

# 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, soya, sulphites

**Plain cheese sandwich (V)**

Wheat (gluten), milk, soya

### Little Pups Crêpes

**Chocolate, hazelnut and banana crêpe**

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

**Seasonal berry cheesecake crêpe**

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 16: Effective from 20 September 2021

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## Breakfast 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

**Cinnamon French toast (V)**

Egg, wheat (gluten), milk

**Avocado, poached egg grilled sourdough (V)**

Egg, wheat (gluten), soya

**With added smoked salmon**

Egg, fish, wheat (gluten), soya

**With added feta (V)**

Egg, wheat (gluten), milk, soya

**Eggs Benedict, Eggs Florentine (V) or Eggs Royal**

Egg, barley, wheat (gluten), milk, soya, sesame seeds, sulphites

**With added smoked salmon**

Fish

**Sausage or bacon sourdough roll**

Wheat (gluten), milk, soya

**Croissant or pain au chocolat**

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

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## Lunch food fact file

### Lunch

**Salmon, cod and smoked haddock fish cakes**  
Egg, fish, wheat (gluten), milk, soya, mustard

**Pretzel burger**  
Egg, wheat (gluten), milk, soya, mustard, sulphites

**Vegan burger (Vg\*)**  
Milk\*, almonds (nuts), wheat (gluten)

**Beer-battered Cornish hake (Gf option)**  
Milk, fish, egg, wheat (gluten)

**BBQ beef brisket soft shell tacos**  
Egg, milk, wheat (gluten)

**Chargrilled chicken skewers (Gf option)**  
Milk, egg, wheat (gluten)

**Sweet potato, chickpea vegan curry (Vg)(Gf)**  
n/a

**Chicken, spinach and mushroom crêpe**  
Egg, wheat (gluten), milk, mustard, sulphites

**Chunky beef chilli and pickled cabbage crêpe**  
Egg, wheat (gluten), milk, mustard, sulphites

**Grilled halloumi, roast peppers, sweet chilli sauce crêpe (V)**  
Egg, wheat (gluten), milk, mustard, sulphites

**Falafel, beetroot hummus, avocado crêpe (V)**  
Egg, wheat (gluten), milk, mustard, nuts, sesame, sulphites

**Aubergine, chickpea and spinach crêpe (V)**  
Egg, wheat (gluten), milk, mustard, sulphites

**Vanilla ice cream, chocolate and hazelnut crêpe**  
Egg, wheat (gluten), milk, hazelnuts (nuts)

**Seasonal berry cheesecake crêpe**  
Egg, wheat (gluten), milk

### Salads and sandwiches

**Spiced cauliflower salad (V)(Vg)(Gf)**  
Mustard, soya, sulphites

**Roast mackerel salad (Gf)**  
Fish, milk, soya, sulphites

**Chicken Caesar salad**  
Egg, fish, milk, wheat (gluten), soya

**Chargrilled minute steak sandwich (Gf option)**  
Egg, milk, mustard, wheat (gluten), soya, sulphites

**Club sandwich (Gf option)**  
Egg, milk, mustard, wheat (gluten), soya, sulphites

**Vegetarian club sandwich (V)(Gf option)**  
Egg, milk, mustard, wheat (gluten), soya, sulphites

**Breaded hake fish finger sandwich**  
Celery, egg, fish, wheat (gluten), milk, mustard, soya

**Roast chicken, red pepper panini**  
Milk, mustard, wheat (gluten), sulphites

**Avocado, brie and red onion chutney panini (V)**  
Milk, mustard, wheat (gluten), 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 (V)(Vg)**  
Wheat (gluten), almonds, hazelnut, walnut, pecan (nuts), soya, sulphites

**Pan-fried fillet of sea bream**  
Fish, milk

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## Cakes & Afternoon Tea food fact file

### Cakes

#### **Barkwell tart**

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

#### **Sticky orange polenta cake (Gf)**

Egg, milk, almond (nuts)

#### **Pistachio and ginger cake**

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

#### **Carrot and walnut cake (Gf)**

Egg, milk, walnuts (nuts), soya

#### **Salted caramel and pecan brownie (Vg)(Gf)**

Pecan (nuts), soya

#### **Scone and clotted cream**

Egg, wheat (gluten), milk

### Afternoon Tea

#### **Cakes**

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

#### **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, soya

#### **Salmon, cream cheese and cucumber**

Fish, wheat (gluten), milk, soya

#### **Honey roast ham, tomato and mustard**

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

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