



# 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<br>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:<br>Y (SUITABLE FOR)<br>✓ (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                             |                          |       |             |         |        |            |        | May Contain |           |       |           |         |           | May Contain  | ✓                         |      |            |          |             | ✓    |                   |       |         |      |                 |   |
| HOUSE GRANOLA BOWL  | 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   |                          |       |             |         |        |            |        |             |           |       |           |         |           |              | ✓                         | ✓    |            |          | ✓           |      |                   |       |         |      |                 |   |
| LOWER EAST SIDE BAGEL                                     |                          |       |             |         |        |            |        |             |           |       |           |         |           |              | ✓                         |      |            |          | ✓           | ✓    |                   |       | ✓       |      |                 |   |
| AMERICAN PANCAKES   |                          |       |             |         |        |            |        |             |           |       |           |         |           |              | ✓                         |      |            |          |             |      |                   |       |         |      |                 |   |
| BANANA & HONEY PANCAKES                                   | Y                        |       |             |         |        |            |        |             |           | ✓     |           |         |           |              | ✓                         |      |            |          | ✓           |      |                   |       |         |      |                 |   |
| BLUEBERRY PANCAKES  | Y                        | Y     |             |         |        |            |        |             |           |       |           |         |           |              | ✓                         |      |            |          |             |      |                   |       |         |      |                 |   |
| APPLE, MAPLE & CINNAMON PANCAKES                          | Y                        | Y     |             |         |        |            |        |             |           |       |           |         |           |              | ✓                         |      |            |          |             |      |                   |       |         |      |                 |   |
| CHICKEN WAFFLES   |                          |       |             |         |        |            |        |             |           |       |           |         |           |              | ✓                         |      |            |          | May Contain | ✓    |                   |       |         | ✓    |                 |   |



# GOURMET BURGERS | CATCH OF THE DAY | DELI CLASSICS | TOASTED CIABATTA

| CONTENTS KEY:<br>Y (SUITABLE FOR)<br>✓ (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>GOURMET BURGERS</b>                                    |            |       |             |         |             |            |             |             |           |             |             |             |           |              |                           |      |            |          |      |      |                   |       |         |      |                 |
| BACON & CHEESE BURGER                                     |            |       |             |         |             |            |             |             |           |             |             |             |           |              | ✓                         |      |            |          | ✓    |      |                   |       | ✓       |      | ✓               |
| GRILLED CHICKEN BURGER                                    |            |       |             |         |             |            |             |             |           |             |             |             |           |              | ✓                         |      |            |          |      |      |                   |       | ✓       |      |                 |
| HALLOUMI BURGER   | Y          |       |             |         |             |            |             |             |           |             |             |             |           |              | ✓                         |      |            |          | ✓    |      |                   |       | ✓       |      |                 |
| <b>CATCH OF THE DAY</b>                                   |            |       |             |         |             |            |             |             |           |             |             |             |           |              |                           |      |            |          |      |      |                   |       |         |      |                 |
| FISH & CHIPS  |            |       |             |         |             |            |             |             |           |             |             |             |           |              | ✓                         | ✓    |            |          |      | ✓    |                   |       | ✓       |      |                 |
| SCAMPI & CHIPS  |            |       |             |         |             |            |             |             |           |             |             |             |           |              | ✓                         | ✓    |            |          |      | ✓    |                   |       | ✓       |      |                 |
| HAND BATTERED FISH FINGER SANDWICH                        |            |       |             |         |             |            |             |             |           |             |             |             |           |              | ✓                         | ✓    |            |          |      | ✓    |                   |       | ✓       |      | ✓               |
| SMOKED HADDOCK CHOWDER                                    |            |       |             |         | May Contain |            |             | May Contain |           | May Contain | May Contain | May Contain |           | ✓            | ✓                         | ✓    |            |          | ✓    | ✓    | ✓                 |       |         |      |                 |
| <b>DELI CLASSICS</b>                                      |            |       |             |         |             |            |             |             |           |             |             |             |           |              |                           |      |            |          |      |      |                   |       |         |      |                 |
| ORANGERY CLUB STACK                                       |            |       |             |         |             |            |             |             |           |             |             |             |           |              | ✓                         |      |            |          |      |      |                   |       |         |      |                 |
| <b>TOASTED CIABATTA</b>                                   |            |       |             |         |             |            |             |             |           |             |             |             |           |              |                           |      |            |          |      |      |                   |       |         |      |                 |
| 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 & CHEDDAR MELT                                       |            |       |             |         | May Contain |            | May Contain | May Contain |           |             |             |             |           | May Contain  | ✓                         | ✓    |            |          |      |      |                   |       | ✓       |      |                 |
| BRIE, CRANBERRY & BACON                                   |            |       |             |         | May Contain |            | May Contain | May Contain |           |             |             |             |           | May Contain  | ✓                         |      |            |          | ✓    |      |                   |       | ✓       |      |                 |
| PEANUT, CRANBERRY & BACON                                 |            |       |             | ✓       | May Contain |            | May Contain | May Contain |           |             |             |             |           | May Contain  | ✓                         |      |            |          |      |      |                   |       | ✓       |      |                 |

# LUNCH FOR LITTLE PEOPLE

| CONTENTS KEY:<br>Y (SUITABLE FOR)<br>✓ (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>                            |            |       |             |         |        |            |        |          |           |       |           |         |           |              |                           |      |            |          |             |             |                   |       |         |             |                 |
| CHILDREN'S BRUNCH   |            |       |             |         |        |            |        |          |           |       |           |         |           |              | ✓                         |      |            |          | ✓           | ✓           |                   |       |         |             |                 |
| CHICKEN GOUJONS   |            |       |             |         |        |            |        |          |           |       |           |         |           |              | ✓                         |      |            |          |             | ✓           |                   |       |         |             |                 |
| 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           |         |        |            |        |          |           |       |           |         |           |              |                           |      |            |          | ✓           |             | ✓                 |       |         |             |                 |
| <b>CHILDRENS DRINKS</b>                                   |            |       |             |         |        |            |        |          |           |       |           |         |           |              |                           |      |            |          |             |             |                   |       |         |             |                 |
| APPLE JUICE   |            |       |             |         |        |            |        |          |           |       |           |         |           |              |                           |      |            |          |             |             |                   |       |         |             |                 |
| ORANGE JUICE  |            |       |             |         |        |            |        |          |           |       |           |         |           |              |                           |      |            |          |             |             |                   |       |         |             |                 |
| SEMI SKIMMED MILK   |            |       |             |         |        |            |        |          |           |       |           |         |           |              |                           |      |            |          |             |             |                   |       |         |             |                 |
| SOYA MILK   |            |       |             |         |        |            |        |          |           |       |           |         |           |              |                           |      |            |          |             |             |                   |       |         |             |                 |
| WARM CHOCO MILK   |            |       |             |         |        |            |        |          |           |       |           |         |           |              |                           |      |            |          |             |             |                   |       |         |             |                 |