



# ALLERGEN INFORMATION GUIDE

## THE ORANGERY TEA HOUSE ESHER ALLERGEN INFORMATION GUIDE

Here you'll find a list of all of the products sold in The Orangery Tea House Esher, 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 - [restaurant\\_esher@theorangeryteahouse.co.uk](mailto:restaurant_esher@theorangeryteahouse.co.uk)



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

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

# 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														✓				✓	✓						
FARMERS MARKET BREAKFAST															✓				✓	✓						
<b>ALL DAY BRUNCH</b>																										
CHOICE OF SOURDOUGH BREAD															✓											
CHOICE OF WHITE BREAD															✓										✓	
CHOICE OF BROWN BREAD															✓										✓	
EGGS BENEDICT															✓				✓	✓						
EGGS FLORENTINE	Y														✓				✓	✓						
EGGS ROYALE															✓	✓			✓	✓						
AVO ON TOAST	Y	Y												✓	✓											
EGGS, AVOCADO & BACON															✓					✓						✓
SCRAMBLED EGGS & SALMON														✓	✓	✓			✓	✓						
SMOKED SALMON BAGEL															✓	✓			✓							✓
AMERICAN PANCAKES															✓				✓	✓						✓
BANANA & HONEY PANCAKES	Y						✓								✓				✓	✓						
APPLE, MAPLE & CINNAMON PANCAKES	Y	Y													✓				✓	✓						

# LUNCH | POKE BOWLS | SEASONAL SALADS | SOUP

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<b>LUNCH</b>																									
ROAST BEEF															✓				✓	✓					
ROAST CHICKEN															✓				✓	✓					
CARROT WELLINGTON	Y	Y													✓										
LASAGNA BOLOGNESE															✓				✓	✓					
MUSHROOM RISOTTO	Y	Y																							
HAM, EGG & CHIPS			Y																	✓					
CHILLI CON CARNE			Y																✓						
BUTTERNUT & CHICKPEA CURRY	Y	Y	Y																						
BUTTER CHICKEN CURRY															✓				✓						
PRAWN LINGUINE															✓	✓	✓		✓						
<b>POKE BOWLS</b>																									
SMOKED SALMON QUINOA POKE BOWL			Y												✓	✓								✓	
TERIYAKI CHICKEN POKE BOWL															✓	✓								✓	
SWEET CHILLI CHICKEN BUDDHA BOWL			Y												✓									✓	
<b>SEASONAL SALADS</b>																									
CHICKEN CAESAR SALAD															✓				✓	✓				✓	
GOAT'S CHEESE & BEETROOT SALAD	Y		Y								✓								✓						
CLASSIC PLOUGHMAN'S																			✓				✓		
<b>SOUP</b>																									
SOUP OF THE DAY	Y		Y																						

# CATCH OF THE DAY | GOURMET BURGERS

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	<b>CATCH OF THE DAY</b>																									
FISH & CHIPS															✓	✓				✓						
SCAMPI & CHIPS															✓		✓			✓				✓		
HADDOCK & SPRING ONION FISH CAKES															✓	✓								✓		
<b>GOURMET BURGERS</b>																										
BACON & CHEESE BURGER															✓				✓	✓				✓		✓
BUTTERMILK CHICKEN BURGER															✓				✓	✓						
BUTTERNUT & QUINOA BURGER	Y	Y													✓											
HALLOUMI BURGER	Y														✓				✓	✓						
HAND BATTERED FISH FINGER SANDWICH															✓	✓				✓				✓		

# DELI CLASSICS | CIABATTA RUSTICA | JACKET POTATOES

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<b>DELI CLASSICS</b>																									
ORANGERY CLUB STACK															✓					✓			✓		
ROAST BEEF & HORSERADISH BAGUETTE															✓				✓	✓			✓		✓
SAUSAGE & RED ONION BAGUETTE															✓								✓		✓
<b>CIABATTA RUSTICA</b>																									
CHICKEN, CHORIZO, RED PEPPER & CHEESE															✓				✓				✓		
CHICKEN MAYONNAISE & BACON															✓					✓			✓		
HONEY ROAST HAM & CHEDDAR															✓				✓				✓		
TUNA MAYONNAISE & CHEDDAR															✓	✓			✓				✓		
<b>JACKET POTATOES</b>																									
BEANS	Y	Y	Y																				✓		
BEANS & CHEESE	Y		Y																✓				✓		
TUNA & CHEESE			Y													✓			✓				✓		
CHILLI CON CARNE (MILD)			Y																				✓		
BRIE & ROASTED VEGETABLES	Y		Y																✓				✓		

# LUNCH FOR LITTLE PEOPLE

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<b>LUNCH FOR LITTLE PEOPLE</b>																									
CHILDREN'S BRUNCH															✓				✓	✓					
CHILDREN'S ROAST CHICKEN															✓				✓	✓					
CHILDREN'S ROAST BEEF															✓				✓	✓					
CHICKEN GOUJONS															✓										
HAND BATTERED FISH & CHIPS															✓	✓									
SAUSAGE, CHIPS & BEANS															✓										
HAM, EGG & CHIPS			Y																	✓					
TOMATO PENNE PASTA	Y	Y	Y																						