



# 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	Lupin	Cereals Containing Gluten	Milk
Sesame	Mustard	Celery & Celeriac	Mollusc
Crustaceans	Soya	Fish	Sulphites
Eggs	Tree Nuts		

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) ✓ (PRODUCT CONTAINS)	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	
	<b>ALL DAY BREAKFAST</b>																									
FULL ENGLISH BREAKFAST															✓				✓	✓						✓
VEGETARIAN BREAKFAST	Y														✓				✓	✓						
HEARTY FULL ENGLISH BREAKFAST															✓				✓	✓						✓
<b>ALL DAY BRUNCH</b>																										
EGGS BENEDICT															✓				✓	✓						
EGGS FLORENTINE	Y														✓				✓	✓						
EGGS ROYALE															✓	✓			✓	✓						
EGGS, AVOCADO & STREAKY BACON															✓				✓	✓						
HOUSE GRANOLA BOWL	Y				✓			✓		✓	✓				✓				✓							✓
AVO ON TOAST	Y	Y													✓											
CROQUE MONSIEUR CROISSANT															✓				✓	✓			✓			
SALMON & SCRAMBLED EGG CROISSANT															✓	✓			✓	✓			✓			
PANCETTA & FRIED EGG CROISSANT															✓	✓			✓	✓						
SALMON NEW YORKER															✓	✓			✓							
LOWER EAST SIDE BAGEL															✓				✓	✓			✓			
AMERICAN PANCAKES															✓											
BANANA & HONEY PANCAKES	Y									✓					✓				✓							
BLUEBERRY PANCAKES	Y	Y													✓											
APPLE, MAPLE & CINNAMON PANCAKES	Y	Y													✓											

# LUNCH | GOURMET BURGERS | SEASONAL SALADS | SOUP

	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		
<b>LUNCH</b>																											
GREEK PLATE			Y																✓								
CHICKEN SATAY POKE BOWL				✓											✓		✓								✓		
SMOKED SALMON POKE BOWL			Y											✓		✓									✓		
TERIYAKI CHICKEN POKE BOWL															✓		✓								✓		
MEDITERRANEAN HUMMUS BOWL	Y	Y	Y											✓									✓				
HAM, EGG & CHIPS			Y																	✓							
STEAK & ALE PIE															✓				✓	✓							
CHICKEN, GAMMON & LEEK PIE															✓				✓	✓	✓		✓				
GARDEN VEGETABLE TART	Y	Y													✓												
BUTTERNUT & ROOT CURRY	Y	Y	Y																								
BANGERS & MASH															✓				✓							✓	
<b>GOURMET BURGERS</b>																											
BACON & CHEESE BURGER															✓				✓								
GRILLED CHICKEN BURGER															✓					✓							
HALLOUMI BURGER	Y														✓				✓	✓							
<b>SEASONAL SALADS</b>																											
CYPRriot VILLAGE SALAD	Y		Y																✓				✓				
CHICKEN CAESAR SALAD															✓				✓	✓							
BEET & GOAT'S CHEESE SALAD	Y		Y																✓								
CLASSIC PLOUGHMANS															✓				✓		✓		✓				
<b>SOUP</b>																											
SOUP OF THE DAY	Y	Y	Y																		✓						
BREAD	Y	Y													✓												

# CATCH OF THE DAY | DELI CLASSICS | TOASTED CIABATTA

CONTENTS KEY: Y (SUITABLE FOR) ✓ (PRODUCT CONTAINS)	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
<b>CATCH OF THE DAY</b>																									
FISH & CHIPS															✓	✓				✓			✓		
SCAMPI & CHIPS															✓	✓				✓			✓		
HADDOCK & SPRING ONION FISH CAKES															✓	✓				✓			✓		✓
HAND BATTERED FISH FINGER SANDWICH															✓	✓				✓			✓		✓
<b>DELI CLASSICS</b>																									
ORANGERY CLUB STACK															✓					✓			✓		
BLT CLUB															✓					✓			✓		
SAUSAGE & ONION PRETZEL BUN															✓				✓	✓			✓		✓
<b>TOASTED CIABATTA</b>																									
CAPRESE	Y						✓								✓				✓				✓		
BRIE, CRANBERRY & BACON															✓				✓				✓		
CORONATION CHICKEN & BACON															✓					✓			✓		
CHICKEN MAYONNAISE & BACON															✓					✓			✓		
TUNA & CHEDDAR MELT															✓	✓			✓				✓		

# LUNCH FOR LITTLE PEOPLE

CONTENTS KEY: Y (SUITABLE FOR) ✓ (PRODUCT CONTAINS)	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	
<b>LUNCH FOR LITTLE PEOPLE</b>																										
CHICKEN GOUJONS															✓					✓						
HAND BATTERED FISH FINGERS & CHIPS															✓	✓										
SAUSAGE, CHIPS & BEANS															✓											
CHILDREN'S BRUNCH															✓				✓	✓						
HAM, EGG & CHIPS			Y																	✓						
MOZZARELLA & TOMATO PIZETTE	Y														✓				✓					✓		
MAC & CHEESE	Y		Y																✓							
<b>CHILDRENS DRINKS</b>																										
APPLE JUICE																										
ORANGE JUICE																										
SEMI SKIMMED MILK																										
SOYA MILK																										
WARM CHOCO MILK																										