

The Grange Food Fact File

Important food allergy information

Dear Customer – please read the following important note about allergies.

Thank you for visiting The Grange Restaurant, a new restaurant which raises funds for the charity Hearing Dogs for Deaf People.

We take allergies very seriously. However, our kitchen is small and so we cannot guarantee all our products are free from all allergens, such as nuts.

We have compiled this 'food fact file' which identifies the presence of 14 allergens in our recipes. We urge you to consult this 'food fact file' before you order your food.

If you have any doubts whatsoever about your allergy, **please do not take a risk**. Whilst we love welcoming guests to The Grange, we would prefer you choose to eat at another establishment rather than take a risk.

We are sorry, but it is impossible for any of our staff or volunteers to provide advice about your allergy, other than to ask you to consult the food fact file and make your own decisions.

We naturally would like you to join us at The Grange, but it is much more important to us that you are safe.

With kind regards,

General Manager

Artizian Catering Services Ltd.

The Grange

Little Pups food fact file

Breakfast

Little Pups full English breakfast

Egg, wheat (gluten), milk, soya

Little Pups veggie English breakfast (V)

Egg, wheat (gluten), milk, soya

Boiled egg and soldiers (V)

Egg, wheat (gluten), soya

Lunch

Mac 'n' cheese with garlic bread (V)

Wheat (gluten), milk, mustard, soya

Little Pups Pretzel burger

Wheat (gluten), milk, mustard, soya, sulphites

Hake goujons

Egg, fish, wheat (gluten), milk

Chicken goujons

Egg, wheat (gluten), milk

Little Pups Picnic

Plain ham sandwich

Wheat (gluten), milk, sulphites

Plain cheese sandwich (V)

Wheat (gluten), milk

Desserts

Bread & butter pudding with custard or ice cream

Wheat (gluten), egg, milk, almonds (nuts), sulphites

Warm salted caramel and pecan brownie with custard or ice cream (Gf)

Milk, pecans (nuts)

Ice cream

Milk

About our menus

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(V) Vegetarian (Vg) Vegan (Gf) Gluten-free

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The Grange

Breakfast food fact file

Grilled sourdough

Avocado, poached egg (V)
Egg, wheat (gluten), soya

Grilled sourdough with preserves (V)
Wheat (gluten), milk, soya

Breakfast Bowls

Super food Greek yoghurt bowl (V)
Milk, almonds, pecans, walnuts (nuts), peanuts

Super fruit and nut porridge (V)
Milk, almonds, pecans, walnuts (nuts)

Cooked Breakfasts

Hearing Dogs full English breakfast
Egg, barley, oats, wheat (gluten), soya

Hearing Dogs Vegan full English breakfast (Vg)
Wheat (gluten), soya, sulphites

Bubble & squeak with poached egg and hollandaise sauce (V)
Egg, wheat (gluten), milk, mustard, soya

Cinnamon French toast with mixed berries and Greek yoghurt (V)
Egg, wheat (gluten), milk

Eggs Benedict/Royale/Florentine (V)
Egg, fish, barley, wheat (gluten), milk, soya, sesame seeds, sulphites

Freshly grilled spelt waffles

Poached egg and crispy bacon waffle
Egg, barley, wheat (gluten), milk, soya

Smoked salmon waffle
Egg, fish, barley, wheat (gluten), milk, soya, sulphites

Fresh berries and yoghurt waffle (V)
Egg, barley, wheat (gluten), milk, almonds, pecans, walnuts (nuts)

Sausage or bacon sandwich
Wheat (gluten), milk, soya

Smoothies

Green Machine (Vg)
Celery

Top Banana (V)
Milk

Carrot and Stick (Vg)
n/a

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Lunch food fact file

Main meals

The Grange fish pie

Fish, egg, wheat (gluten), milk

Braised ox cheek

Celery, milk, sulphites

Coriander and chilli marinated chicken

Wheat (gluten), milk, sulphites

Pulled beef and pork tacos

Celery, wheat (gluten), milk, sulphites

Truffled wild mushroom macaroni cheese with garlic brioche bread (V)

Milk, wheat (gluten), mustard

Pretzel burger

Egg, wheat (gluten), milk, soya, mustard, sulphites

Halloumi and roast pepper burger (V)

Eggs, milk, wheat (gluten), sesame

Vegan burger (Vg*)

