

# ALLERGEN & INTOLERANCES INFORMATION BOOKLET

We hope this information will enable everyone who comes to the Orange Tree Bar & Grill to enjoy our food.

This document contains all our allergen information.

Our dish descriptions do not mention every ingredient, just ask us if unsure.

**Our suppliers and kitchens handle numerous ingredients and allergens. Whilst we have strict controls in place to reduce the risk of contamination, unfortunately it is not possible for us to guarantee that our dishes will be 100% allergen free.**

Please always inform waiting staff of an allergy before ordering so we can take extra care preparing your dish.

Should you have specific dietary requirements please ask the restaurant manager for details before you order.

The following pages highlight the known allergen ingredients within our dishes. Please use the following key for identifying the cereals that are within each dish;

W	Wheat
R	Rye
WW	Whole Wheat
WG	Whole Grain
B	Barley
S	Spelt
O	Oats



# Allergen Matrix

Updated 20.07.17

Category	Dish Name	Cereals	Contains Gluten?	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery & Celeriac	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Small Plates	Hot sticky wings with sour cream	W, B	Yes			✓			✓		✓	✓		✓		
Small Plates	Jerk Chicken strips, coconut rice and peas	B	Yes			✓					✓	✓		✓		
Small Plates	Barbecue baby back ribs	B	Yes			✓		✓			✓	✓		✓		
Small Plates	Baby chorizo & halloumi skewers, tzatziki dip								✓			✓		✓		
Small Plates	Crispy beef strips, sticky sauce	W	Yes					✓	✓				✓			
Small Plates	Lamb koftas, mint yoghurt	W	Yes						✓			✓		✓		
Small Plates	Tempura king prawns, sweet chilli sauce	W	Yes	✓								✓		✓		
Small Plates	Salt & chilli squid, saffron mayo	W	Yes		✓							✓		✓		✓
Small Plates	Crispy crab and salmon cakes, lime dip	W	Yes	✓	✓	✓			✓				✓	✓		
Small Plates	Mackerel pate with pitta bread	W	Yes			✓			✓							
Small Plates	Fiery fried mussels, coriander buttermilk dip	W	Yes		✓				✓							✓
Small Plates	Sweet potato wedges, sour cream	W	Yes						✓							
Small Plates	Feta, spinach and mushroom spring rolls	W	Yes		✓							✓		✓		
Small Plates	Mango, green pepper & chilli risotto balls	W	Yes		✓				✓		✓	✓		✓		
Small Plates	Fried camembert with onion jam	W	Yes		✓				✓			✓		✓		
Small Plates	Fig & avocado crostini	W, B, R	Yes						✓				✓	✓		
Small Plates	homemade soup of the day	W, B, R	Yes					✓	✓	✓	✓	✓		✓		
Small Plates	hot breads & olive tapenades	W, B, R	Yes			✓										
Small Plates	mixed olives with herbs													✓		
Burgers	Homemade beef burger with swiss cheese	W, B	Yes		✓	✓		✓	✓		✓	✓				
Burgers	Cajun chicken burger with emmental	W	Yes		✓			✓	✓		✓	✓				
Burgers	Smoked lamb burger with goats cheese	W, B	Yes		✓	✓		✓	✓		✓	✓		✓		
Burgers	Chickpea burger with avocado salsa	W	Yes		✓			✓	✓			✓				
Burgers	Soft shell crab burger	W, B, R	Yes	✓		✓		✓	✓		✓	✓	✓			✓
Skewers	Thai spiced chicken				✓				✓							
Skewers	Pesto Halloumi								✓							
Skewers	Argentinian Beef													✓		
Skewers	King prawn, hake & chorizo			✓	✓	✓			✓							
Salads	House salad								✓			✓		✓		
Salads	Caesar salad with chicken	W, B, R	Yes		✓	✓			✓							

