

# 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

### Little Pups Picnic

**Plain ham sandwich**  
Wheat (gluten), milk, soya, sulphites

**Plain cheese sandwich (V)**  
Wheat (gluten), milk, 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 Crêpes

**Chocolate brownie crêpe**  
Egg, wheat (gluten), milk, pecan (nuts), soya

**Seasonal berry cheesecake crêpe**  
Wheat (gluten), egg, milk

### 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

### 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 22: Effective from 7 April 2022

# The Grange

## 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, hazelnuts (nuts)

**Cinnamon French toast (V)**

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

**Poached egg and crispy bacon waffle**

Eggs, wheat (gluten), milk

**Smoked salmon waffle**

Eggs, fish, wheat (gluten), milk, soya, sulphates

**Fresh berries and yoghurt waffle (V)**

Eggs, wheat (gluten), milk, almonds, pecans, nuts (walnuts)

**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

### 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 22: Effective from 7 April 2022

# The Grange

## Lunch food fact file

### Lunch

**Pan-roasted pollock with chorizo (GF option)**

Fish, milk, soya

**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)

**Lamb tagine**

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

**Wild mushroom mac and cheese**

Wheat (gluten), milk, mustard, soya

**Mixed vegetable and chicken teriyaki with sticky Jasmine rice**

Wheat (gluten), soya

**Sweet potato, chickpea vegan curry (Vg)(Gf)**

n/a

**Chicken, spinach and mushroom 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

**Goat's cheese, caramelised onion and beetroot tart (V)**

Egg, wheat (gluten), milk, mustard

### Salads and sandwiches

**Artichoke, chickpea & rocket salad (V)(Vg)(Gf)**

n/a

**Avocado, prawn & brocolli salad (Gf)**

Crustacean

**Chicken Caesar salad**

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

**Ginger and soy marinated chicken sandwich**

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

**Club sandwich (Gf option)**

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

**Vegetarian club sandwich (V)(Gf option)**

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

**Breaded hake goujons sourdough sandwich**

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

**Cheddar cheese, ham and mustard panini**

Wheat (gluten), milk, mustard, soya

**Aubergine pesto & vegan cheese panini (V)(Vg)**

Wheat (gluten), soya

**Avocado, brie and red onion chutney panini (V)**

Wheat (gluten), milk, mustard, 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

### 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 (\*) Buns produced in a factory handling milk

Version 22: Effective from 7 April 2022

# The Grange

## Cakes, desserts & Afternoon Tea

### Cakes

**Lemon and poppy seed cake (Gf)**

Eggs, milk, almond (nuts)

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

Pecan (nuts), soya

**Apple and cinnamon crumble cake**

Egg, wheat (gluten), milk

**Barkwell tart**

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

**Carrot & walnut cake (Gf)**

Eggs, milk, nuts (walnuts)

**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

### Desserts

**Chocolate brownie crêpe**

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

**Seasonal berry cheesecake crêpe**

Egg, wheat (gluten), milk

**Lemon meringue & raspberry waffle**

Egg, wheat (gluten), milk

**Banoffee & vanilla ice cream waffle**

Egg, wheat (gluten), milk

**Roasted hazelnut, chocolate sauce and vanilla ice cream waffle**

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

### Afternoon tea sandwiches

**Free-range egg mayo and cress (V)**

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

### 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 22: Effective from 7 April 2022