



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 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.																				
		VEGETARIAN	VEGAN	GLUTEN FREE	PEANUTS	ALMOND	BRAZIL NUT	HAZELNUT	MACADAMIA	PECAN	PISTACHIO	PINE NUTS	WALNUTS	SESAME SEEDS	CEREALS CONTAINING GLUTEN	CRUSTACEAN	FISH	MOLLUSCS	MILK	EGGS	SOYA	SULPHUR DIOXIDE
		Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	
ALL DAY BREAKFAST																						
FULL ENGLISH BREAKFAST															✓			✓	✓		✓	
VEGETARIAN BREAKFAST	Y														✓			✓	✓			
HEARTY FULL ENGLISH BREAKFAST															✓			✓	✓		✓	
ALL DAY BRUNCH																						
EGGS BENEDICT															✓			✓	✓		✓	
EGGS FLORENTINE	Y														✓			✓	✓		✓	
EGGS ROYALE															✓	✓		✓	✓		✓	
EGGS, AVOCADO & STREAKY BACON															May Contain ✓	May Contain ✓			✓			
HOUSE GRANOLA BOWL	Y		Y			✓									✓			✓			✓	
AVO ON TOAST	Y	Y													May Contain ✓							
CROQUE MONSIEUR CROISSANT															✓			✓	✓		✓	
SALMON & SCRAMBLED EGG CROISSANT															✓	✓		✓	✓		✓	
MUSHROOMS ON TOAST	Y	Y													May Contain ✓					✓		
SALMON NEW YORKER															May Contain ✓			✓				
LOWER EAST SIDE BAGEL															May Contain ✓			✓	✓		✓	
POSH BEANS ON TOAST	Y														✓				✓		✓	
BREAKFAST BAP															May Contain ✓				✓			
TURKISH EGGS	Y														✓			✓	✓		✓	
AMERICAN PANCAKES															✓							
BANANA & HONEY PANCAKES	Y														✓			✓				
BLUEBERRY PANCAKES	Y	Y													✓							
FRENCH TOAST	Y														✓			✓	✓			
HONEYCOMB NUTELLA WAFFLE	Y														✓					✓		

LUNCH | SEASONAL SALADS

															SULPHUR DIOXIDE	
														SOYA		
														MUSTARD		
														LUPIN		
														CELERIAC & CELERY		
														EGGS		
														MILK		
														MOLLUSCS		
														CRUSTACEAN		
														FISH		
														CEREALS CONTAINING GLUTEN		
														SESAME SEEDS		
														WALNUTS		
														PINE NUTS		
														PISTACHIO		
														PECAN		
														MACADAMIA		
														HAZELNUT		
														CASHEW		
														BRAZIL NUT		
														ALMOND		
														PEANUTS		
														GLUTEN FREE		
														VEGETARIAN		
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GOURMET BURGERS | SOUP | CATCH OF THE DAY | DELI

												SULPHUR DIOXIDE	SOYA	MUSTARD	LUPIN	CELERY & CELERIAC	EGGS	MILK													
												CONTENTS KEY: Y (SUITABLE FOR) ✓ (PRODUCT CONTAINS)	VEGETARIAN	VEGAN	GLUTEN FREE	PEANUTS	ALMOND	BRAZIL NUT	CASHEW	HAZELNUT	MACADAMIA	PISTACHIO	PECAN	PINE NUTS	WALNUTS	SESAME SEEDS	CEREALS CONTAINING GLUTEN	FISH	CRUSTACEAN	MOLLUSCS	
GOURMET BURGERS																															
BACON & CHEESE BURGER												May Contain	✓					✓				✓									
HOT HONEY CHICKEN BURGER												May Contain	✓									✓									
HALLOUMI BURGER	Y											May Contain	✓				✓				✓	✓									
SOUP																															
SOUP OF THE DAY	Y	Y	Y									May Contain																			
CATCH OF THE DAY																															
FISH & CHIPS													✓	✓				✓			✓										
SCAMPI & CHIPS													✓	✓				✓			✓										
HAND BATTERED FISH FINGER SANDWICH												May Contain	✓	✓			✓				✓	✓									
DELI																															
ORANGERY CLUB STACK														✓																	
CORONATION CHICKEN & BACON CIABATTA						May Contain		May Contain	May Contain				May Contain	✓				✓			✓	✓									
CHICKEN MAYONNAISE & BACON CIABATTA						May Contain		May Contain	May Contain				May Contain	✓							✓	✓									
BRIE & CHORIZO CIABATTA						May Contain		May Contain	May Contain				May Contain	✓				✓			✓	✓									
BRIE, CRANBERRY & BACON CIABATTA						May Contain		May Contain	May Contain				May Contain	✓				✓			✓	✓									
TUNA MELT CIABATTA						May Contain		May Contain	May Contain				May Contain	✓	✓						✓	✓									
CAPRESE CIABATTA	Y					May Contain		✓	May Contain				May Contain	✓				✓			✓	✓									

LUNCH FOR LITTLE PEOPLE

		LUNCH FOR LITTLE PEOPLE											
		CONTENTS KEY: Y (SUITABLE FOR) ✓ (PRODUCT CONTAINS)											
		LUNCH FOR LITTLE PEOPLE											
CONTENTS	Y	PEANUTS	✓	PISTACHIO	✓	WALNUTS	✓	SESAME SEEDS	✓	WALNUTS	✓	PISTACHIO	✓
CHILDREN'S BRUNCH													
CHICKEN GOJONS													
HAND BATTERED FISH FINGERS & CHIPS													
SAUSAGE, CHIPS & BEANS													
HAM, EGG & CHIPS		Y											
MOZZARELLA & TOMATO PIZETTE	Y							✓			✓		✓
MAC & CHEESE	Y		Y								✓		
CHILDRENS DRINKS													
APPLE JUICE													
ORANGE JUICE													
SEMI SKIMMED MILK													
SOYA MILK													
WARM CHOCO MILK													