



Allergen Information

**OLE &
STEEN**
LAGKAGEHUSET

Ole & Steen Allergen Information

03.05.2024 | Version 8

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
Chia Rye	1976/loaf 187/100g	✓ wheat, oats, rye & barley														yes	yes	no
Sourdough Loaf	1675/loaf 235/100g	✓ wheat, rye & barley														yes	yes	no
Carrot Rye	2121/loaf 192/100g	✓ wheat, oats, rye & barley														yes	yes	no
Skagen Loaf	1613/loaf 229/100g	✓ wheat, oats, rye & barley														yes	yes	no
Christianshavner Loaf	2125/loaf 235/100g	✓ wheat, oats, rye & barley														yes	yes	no
Sandwich Loaf	1039/loaf 261/100g	✓ wheat														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
Blueberry Muffin	347	✓ wheat		✓ almonds					✓	✓						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
Spandauer	540	✓ wheat							✓	✓						no	yes	no
Sundried Tomato Spandauer	435	✓ wheat							✓	✓						no	yes	no

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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
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
No'duja Toastie	438	✓ wheat, barley														yes	yes	no
Tuna Melt Toastie	625	✓ wheat, barley			✓				✓	✓						no	no	no
Mushroom Breakfast Roll	592	✓ wheat, rye & barley							✓	✓	✓			✓		no	yes	no
Sausage Breakfast Roll	691	✓ wheat, rye & barley							✓	✓	✓			✓		no	no	no
Bacon Breakfast Roll	681	✓ wheat, rye & barley							✓	✓	✓			✓		no	no	no
Kimchi & Cheddar Croissant	575	✓ wheat							✓	✓		✓				no	yes	no
Prosciutto Fig Jam & Mozzarella	601	✓ wheat							✓	✓						no	no	no
Mozzarella Tomato Pesto Toastie	544	✓ wheat, barley							✓							no	yes	no
Truffle Mushroom Toastie	497	✓ wheat, barley							✓							no	yes	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 Open Rye	333	✓ wheat, oats, rye & barley								✓	✓			✓		no	no	no
Tarragon Chicken Open Rye	477	✓ wheat, oats, rye & barley								✓						no	no	no
Smoked Salmon Open Rye	299	✓ wheat, oats, rye & barley			✓				✓							no	no	no
Roast Tomato Open Rye	383	✓ wheat, oats, rye & barley						✓								yes	yes	no

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Brunch		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
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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Brunch		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
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
Chocolate Chip & Hazelnut Cookies	994	✓ wheat		✓ hazelnuts					✓	✓		✓				no	yes	no
Berry Yoghurt	521	✓ wheat, oats & barley														yes	yes	no
Apricot Yoghurt	533	✓ wheat, oats & barley														yes	yes	no

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Hot 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
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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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
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
Lemonade	67															yes	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

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