Milk*, almonds (nuts), wheat (gluten)

Sunday lunch

Garlic & thyme roasted sirloin of beef

Celery, wheat (gluten), milk

Roast crispy Suffolk pork belly

Celery, wheat (gluten), milk

Root vegetable and quinoa nut roast (Vg)

Almond, hazelnut, walnut, pecan (nuts), wheat (gluten), soya, sulphites

Pan-roasted Cornish hake

Fish, milk

Paninis

Honey roast ham, mustard, cheese melt

Wheat (gluten), milk, mustard, sulphites

Pole and line caught tuna melt

Egg, fish, wheat (gluten), milk, mustard

Avocado, brie, red onion marmalade (V)

Wheat (gluten), milk

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Deli Sandwiches

Minute steak

Milk, wheat (gluten), mustard, soya

Breaded hake fish finger

Celery, egg, fish, wheat (gluten), milk, mustard, soya

Roast cauliflower and hummus (V)(Vg)

Wheat (gluten), sesame, sulphites

Baked jacket

Pulled beef brisket with sour cream

Celery, milk, soya

Tuna mayonnaise

Egg, fish, mustard

Cheddar cheese (V)

Milk

Soup of the day

See soup of the day Food Fact File page

Sides

Fries

Wheat (gluten)

Desserts

Date, almond & chocolate bread & butter pudding with custard or ice cream

Egg, wheat (gluten), milk, almonds (nuts), sulphites

Pear & apple crumble with custard or ice cream

Eggs, wheat (gluten), milk

Salted caramel and pecan brownie with custard or ice cream (Gf)

Milk, pecans (nuts)

Lemon posset, passion fruit jelly, meringue

Egg, milk

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Soup of the day food fact file

Chef's Soup of the Day

Celery, milk

Carrot and cumin (Vg)(Gf)

Celery

Tomato and basil (V)(Gf)

Celery, milk

Mixed vegetable (Vg)(Gf)

Celery

Pea and mint (V)(Gf)

Celery, milk

Sweet potato and coriander (Vg)(Gf)

Celery

Cauliflower and Cheddar cheese (V)(Gf)

Celery, milk

Leek and potato (Vg)(Gf)

Celery

Cream of mushroom (V)(Gf)

Celery, milk

Crusty bread (V) (Gf available on request)

Egg, gluten (wheat), milk, nuts, peanuts, sesame, soya

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Seasonal Salads food fact file

Seasonal Salads

Roast heritage beetroot salad (V)(Gf)

Milk, hazelnuts (nuts)

Roast butternut squash and spiced chickpea salad (V)(Gf)

Milk, sulphites

Salt baked celeriac and kale salad (V)(Vg)(Gf)

Celery, mustard, sulphites

Spiced cauliflower and brown rice salad (V)(Vg)(Gf)

Cashews (nuts), soya, sulphites

Protein

Poached salmon (Gf)

Fish

Avocado, egg and chia (V)(Gf)

Egg, milk, mustard

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Cakes & Afternoon Tea food fact file

Cakes

Barkwell tart

Egg, wheat (gluten), milk, almond (nuts), peanuts

Carrot and walnut cake (Gf)

Egg, hazelnut, walnut (nuts)

Red velvet cake

Egg, gluten (wheat), milk, sulphites

Cappuccino coffee cake (Gf)

Egg, milk, soya

Salted caramel and pecan brownie (Vg)(Gf)

Milk, pecan (nuts)

Scone and clotted cream

Egg, wheat (gluten), milk

Afternoon Tea

Pistachio and stem ginger cake (V)

Egg, wheat (gluten), milk, pistachio (nuts)

Poached pear and frangipane tart (V)

Egg, wheat (gluten), milk, hazlenuts (nuts), soya

Orange brandy macaron (V)

Egg, milk, wheat (gluten), almonds (nuts)

Lemon posset with passion fruit jelly (V)(Gf)

Egg, milk

Scone and clotted cream (V)

Egg, wheat (gluten), milk

Cumberland sausage roll

Egg, wheat (gluten), milk, pistachios (nuts), sulphites

Afternoon tea sandwiches

Free-range egg mayo and cress

Egg, wheat (gluten), milk, mustard

Salmon, cream cheese and cucumber

Fish, wheat (gluten), milk

Honey roast ham, tomato and mustard

Egg, wheat (gluten), milk, mustard

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