

Allergy information - Geirangerfjord

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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) Hazel c) Walnuts d) Pecan e) Almond f) Brazil g) Macadamia	10.Peanuts	11.Sesame	12.Shellfish	13.Soya	14.Sulphite
Something to eat															
Ciabatta Ham&cheese/only cheese	Vegetarian option available		X			X all above				*almonds		X		X	
Ciabatta Smoked Salmon			*		X	X all above				*almonds		X		X	
Panini Ham & Cheese			X	X	*	X wheat			X			*		*	
Panini Chicken & Cheese			X	*	*	X wheat			*			*		*	
Panini Salami & Cheese			X	X	*	X wheat			*			*		*	
Toast Ham & cheese/ Only Cheese		X	X			X wheat								X	
Calzone Gourmet Chicken & Pesto			X	X		X wheat	*		X					*	
Toast Mozzarella & Pesto	Gluten free		X	X											
Piazza Ham & Cheese		*	X	*	*	X wheat			*	* cashew				*	
Piazza Mozzarella & Pesto	vegetarian	*	X	X	*	X wheat			*	* cashew				*	
Grill Sausage	Sausages without bread are gluten free, but there can be traces of wheat/sesame. Chicken Chipotle – only chicken meat Burger hotdog – Only beef					* wheat						*			
Cheese & Bacon Sausage		X				* wheat						*			
Chicken Chipotle Sausage		X				* wheat						*			
Burger Hotdog		X				* wheat						*			
Hotdog Bun						X wheat						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	Vegan					X wheat								X	
Mr. Lee Lime/Curry	Vegan					X wheat								X	
Salad Box w/ Feta	Vegetarian		X			X wheat									
«Lompe» potato wrap			*	*		X wheat				*almonds				*	X
Crispy Onion						X wheat								X	
Pickle relish		X							X						
Ketchup															
Mustard									X						
Hotdog dressing				X					X						
Chili ketchup									X						

Something sweet

Svele (buttercream/brown cheese)		X	X		X wheat														X
Waffle		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
Trippel Chocolate muffin		X	X		X wheat				* All above		*								X
Carrot Cheesecake Muffin		*	X	X	X wheat				X walnuts *walnuts,almonds		*								*
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										
Braided Pistachio Bun		X	X	*	X wheat				* hazel, almonds		*								*
Cinnamon Bun		X	X		X wheat				* hazel, almonds		*								*
Macarons	Gluten free	X	X		*wheat				X hazel, almond, pistachio	*									X

Beverages

List of drinks onboard that have allergies:

Coffee		*																	
Hot chocolate		X																	
Whipped cream		X																	
Ice coffee «TINE»		X																	
Chocolate Milk		X																	
Beer/cider																			
Ægir-minus	Non-alcoholic							X Barley malt											
Carlsberg								X Barley malt											
Geiranger Bryggeri Friaren Pilsner								X Barley malt											
Geiranger Bryggeri Sju Søstre								X Barley malt,wheat											
Attåt cider																			X
Wine	All our wines contain sulphites.																		
Baileys		X																	

X= contains

*=may contain traces of...

Please contact the staff if you have any questions!



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