



ALLERGEN INFORMATION GUIDE

THE ORANGERY TEA HOUSE TITCHFIELD ALLERGEN INFORMATION GUIDE

Here you’ll find a list of all of the products sold in The Orangery Tea House Titchfield, 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 Sesame Crustaceans Eggs	Lupin Mustard Soya Tree Nuts	Cereals Containing Gluten Celery & Celeriac Fish	Milk Mollusc Sulphites

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 | PANCAKES, WAFFLES & SWEET BRUNCHES

	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	SUL PHUR DIOXIDE
ALL DAY BREAKFAST																									
TRADITIONAL ENGLISH BREAKFAST															✓					✓					
VEGETARIAN BREAKFAST	Y																		✓	✓					
HEARTY FULL ENGLISH BREAKFAST															✓					✓					
ALL DAY BRUNCH																									
WELSH RAREBIT	Y														✓				✓				✓		✓
POACHED EGGS & BACON															✓					✓					
EGGS BENEDICT															✓				✓	✓					
EGGS FLORENTINE	Y														✓				✓	✓					
EGGS ROYALE															✓	✓			✓	✓					
AVO ON TOAST	Y	Y													✓										
EGGS & AVOCADO	Y														✓					✓					
EGGS, AVOCADO & STREAKY BACON															✓					✓					
LOWER EAST SIDE BAGEL															✓				✓	✓			✓		
SALMON NEW YOURKER BAGELI															✓	✓			✓	✓					
BANANA & HONEY PANCAKES	Y									✓					✓				✓	✓					
AMERICAN PANCAKES															✓				✓	✓					
LEMON & BLUEBERRY PANCAKES	Y														✓				✓	✓					
BANOFFEE WAFFLE	Y														✓				✓	✓				✓	
YOGHURT BERRY BOWL	Y				✓										✓				✓						✓

SOUP LUNCH GOURMET BURGERS 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																										
LUNCH																										
LAMB TAGINE																✓				✓						✓
CHICKEN & HALLOUMI GYROS																✓				✓				✓		
TRADITIONAL LASAGNA BOLOGNESE																✓				✓	✓					
STEAK & KIDNEY PUDDING																✓										
CHICKEN, GAMMON & LEEK PIE																✓				✓						
HAM, EGG & CHIPS			Y																		✓					
SAUSAGE AND MASH																✓				✓						
SUNDAY ROAST																										
HERB STUFFED PORK BELLY																✓				✓	✓					
ROAST CHICKEN																✓				✓	✓					
CARROT WELLINGTON	Y	Y														✓										
GOURMET BURGERS																										
CHICKEN SCHNITZEL BURGER																✓				✓	✓					
CRISPY BACON & STILTON BURGER																✓				✓	✓					
HALLOUMI BURGER	Y															✓				✓	✓					
BBQ PULLED PORK SANDWICH																✓				✓	✓					
SEASONAL SALADS																										
SALMON SUPERFOOD SALAD													✓				✓			✓				✓	✓	✓
CHICKEN TERIYAKI POKE BOWL															✓	✓									✓	
CHICKEN CAESAR SALAD																✓	✓			✓	✓					
SWEET CHILLI HALLOUMI SALAD	Y		Y																	✓						

CATCH OF DAY | SOUP | DELI CLASSICS | TOASTED SANDWICHES

CONTENTS KEY: Y (SUITABLE FOR) ✓ (PRODUCT CONTAINS)II				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 & CELERIAO	LUPIN	MUSTARD	SOYA	SULPHUR DIOXIDE	
CATCH OF THE DAY																													
FISH & CHIPS			Y																✓				✓	✓			✓		
CRAB CAKES & CHIPS																		✓	✓	✓			✓						
SCAMPI & CHIPS																		✓		✓		✓	✓			✓			
DELI CLASSICS																													
ORANGERY CLUB STACK																		✓				✓	✓						
SAUSAGE & RED ONION BAGUETTE																		✓				✓	✓						
CHICKEN, AVOCADO & PESTO SANDWICH																		✓					✓						
TOASTED SANDWICHES																													
BRIE & ROASTED VEGETABLES	Y																	✓				✓	✓						
BRIE, CARAMALISED ONION & BACON																		✓				✓	✓						✓
TUNA MAYONNAISE & CHEDDER																		✓	✓			✓	✓						
CHICKEN MAYONNAISE & BACON																		✓				✓	✓						
BACK BACON & STILTON																		✓				✓	✓						
CORONATION CHICKEN & BACON																		✓				✓	✓						✓
JACKET POTATOES																													
CHICKEN, MAYONNAISE & BACON			Y																				✓						
BEANS AND CHEDDER CHEESE	Y		Y																			✓							
TUNA MAYONNAISE & CHEDDER			Y																✓			✓							
CHILLI CON CARNE			Y																							✓			
BACK BACON AND STILTON			Y																			✓							
CORONATION CHICKEN			Y																				✓						

LUNCH FOR LITTLE PEOPLE SUNDAY ROAST																											
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	
	LUNCH FOR LITTLE PEOPLE																										
	CHICKEN GOUJONS			Y																							
	HAND BATTARED FISH & CHIPS			Y																							
	SAUSAGE, CHIPS & BEANS																										
CHILDREN’S BRUNCH																				✓	✓						
CHEESE & TOMATO PENNE PASTA BAKE			Y																	✓							
HAM, EGG & CHIPS			Y																		✓						