓		✓				no	no	no
Turkish Eggs with Christian-havner Toast	580	✓ wheat, oats, rye & barley						✓	✓	✓		✓				no	yes	no
Turkish Eggs with Carrot Rye Toast	502	✓ wheat, oats, rye & barley						✓	✓	✓		✓				no	yes	no

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Additions & Packaged Food		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
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, oats, rye & barley														yes	yes	no
Chocolate Chip & Hazelnut Cookies	994	✓ wheat		✓ hazelnuts					✓	✓		✓				no	yes	no
Brownie Bites	877	✓ wheat		✓ almonds					✓	✓						no	yes	no

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Hot 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
16oz Americano	9															yes	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
16oz Cappuccino	208								✓			✓				no	yes	yes
Flat White (Whole Cow's Milk)	118								✓							no	yes	yes

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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
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								✓			✓				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
Cinnamon Social Latte	215								✓							no	yes	yes
16oz Cinnamon Social Latte	407								✓							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								√							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

Guide to symbols

√ a black tick indicates that the allergen is present in the dish. The allergen may appear in more than one ingredient and it may not be immediately obvious, for example; the allergen could be hidden in a sauce.

Kcal information is provided per serving unless otherwise stated.

IMPORTANT NOTE: Please be aware that although some allergens may not be contained in the ingredients of your dish, they may still be present and cannot be removed entirely. This is due to the nature of our preparation and storage processes in our sites and at our suppliers where we are unable to completely exclude allergens from the environment. Please ensure your server is aware of your allergy or intolerance.

In accordance with the law, Gluten is not declarable when less than 20ppm and Sulphites when less than 10ppm.