



ALLERGEN INFORMATION GUIDE

THE ORANGERY TEA HOUSE SOUTHAMPTON ALLERGEN INFORMATION GUIDE

Here you’ll find a list of all of the products sold in The Orangery Tea House Southampton, with allergens listed along the top of the page for easy reference. If a product contains one of these ingredients, then you will find a tick in the corresponding box.

Where a product contains ‘Cereals Containing Gluten’ and ‘Nuts: you will find specific ingredients listed (e.g., wheat, rye, oats).

Please remember to check this guide and the ingredient label regularly as recipes do change from time to time - the last thing we want is for anyone being caught out by a new take on an old favourite.

We’re proud to freshly prepare our food in our kitchen every day but as we use many ingredients and shared equipment,cross contact is managed but not to an allergen-free level. Therefore we can’t guarantee any of our food is suitable for those with allergies due to the risk of cross contact. Our vegan products are made to a vegan recipe but are not suitable for those with dairy and egg allergies.



The Food Standards Agency regards the following ingredients and their derivatives as allergens:			
Peanuts Sesame Crustaceans Eggs	Lupin Mustard Soya Tree Nuts	Cereals Containing Gluten Celery & Celeriac Fish	Milk Mollusc Sulphites

In addition we also declare Pine Nuts as an allergen

If you are interested in an ingredient outside the 14 listed above please look at the ingredient list on the website or the label on the individual product.

If you have any trouble finding what you’re looking for, just ask the Manager - they’ll be more than happy to help.

ALL DAY BREAKFAST | ALL DAY BRUNCH

	Our menu is freshly prepared in our kitchen every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contamination.																								
CONTENTS KEY: Y (SUITABLE FOR)	VEGETARIAN	VEGAN	GLUTEN FREE	PEANUTS	ALMOND	BRAZIL NUT	CASHEW	HAZELNUT	MACADAMIA	PECAN	PISTACHIO	WALNUTS	PINE NUTS	SESAME SEEDS	CEREALS CONTAINING GLUTEN	FISH	CRUSTACEAN	MOLLUSCS	MILK	EGGS	CELERY & CELERIAC	LUPIN	MUSTARD	SOYA	SULPHUR DIOXIDE
	ALL DAY BREAKFAST																								
	FULL ENGLISH BREAKFAST															Y				Y	Y				Y
VEGETARIAN BREAKFAST	Y														Y				Y	Y				Y	
HEARTY FULL ENGLISH BREAKFAST															Y				Y	Y				Y	Y
ALL DAY BRUNCH																									
EGGS BENEDICT															Y					Y				Y	
EGGS FLORENTINE	Y														Y					Y				Y	
EGGS ROYALE															Y	Y				Y				Y	
EGGS, AVOCADO & STREAKY BACON															Y					Y				Y	Y
HOUSE GRANOLA BOWL	Y				Y			Y		Y					Y				Y						Y
HUMMUS & GREENS	Y	Y													Y										
AVO ON TOAST	Y	Y													Y										Y
CROQUE MONSIEUR CROISSANT															Y				Y						
SALMON & SCRAMBLED EGG CROISSANT															Y	Y			Y	Y					Y
PANCETTA & FRIED EGG CROISSANT															Y				Y	Y					Y
SALMON NEW YORKER															Y	Y				Y					Y
LOWER EAST SIDE BAGEL															Y				Y						
AMERICAN PANCAKES															Y										
BANANA & HONEY PANCAKES	Y									Y					Y				Y	Y					
BLUEBERRY PANCAKES	Y														Y				Y	Y					
APPLE, MAPLE & CINNAMON PANCAKES	Y														Y										

LUNCH | GOURMET BURGERS | SEASONAL SALADS | SOUP

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LUNCH																									
GREEK PLATE			Y																Y						
CHICKEN SATAY POKE BOWL															Y									Y	
SMOKED SALMON POKE BOWL			Y											Y		Y								Y	Y
BANGERS & MASH															Y										Y
HAM, EGG & CHIPS			Y												Y				Y						Y
STEAK & ALE PIE																			Y	Y					Y
CHICKEN, GAMMON & LEEK PIE					Y		Y	Y							Y				Y	Y					
BUTTERNUT & ROOT CURRY	Y	Y	Y																						
POACHED SALMON																Y									Y
GOURMET BURGERS																									
BACON & CHEESE BURGER															Y				Y	Y					
GRILLED CHICKEN BURGER															Y				Y	Y					
HALLOUMI BURGER	Y														Y				Y	Y					
SEASONAL SALADS																									
CYPRIOT VILLAGE SALAD	Y																		Y				Y		
CHICKEN CAESAR SALAD																Y			Y	Y					Y
BEET & GOAT'S CHEESE SALAD	Y		Y																Y						
CLASSIC PLOUGHMANS															Y				Y						Y
SOUP																									
SOUP OF THE DAY	Y		Y																						

CATCH OF THE DAY DELI CLASSICS TOASTED CIABATTA																										
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CATCH OF THE DAY																										
FISH & CHIPS																Y	Y									Y
SCAMPI & CHIPS																Y	Y	Y			Y					
HADDOCK & SPRING ONION FISH CAKE																Y	Y				Y					
DELI CLASSICS																										
ORANGERY CLUB STACK																Y				Y					Y	
BLT CLUB																Y									Y	
SAUSAGE & RED ONION BAGUETTE																Y									Y	Y
TOASTED CIABATTA																										
BRIE & ROASTED VEGETABLES	Y															Y				Y					Y	
CAPRESE	Y															Y				Y					Y	
BRIE, CRANBERRY & BACON																Y									Y	Y
CORONATION CHICKEN & BACON															Y	Y	Y	Y		Y	Y			Y	Y	Y
CHICKEN MAYONNAISE & BACON																Y				Y	Y				Y	Y
TUNA & CHEDDAR MELT																Y				Y	Y				Y	

LUNCH FOR LITTLE PEOPLE																											
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	LUNCH FOR LITTLE PEOPLE																										
	CHICKEN GOUJONS																Y				Y	Y					
	HAND BATTERED FISH & CHIPS																Y	Y				Y					Y
	SAUSAGE, CHIPS & BEANS																Y										Y
KIDS BRUNCH																Y											
HAM, EGG & CHIPS			Y																		Y						
MOZZARELLA & TOMATO PIZETTE	Y															Y				Y					Y		
TOMATO PASTA BAKE	Y															Y					Y				Y		
CHILDRENS DRINKS																											
APPLE JUICE																											
ORANGE JUICE																											
SEMI SKIMMED MILK																											
SOYA MILK																											
WARM CHOCO MILK																											