



INDIAN SUMMER  
AFTERNOON HIGH TEA  
ALLERGEN INFORMATION GUIDE

## THE ORANGERY TEA HOUSE SOUTHAMPTON AFTERNOON TEA 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.

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.

In addition we also declare Pine Nuts as an allergen.

If you are interested in an ingredient outside the 15 listed below or if you have any trouble finding what you're looking for, just contact our team - [southampton@theorangeryteahouse.co.uk](mailto:southampton@theorangeryteahouse.co.uk)



The Food Standards Agency regards the following ingredients and their derivatives as allergens:

Peanuts	Lupin	Cereals	Milk
Sesame	Mustard	Containing Gluten	Molluscs
Crustaceans	Soya	Celery & Celeriac	Sulphur Dioxide
Eggs	Nuts	Fish	Pine Nuts

# INDIAN SUMMER AFTERNOON TEA MENU

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>SAVOURIES</b>																										
MINI POPPADOMS SERVED WITH MANGO CHUTNEY, RAITA & LIME PICKLE																								✓		
ONION BHAJI																										
PANEER TIKKA SERVED WITH CHOPPED CORIANDER																										
TANDOORI CHICKEN SKEWER SERVED WITH MINT YOGHURT																										
<b>SCONES</b>																										
CASHEW SCONES & PLAIN SCONES SERVED WITH CLOTTED CREAM & ALPHONSO MANGO CURD							✓								✓				✓	✓					✓	
<b>PETIT FOURS</b>																										
SAFFRON & PASSION FRUIT MACARON					✓															✓					✓	
LIME & COCONUT CHEESECAKE DOME															✓				✓	✓					✓	
MANGO LASSI SORBET																										
CARDAMOM RICE PUDDING WITH ROSE PETALS																										

# INDIAN SUMMER AFTERNOON TEA GLUTEN FREE MENU

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>SAVOURIES</b>																									
MINI POPPADOMS SERVED WITH MANGO CHUTNEY, RAITA & LIME PICKLE			✓																				✓		
ONION BHAJI			✓																						
PANEER TIKKA SERVED WITH CHOPPED CORIANDER			✓																						
TANDOORI CHICKEN SKEWER SERVED WITH MINT YOGHURT			✓																						
<b>SCONES</b>																									
CASHEW SCONES & PLAIN SCONES SERVED WITH CLOTTED CREAM & ALPHONSO MANGO CURD			✓				✓																	✓	
<b>PETIT FOURS</b>																									
SAFFRON & PASSION FRUIT MACARON			✓		✓															✓				✓	
LIME & COCONUT CHEESECAKE DOME			✓																					✓	
MANGO LASSI SORBET			✓																						
CARDAMOM RICE PUDDING WITH ROSE PETALS			✓																						

# INDIAN SUMMER AFTERNOON TEA VEGAN MENU

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>SAVOURIES</b>																									
MINI POPPADOMS SERVED WITH MANGO CHUTNEY, RAITA & LIME PICKLE		✓																					✓		
ONION BHAJI		✓																							
TOFU PANEER TIKKA SERVED WITH CHOPPED CORIANDER		✓																							
BOMBAY POTATO SKEWER SERVED WITH MINT YOGHURT		✓																							
<b>SCONES</b>																									
CASHEW SCONES & PLAIN SCONES SERVED WITH PLANT BASED CREAM & ALPHONSO MANGO CURD		✓					✓																	✓	
<b>PETIT FOURS</b>																									
SAFFRON & PASSION FRUIT MACARON		✓			✓																			✓	
LIME & COCONUT CHEESECAKE DOME		✓																						✓	
MANGO LASSI SORBET		✓																							
CARDAMOM RICE PUDDING WITH ROSE PETALS		✓																							