



# 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	Lupin	Cereals 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 | PANCAKES

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														✓				✓	✓				✓		
HEARTY FULL ENGLISH BREAKFAST															✓					✓				✓	✓	
<b>ALL DAY BRUNCH</b>																										
POACHED EGGS & BACON															✓					✓						
BACON & ASPARAGUS EGGS BENEDICT															✓				✓	✓				✓		
EGGS FLORENTINE	Y														✓				✓	✓				✓		
EGGS ROYALE															✓	✓			✓	✓				✓		
AVO ON TOAST	Y	Y													✓										✓	
EGGS & AVOCADO	Y														✓					✓						
EGGS, AVOCADO & STREAKY BACON															✓					✓						
TOMATOES & MUSHROOMS ON TOAST	Y	Y													✓											
<b>PANCAKES</b>																										
BANANA & HONEY PANCAKES	Y									✓					✓				✓	✓						
AMERICAN PANCAKES															✓				✓	✓						
BERRY PANCAKES	Y														✓				✓	✓						

# CHEF'S SPECIALS | CATCH OF THE DAY | GOURMET BURGERS

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>CHEF'S SPECIALS</b>																										
GRILLED VEGETABLE & SUNDRIED TOMATO TART	Y	Y	Y																							✓
FIVE BEAN CHILLI	Y	Y	Y																							✓
TRADITIONAL LASAGNA BOLOGNESE															✓				✓	✓				✓		✓
HAM, EGG & CHIPS			Y																	✓						✓
CALAMARI SALAD			Y													✓		✓								✓
CHICKEN CAESAR SALAD															✓	✓			✓	✓				✓		
STEAK & STILTON PIE															✓				✓							
<b>CATCH OF THE DAY</b>																										
FISH & CHIPS			Y													✓				✓				✓		✓
SALMON & DILL FISHCAKE															✓	✓			✓	✓				✓		✓
SCAMPI & CHIPS															✓		✓			✓				✓		✓
<b>GOURMET BURGERS</b>																										
CRISPY BACON & STILTON BURGER															✓				✓	✓						✓
HALLOUMI BURGER	Y														✓				✓	✓						✓
BBQ PULLED PORK SANDWICH															✓				✓	✓	✓			✓		✓

# DELI CLASSICS | TOASTED SANDWICHES | 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
<b>DELI CLASSICS</b>																										
SAUSAGE & RED ONION BAGUETTE																✓										✓
HOG ROAST & STUFFING BAGUETTE																✓										✓
HALLOUMI BAGEL	Y														✓	✓				✓						✓
<b>TOASTED SANDWICHES</b>																										
CAMEMBERT, ROAST VEGETABLE & TOMATO CHUTNEY	Y															✓				✓					✓	✓
BRIE, CARAMELISED ONION & BACON																✓				✓					✓	✓
TUNA MAYONNAISE & CHEDDAR																✓	✓			✓	✓				✓	✓
CHICKEN MAYONNAISE & BACON																✓				✓	✓				✓	✓
HAM & CHEDDER MELT																✓				✓	✓			✓	✓	✓
<b>SUNDAY ROAST</b>																										
ROAST LAMB			Y																							
CHILDREN'S ROAST LAMB			Y																							

# LUNCH FOR LITTLE PEOPLE

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