

# Allergy information - Nærøyfjord

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) Hazel c) Walnuts d) Pecan e) Almond f) Brazil g) Macadamia	10.Peanuts	11.Sesame	12.Shellfish	13.Soya	14.Sulphite
<b>Something to eat</b>															
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						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/sesam. 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			* 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
Tiramisu		X	X		X wheat				* all above				*

## Beverages

### List of drinks onboard that have allergies:

Coffee		*												
Hot chocolate		X												
Whipped cream		X												
Ice coffee «TINE»		X												
Chocolate Milk		X												
<b>Beer/cider</b>														
Ægir-minus	Non-alcoholic						X barley malt							
Carlsberg							X barley malt							
Ægir Pilsner	Gluten free (under 20mcg per litre)						X barley malt							
Ægir Rallar Amber Ale							X barley malt							
Ægir India Pale Ale							X barley malt							X
Vestland/Vestland Rosè														X
<b>Wine</b>	All our wines contain sulphites.													
Baileys			X											

X= contains

\*=may contain traces of...

**Please contact the staff if you have any questions!**