

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

Cherry tomato and basil linguine (V)

Wheat (gluten), milk

Fish 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

Little Pups Crepes

Chocolate, hazelnut and banana crepe

Wheat (gluten), egg, milk, hazelnuts (nuts)

Strawberry cheesecake crepe

Wheat (gluten), egg, milk

About our menus

If you suffer from food allergies, please take great care when ordering.

We use numerous ingredients to provide our menu, and whilst every effort is taken to accommodate customers with food allergies, we cannot guarantee all our products will be free from allergens.

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

Version 11: Effective from 12 April 2021

The Grange

Al fresco food fact file

Breakfast

Hearing Dogs full English breakfast

Egg, barley, oats, wheat (gluten), soya

Hearing Dogs Vegan full English breakfast (Vg)

Wheat (gluten), soya, sulphites

Sausage or bacon sourdough roll

Wheat (gluten), milk, soya

Avocado, poached egg sourdough (V)

Egg, wheat (gluten), soya

With added smoked salmon

Egg, fish, wheat (gluten), soya

With added feta (V)

Egg, wheat (gluten), milk, soya

Lunch

Pretzel burger

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

Vegan burger (Vg*)

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

Chicken, spinach and mushroom crepe

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

Ham hock, pea and leek crepe

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

Falafel, beetroot hummus, avocado crepe (V)

Egg, wheat (gluten), milk, mustard, nuts, sesame, sulphites

Spinach, mushroom and ricotta crepe (V)

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

Vanilla ice cream, chocolate and hazelnut crepe

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

Poached pear and clotted cream crepe

Egg, wheat (gluten), milk

Salads and Sandwiches

Roast chicken Caesar salad

Egg, fish, milk, wheat (gluten)

Butternut squash and freekah salad (Vg)

Wheat (gluten), mustard, walnuts (nuts), sulphites

Roast salmon and broccoli salad

Fish, soya

Roast salmon and broccoli salad

Fish, soya

Roast chicken club sandwich

Egg, milk, mustard, wheat (gluten), walnuts (nuts), sulphites

Vegetarian club sandwich

Egg, milk, mustard, wheat (gluten), walnuts (nuts), sulphites

Bacon, brie and cranberry panini

Milk, mustard, wheat (gluten), walnuts (nuts), sulphites

Olive, pesto, tomato and mozzarella panini (V)

Milk, mustard, wheat (gluten), walnuts (nuts), sulphites

Sunday Lunch

Roasted sirloin of beef

Celery, wheat (gluten), milk

Roast crispy Suffolk pork belly

Celery, wheat (gluten), milk

Root vegetable and quinoa nut roast (Vg)

Wheat (gluten), almonds, hazelnut, walnut, pecan (nuts), soya, sulphites

Pan-fried fillet of sea bream

Fish

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Cakes & Afternoon Tea food fact file

Cakes

Barkwell tart

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

Lemon and poppy seed cake (Gf)

Egg, milk, almond (nuts)

Pistachio and ginger cake

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

Cappuccino coffee cake (Gf)

Egg, milk, soya

Salted caramel and pecan brownie (Vg)(Gf)

Pecan (nuts)

Scone and clotted cream

Egg, wheat (gluten), milk

Afternoon Tea

Cakes

Egg, wheat (gluten), milk, almond, pecan, pistachio (nuts), peanut

Eton Mess (V)(Gf)

Egg, milk

Scone and clotted cream (V)

Egg, wheat (gluten), milk

Sausage roll

Egg, wheat (gluten), milk, sulphites

Cheese and onion quiche (V)

Egg, wheat (gluten), milk

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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Cycle Cafe Food Fact File

Energy Bombs (Vg)

Cranberry, date and orange

Almond (nuts), sulphites

Apricot, almond and walnut

Almond, walnut (nuts), sulphites

Chocolate, coconut, pistachio

Pistachio (nuts), sulphites

Chocolate, date, almond, sea salt

Almond (nuts), sulphites

Carrot cake (date, almond, carrot, coconut, oats)

Wheat (gluten), almonds (nuts), sulphites

Peanut butter and chocolate flapjack bites

Wheat (gluten), peanut, sulphites

Cinnamon, pecan and maple

Pecan (nuts), sulphites

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