

# Allergy Information

Last updated: February 2025



THE FJORDS

Product	Dietary information	1.Celery	2.Milk	3.Egg	4.Fish	5.Gluten a) Wheat b) Rye c) Oats d) Barley	6.Lupine	7.Mollusc	8.Mustard	9.Nuts a) Cashew b) Hazel c) Walnuts d) Pecan e) Almond f) Brazillannut g) Macadamia	10.Peanuts	11.Sesame	12.Shellfish	13.Soya	14.Sulphites
<b>Something to eat</b>															
Bagel ham&cheese/only cheese	Vegetarian Option Available		X	*		X all above	*			* all above	*	X		X	*
Bagel salmon&cream cheese			X		X	X all above				*almonds		X		X	
Panini ham & cheese		*	X			X wheat	*	*	X	* all above	*	*			*
Panini chicken & cheese			X			X wheat			*					X	
Stoneoven-baked panini with provolone, hummus & salsa verde	Vegetarian		X			X wheat			X			X		*	
Toast ham & cheese/only cheese		X	X			X wheat								X	
Toast mozzarella & pesto	Gluten free, Vegetarian		X	X						*almond, cashew		*			
Samosa vegetable jumbo	Vegan					X wheat									
Spinach feta pastry	Vegetarian	X	X	*		X wheat				* all above	*	*		*	
Pizza sandwich ham & cheese		*	X	*	*	X wheat			*	* cashew				*	
Pizza sandwich mozzarella&pesto	Vegetarian	*	X	*	*	X wheat			*	* cashew				*	
Grill sausage	Sausages w/o bread are gluten free, but there can be traces of wheat/sesame. Chorizo sausage – only chicken meat		*			* wheat						*			
Cheese & bacon sausage			X			* wheat						*			
Chorizo sausage			*				* wheat					*			
Hotdog bun 'Chicago'						X wheat						X			
Hotdog bun 'Mer Enn'						X wheat									
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	Vegan					X wheat								X	
Crispy onion						X wheat								X	
Pickle relish		X							X						
Ketchup															
Mustard									X						
Hotdog dressing				X					X						
Chili ketchup									X						
<b>Something sweet</b>															
Svele (buttercream/brown cheese)			X	X		X wheat								X	
Waffle with cardamom			X	X		X wheat									
Applepie	Lactose free		X	X		X wheat	*			X almonds *all above	*			*	
Almond cake	Gluten free		X	X						X almonds *hazel	*			X	
Raspberry cheesecake			X	X		X wheat/oats				* all above	*			X	
Chocolate muffin			X	X		X wheat				*walnut,almond,hazel,pecan		*		X	
Blueberry muffin			X	X		X wheat				*walnut,almond,hazel,pecan		*		*	
Milk chocolate cookie			X	X		X wheat				* All above		*		X	
Double chocolate cookie			X	X		X wheat				* hazel, walnut, almond				X	
Croissant			X	X		X wheat								*	
Chocolate croissant			X	X		X wheat				X hazel, almonds				X	
Wienerbread vanilla	Vegan					X wheat				X hazel *almond, pecan					
Cinnamon Bun 120g			X	X		X wheat				*hazel, almonds		*		*	
Chocolate oatmeal bites 80g	Vegan, gluten free		*	*						*almond, hazel					
Macarons			X	X		* wheat				X hazel, almond, pistachio	*			X	
<b>Beverages</b>															
Coffee			*												
Hot chocolate (with whipped cream)			X												
Ice coffee Løfbergs 230ml			X												
Oatly Ice Latte 235ml						X oats									
Chocolate milk 250ml			X												
<b>BEER</b>															
Ægir Minus 0,33l	Non-alcoholic					X barley malt									
Aass Pilsner 0,5l						X barley malt									
Ægir Pilsner 0,44l	Gluten free (under 20mcg per litre)					X barley malt									
Ægir India Pale Ale 6.7% 0,44l						X barley malt									
Ægir Rallar Amber Ale						X barley malt									x
<b>CIDER</b>															
All our ciders contain sulphites.															
<b>WINE</b>															
All our wines contain sulphites.															
Pedregosa Cava is vegan and ecological.															
Baileys			X												

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

Please contact the staff if you have any questions!



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