



# 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 & 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	SULPHUR DIOXIDE
	ALL DAY BREAKFAST																									
																✓					✓				✓	✓
	Y																✓				✓				✓	
																	✓					✓				✓
ALL DAY BRUNCH																										
SALMON & SCRAMBLED EGG																✓	✓			✓	✓					
POACHED EGGS & BACON																✓					✓					
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														✓										
BANANA & HONEY PANCAKES	Y										✓					✓				✓	✓					
AMERICAN PANCAKES																✓				✓	✓					
BERRY PANCAKES	Y															✓				✓	✓					

LUNCH   GOURMET BURGERS   SEASONAL SALADS   SOUP																										
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																										
GRILLED VEGETABLE & SUNDRIED TOMATO TART	Y	Y	Y																							➤
FIVE BEAN CHILLI	Y	Y	Y																							➤
TRADITIONAL LASAGNA BOLOGNESE														✓					✓	✓			✓			➤
HAM, EGG & CHIPS			Y																✓	✓						➤
CHICKEN, HAM & LEEK PIE														✓					✓	✓	✓		✓			➤
CHILLI CON CARNE			Y																							➤
PRAWN KATSU CURRY														✓	✓	✓								✓		➤
CHICKEN GYROS														✓				✓								
GOURMET BURGERS																										
MINTED LAMB BURGER														✓				✓	✓							✓
CRISPY BACON & STILTON BURGER														✓				✓	✓							✓
HALLOUMI BURGER	Y													✓				✓	✓							✓
BBQ PULLED PORK SANDWICH														✓				✓	✓	✓		✓				✓
SEASONAL SALADS																										
CHICKEN CAESAR SALAD														✓	✓			✓	✓			✓				
CHILLI KING PRAWN SALAD			Y													✓		✓								
CUCUMBER CAPRESE SALAD	Y		Y															✓							✓	
SUPER GREENS SALAD	Y	Y	Y																					✓		
SOUP																										
SOUP OF THE DAY																										

CATCH OF DAY | DELI CLASSICS | TOASTED SANDWICHES | JACKET POTATOES

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	
CATCH OF THE DAY																											
FISH & CHIPS			Y														✓				✓		✓			✓	
SALMON & DILL FISH CAKE																✓	✓				✓		✓			✓	
SCAMPI & CHIPS																✓		✓			✓		✓			✓	
DELI CLASSICS																											
SAUSAGE & RED ONION BAGUETTE																✓										✓	
HOG ROAST & STUFFING BAGUETTE																✓										✓	
CLUB BAGEL																✓					✓						
HALLOUMI BAGEL	Y														✓	✓				✓						✓	
TOASTED SANDWICHES																											
CAMEMBERT, ROAST VEG & TOMATO CHUTNEY	Y															✓				✓				✓		✓	
BRIE, CARAMELISED ONION & BACON																✓				✓					✓	✓	
TUNA MAYONNAISE & CHEDDAR																✓	✓			✓	✓				✓	✓	
CHICKEN MAYONNAISE & BACON																✓					✓				✓	✓	
HAM & CHEESE																✓				✓	✓			✓		✓	
JACKET POTATOES																											
BEANS	Y	Y	Y																							✓	
BEANS & CHEESE		Y	Y																	✓						✓	
TUNA & CHEESE			Y														✓			✓	✓					✓	
CHILLI CON CARNE			Y																							✓	
PRAWN MARIE ROSE																✓	✓	✓			✓	✓				✓	

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			
LUNCH FOR LITTLE PEOPLE																									
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														✓								