



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		Mollusc
Crustaceans	Soya	Celery & Celeriac	Sulphites
Eggs	Tree Nuts	Fish	

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
ALL DAY BREAKFAST																										
FULL ENGLISH BREAKFAST																✓				✓	✓					✓
VEGETARIAN BREAKFAST	Y															✓				✓	✓					
HEARTY FULL ENGLISH BREAKFAST																✓				✓	✓					✓
ALL DAY BRUNCH																										
EGGS BENEDICT																✓				✓	✓				✓	
EGGS FLORENTINE	Y															✓				✓	✓				✓	
EGGS ROYALE																✓	✓			✓	✓				✓	
EGGS, AVOCADO & STREAKY BACON								May Contain							May Contain	✓					✓					
HOUSE GRANOLA BOWL	Y		Y			✓			✓		✓	✓								✓						✓
AVO ON TOAST	Y	Y						May Contain							May Contain	✓										
CROQUE MONSIEUR CROISSANT																✓				✓	✓			✓		
SALMON & SCRAMBLED EGG CROISSANT																✓	✓			✓	✓			✓		
MUSHROOMS ON TOAST	Y	Y						May Contain					✓		May Contain	✓						✓				
SALMON NEW YORKER															May Contain	✓	✓			✓						
LOWER EAST SIDE BAGEL															May Contain	✓				✓	✓			✓		
BREAKFAST BAP															May Contain	✓					✓					
TURKISH EGGS	Y															✓				✓	✓					✓
AMERICAN PANCAKES																✓										
BANANA & HONEY PANCAKES	Y										✓					✓				✓						
BLUEBERRY PANCAKES	Y	Y														✓										
FRENCH TOAST	Y															✓				✓	✓					
CHICKEN WAFFLES																✓				May Contain	✓				✓	

SOUP LUNCH SEASONAL SALADS																											
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		
SOUP																											
SOUP OF THE DAY															May Contain												
LUNCH																											
CHICKEN SATAY POKE BOWL				✓												✓		✓				✓			✓	✓	
SMOKED SALMON POKE BOWL			Y												✓		✓								✓	✓	
TERIYAKI CHICKEN POKE BOWL																✓		✓			✓				✓	✓	
GREEK PLATE			Y																	✓	✓						
HAM, EGG & CHIPS			Y												✓						✓		✓				
SLOW COOKED PORK BELLY																✓					✓				✓		
CHICKEN, GAMMON & LEEK PIE	Y	Y														✓				✓	✓	✓					
ROOT CURRY	Y	Y	Y																		✓						
BANGERS & MASH																✓				✓						✓	
HUMMUS, HOT HONEY & HALLOUMI FLABREAD	Y														✓	✓				✓							
BOLOGNESE BUTTERNUT SQUASH	Y	Y	Y	May Contain	✓	May Contain	May Contain	May Contain	May Contain	May Contain	May Contain	May Contain				✓						✓					
SEASONAL SALADS																											
PLOUGHMANS PLATTER	Y			May Contain	May Contain	May Contain	May Contain	May Contain	May Contain	May Contain	May Contain	May Contain	May Contain	May Contain	May Contain	✓				✓				✓		✓	
CHICKEN CAESAR SALAD																✓				✓	✓	✓		✓			
BEET & GOAT’S CHEESE SALAD	Y		Y																	✓							
CYPRIOT VILLAGE SALAD	Y		Y																	✓			✓				
COB SALAD																✓				May Contain	✓			✓		✓	

GOURMET BURGERS 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
GOURMET BURGERS																													
BACON & CHEESE BURGER																		May Contain	✓				✓				✓		✓
MEXICAN GRILLED CHICKEN BURGER																		May Contain	✓								✓		✓
HALLOUMI BURGER	Y																	May Contain	✓				✓				✓		
CATCH OF THE DAY																													
FISH & CHIPS																			✓	✓				✓			✓		
SCAMPI & CHIPS																			✓	✓				✓			✓		
HAND BATTERED FISH FINGER SANDWICH																		May Contain	✓	✓				✓			✓		✓
SMOKED HADDOCK CHOWDER						May Contain			May Contain			May Contain	May Contain	May Contain				✓	✓	✓			✓	✓	✓				
DELI CLASSICS																													
ORANGERY CLUB STACK																			✓										
TOASTED CIABATTA																													
CAPRESE	Y					May Contain		✓	May Contain									May Contain	✓				✓				✓		✓
CORONATION CHICKEN & BACON						May Contain		May Contain	May Contain									May Contain	✓					✓			✓		✓
CHICKEN MAYONNAISE & BACON						May Contain		May Contain	May Contain									May Contain	✓								✓		
BRIE & CHORIZO						May Contain		May Contain	May Contain									May Contain	✓				✓				✓		
TUNA MELT						May Contain		May Contain	May Contain									May Contain	✓	✓							✓		
BRIE, CRANBERRY & BACON						May Contain		May Contain	May Contain									May Contain	✓				✓				✓		

LUNCH FOR LITTLE PEOPLE																													
CONTENTS KEY: Y (SUITABLE FOR) ✓ (PRODUCT CONTAINS)																													
				GLUTEN FREE	VEGAN	VEGETARIAN	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	
LUNCH FOR LITTLE PEOPLE																													
CHILDREN’S BRUNCH																		✓				✓	✓						
CHICKEN GOUJONS																		✓	✓			May Contain	✓						
HAND BATTERED FISH FINGERS & CHIPS																		✓	✓			May Contain	May Contain					May Contain	
SAUSAGE, CHIPS & BEANS																		✓											
HAM, EGG & CHIPS				Y																			✓						
MOZZARELLA & TOMATO PIZETTE	Y																	✓				✓						✓	
MAC & CHEESE	Y			Y																		✓		✓					
CHILDRENS DRINKS																													
APPLE JUICE																													
ORANGE JUICE																													
SEMI SKIMMED MILK																													
SOYA MILK																													
WARM CHOCO MILK																													