



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 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

	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																										
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							May Contain	✓										
CROQUE MONSIEUR CROISSANT																✓				✓	✓			✓		
SALMON & SCRAMBLED EGG CROISSANT																✓	✓			✓	✓			✓		
MUSHROOMS ON TOAST	Y	Y						May Contain					✓		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

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																										
TANDOORI CHICKEN POKE BOWL			Y	May Contain	May Contain	May Contain	May Contain	May Contain	May Contain	May Contain	May Contain	May Contain	May Contain	May Contain									✓			
CHICKEN SATAY POKE BOWL				✓											✓		✓				✓			✓	✓	
SMOKED SALMON POKE BOWL			Y											✓		✓								✓	✓	
TERIYAKI CHICKEN POKE BOWL															✓		✓				✓			✓	✓	
CHICKEN WAFFLES															✓				May Contain	✓				✓		
GREEK PLATE			Y																✓		✓					
HAM, EGG & CHIPS			Y											✓						✓			✓		✓	
SLOW COOKED PORK BELLY															✓						✓			✓		
CHICKEN, GAMMON & LEEK PIE	Y	Y													✓				✓	✓	✓					
BANGERS & MASH															✓				✓						✓	
ROOT CURRY	Y	Y	Y																		✓					
BOLOGNESE BUTTERNUT SQUASH	Y	Y	Y	May Contain	✓	May Contain	May Contain	May Contain	May Contain	May Contain	May Contain	May Contain			✓						✓					
HUMMUS, HOT HONEY & HALLOUMI FLABREAD	Y													✓	✓				✓							
SEASONAL SALADS																										
WINTER PLOUGHMANS PLATTER												May Contain			✓				✓				✓		✓	
CHICKEN CAESAR SALAD															✓				✓	✓	✓		✓			
BEET & GOAT’S CHEESE SALAD	Y		Y																✓						✓	
COB SALAD															✓				May Contain	✓			✓		✓	

GOURMET BURGERS | SOUP | CATCH OF THE DAY | DELI

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
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																										
CONTENTS KEY: Y (SUITABLE FOR) ✓ (PRODUCT CONTAINS)																										
				GLUTEN FREE																						
				VEGAN																						
				VEGETARIAN																						
				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																										
CHILDREN’S BRUNCH																✓				✓	✓					
CHICKEN GOUJONS																✓	✓			May Contain	✓					
HAND BATTERED FISH FINGERS & CHIPS																✓	✓			May Contain	May Contain				May Contain	
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																										