

Allergy information

Last updated: April 2024



THE FJORDS

Product	Information	1. Celery	2. Milk	3. Egg	4. Fish	5. Gluten a) Wheat b) Rye c) Oats	6. Lupine	7. Mollusc	8. Mustard	9. Nuts a) Cashew b) Hazelnut c) Walnut d) Pecan e) Almond f) Brazil g) Macadamia	10. Peanut	11. Sesame	12. Shellfish	13. Soya	14. Sulphite
Something to eat															
Panini Ham & Cheese			X	X	*	X wheat			X			*		*	
Panini Chicken & Cheese			X	*	*	X wheat			*			*		*	
Panini Salami & Cheese			X	X	*	X wheat			*			*		*	
Toast Mozzarella & Pesto	gluten free		X	X											
Burrito Chipotle Chicken			X	X		X wheat			X						
Burrito Mexican Beans & Cheese	vegetarian		X			X wheat			X						
Mr. Lee Chicken	vegan	X				X wheat								X	
Mr. Lee Beef/Lime&Curry	vegan					X wheat								X	
Something sweet															
Muffin Milk Chocolate			X	X		X wheat				*walnut,almonds,hazel,pecan		*		X	
Muffin Blueberry			*	X		X wheat				*walnut,almonds,hazel,pecan		*		*	
Coconut Logg	gluten free			X											
Klenning sugar/cinnamon			X	*		X wheat								X	
Klenning brown cheese			X	*		X wheat								X	
Macarons	gluten free		X	X		*wheat				X hazel, almond, pistachio	*			X	
Beverages															
Coffee			*												
Hot chocolate			X												
Ice coffee «TINE»			X												
Chocolate Milk			X												
Beer/cider															
Ægir-minus	non-alcoholic					X barley malt									
Carlsberg						X barley malt									
“Glime” Hardanger Blond Ale	gluten free (under 20mcg per litre)					X barley malt									
Ciders / Wine															
All our ciders and wines contain sulphites.															
Baileys			X												

X = contains * =may contain traces of...

Please contact the staff if you have any questions.