



## Allergen Information

**OLE &  
STEEN**  
LAGKAGEHUSET

# Ole & Steen Allergen Information

Rolls & Buns		This dish contains														Suitable for?		
Dish Name	kcal per serving	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 (Seeded Sourdough) 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
Potato Bun	271	✓ wheat & barley								✓						no	yes	no

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Breads		This dish contains														Suitable for?		
Dish Name	kcal per serving	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 (Seeded Sourdough) Loaf	1613/loaf 229/100g	✓ wheat, oats, rye & barley														yes	yes	no
Christianshavner (Malted Sourdough) 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 per serving	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
Banana Bread	2838 /bread	✓ wheat								✓						no	yes	no
Banana Bread Slice	355	✓ 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 per serving	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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Maple Pecan Social Slice	626	✓ wheat		✓ pecans					✓	✓				✓		no	yes	no
Maple Pecan Social Half	1906	✓ wheat		✓ pecans					✓	✓				✓		no	yes	no
Maple Pecan Social Whole	3804 per cake	✓ wheat		✓ pecans					✓	✓				✓		no	yes	no

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Cakes		This dish contains														Suitable for?		
Dish Name	kcal per serving	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
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
Raspberry Pistachio Tart	412	✓ wheat		✓ pistachio					✓	✓				✓		no	yes	no
Lemon Cheesecake	552	✓ wheat							✓	✓				✓		no	yes	no
Strawberries & Cream Small	471	✓ wheat							✓	✓		✓				no	yes	no
Strawberries & Cream Large	1762 per cake (Serves 6)	✓ wheat							✓	✓		✓				no	yes	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

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Toasties, Rolls & Sandwich		This dish contains														Suitable for?		
Dish Name	kcal per serving	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
No'duja Toastie	438	✓ wheat, barley														yes	yes	no
Tuna Melt Toastie	625	✓ wheat, barley			✓				✓	✓						no	no	no
Mushroom Breakfast Roll	592	✓ wheat & 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
Ultimate Chicken Club Toastie	802	✓ wheat & barley							✓	✓	✓			✓		no	no	no

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Rye Roll with Ham & Gouda	463	✓ wheat, oats, rye & barley							✓							no	no	no
Skagen (Seeded Sourdough) 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 with Pickles	435	✓ 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 with Pickles	304	✓ wheat, oats, rye & barley			✓				✓		✓	✓	✓			no	no	no
Roast Tomato Open Rye	383	✓ wheat, oats, rye & barley						✓								yes	yes	no
Roast Tomato Open Rye with Mixed Seeds	411	✓ wheat, oats, rye & barley						✓				✓				yes	yes	no

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Brunch	This dish contains															Suitable for?			
	Dish Name	kcal per serving	Cereals Containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Vegan	Vegetarian	Non-Gluten diets
Christians-havner (Malted Sourdough) 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 (Malted Sourdough) 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 (Malted Sourdough) 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 per serving	Cereals Containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Vegan	Vegetarian	Non-Gluten diets
Christians-havner (Malted Sourdough) 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 (Malted Sourdough) 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 (Malted Sourdough) 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 per serving	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
Potato Salad	235									✓				✓		no	yes	yes
Beetroot, Fennel & Blood Orange Salad	189								✓							no	yes	yes
Feta, Cucumber & Tomato Salad	161								✓							no	yes	yes

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Hot/Cold Beverages		This dish contains														Suitable for?		
Dish Name	kcal per serving	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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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
Honeycomb Iced Latte	242								✓							no	yes	yes
Cinnamon Social Iced Latte	239								✓							no	yes	yes
White Chocolate Matcha	215								✓							no	yes	yes

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Add Whipped Cream	143								√							no	yes	yes
Add Honeycomb Syrup	133															yes	yes	yes
Add White Chocolate Syrup	133															yes	yes	yes
Lemonade	67															yes	yes	yes
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

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Whole Cow's Milk	25								✓							no	yes	yes
Skimmed Cow's Milk	14								✓							no	yes	yes
Soya Milk	17											✓				yes	yes	yes
Oat Milk	25	✓ oats														yes	yes	no
Almond Milk	25	✓ GF oats		✓ almonds												yes	yes	yes
Coconut Milk	21	✓ GF oats														yes	yes	yes
Honey	61															no	no	yes

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