The Orange Tree Bar Grill - June 2017

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Salads	Crispy pork & pineapple salad	W	Yes					✓	✓				✓			
Salads	Pan seared fillet of sea bass salad					✓				Hazelnuts		✓		✓		
Steaks	10/8 oz Rump steak															
Steaks	10/8 oz Rib eye steak															
Steaks	10/12 oz Sirloin steak															
Steaks	16 oz T bone steak															
Steaks	8 oz Fillet steak															
Steaks	Venison steak with dauphinoise								✓					✓		
Steaks	Hanger steak with bacon & onion mash								✓					✓		
Steaks	40 oz T bone steak with salt & vinegar potatoes				✓			✓	✓			✓		✓		
Steak Sauces	Bearnaise sauce				✓				✓					✓		
Steak Sauces	Peppercorn sauce							✓	✓			✓		✓		
Steak Sauces	Mushroom & truffle sauce								✓					✓		
Steak Sauces	Blue cheese sauce							✓	✓		✓			✓		
Steak Sauces	Garlic butter								✓							
Steak Sauces	Red wine sauce								✓					✓		
Steak Sauces	Sauteed king & atlantic prawns, garlic butter			✓					✓							
Dogs	Mac dog	W, B, O	Yes		✓				✓			✓		✓		
Dogs	Caribbean dog	W	Yes		✓			✓	✓			✓		✓		
Dogs	Mexican dog	W	Yes		✓			✓	✓			✓		✓		
Large Plates	Sesame breaded chicken breast, pork stir fry	W	Yes		✓			✓	✓				✓			
Large Plates	Pan fried lamb rump, minted crushed potatoes	W	Yes					✓	✓					✓		
Large Plates	Wild mushroom risotto								✓		✓			✓		
Large Plates	Pan seared gressingham duck breast							✓	✓					✓		
Large Plates	Pressed confit belly pork	W, B	Yes		✓			✓	✓			✓				
Large Plates	Cod, prawn and mixed seafood curry			✓		✓					✓					✓
Large Plates	Goats cheese and cumin spiced wellington	W	Yes						✓			✓		✓		
Large Plates	Tempura battered sea bass, lobster sauce	W	Yes	✓		✓		✓	✓		✓					✓
Large Plates	Plaice stuffed with salmon mousse			✓	✓	✓			✓					✓		✓
Sides	Seasonal vegetables															
Sides	Garlic bread	W, B, R	Yes						✓				✓	✓		
Sides	Onion rings	W	Yes													
Sides	Chips															
Sides	Jacket potato								✓							

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Sides	Homemade coleslaw				✓											
Desserts	Key lime pie with fresh citrus fruits	W	Yes		✓				✓					✓		
Desserts	Apple & cinnamon frangipane tart	W	Yes		✓				✓	Almonds						
Desserts	Triple chocolate brownie	W	Yes		✓			✓	✓							
Desserts	Millionaires cheesecake	W	Yes					✓	✓					✓		
Desserts	White chocolate crème brulee	W	Yes		✓			✓	✓							
Desserts	Sticky toffee pudding with toffee sauce	W	Yes		✓				✓							
Desserts	Banoffee pie	W	Yes						✓					✓		
Desserts	Sorbet with popping candy								✓							
Desserts	Homemade marshmallows				✓			✓	✓							
Desserts	Rum & hazelnut truffles							✓	✓	Hazlenuts						
Desserts	Affogato	W	Yes		✓			✓	✓	Almonds						
Desserts	Trio of fudge							✓	✓	Almonds						
Desserts	Popping candy								✓							
Desserts	Vanilla ice cream								✓							
Desserts	Chocolate ice cream								✓							
Desserts	Strawberry ice cream								✓							
Desserts	Coconut ice cream								✓							
Desserts	Salted caramel ice cream								✓							
Desserts	Honeycomb ice cream								✓							
Desserts	lemon sorbet															
Desserts	Raspberry sorbet															
Desserts	Orange sorbet															
Desserts	Blackcurrant sorbet															
Desserts	Mango sorbet															
Desserts	Brandy snap basket	W	Yes						✓							
Desserts	Cheese Board	W, B	Yes						✓		✓					
Desserts	Tunworth brie								✓							
Desserts	Double worcester								✓							
Desserts	Garlic Yarg								✓							
Desserts	Cashell blue								✓							
Desserts	Apple & Carrot Chutney	B	Yes													
Desserts	Artisan biscuits	W, B	Yes													
Desserts	Custard				✓				✓							

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Lunch	Shoulder of lamb baguette	W	Yes					✓						✓		
Lunch	Piri piri martinated chicken ciabatta	W, B, R	Yes		✓	✓		✓				✓	✓	✓		
Lunch	Tempura haddock fillet	W	Yes			✓			✓							
Lunch	Char grilled steak & bell pepper melt	W, B, R	Yes					✓	✓		✓	✓		✓		
Lunch	Duck spring rolls, stir fried vegetables	W	Yes					✓								
Lunch	Grilled garlic & lemon chicken salad											✓		✓		
Lunch	Roasted salmon fillet				✓	✓			✓				✓	✓		
Lunch	Crispy cous cous cakes	W, O	Yes		✓		✓		✓	Almonds	✓		✓	✓		
Breakfast & Brunch	Toasted Focaccia	W, B, R	Yes						✓							
Breakfast & Brunch	Full english breakfast	W, B, R, O	Yes		✓				✓					✓		
Breakfast & Brunch	Mini english breakfast	W, B, R, O	Yes		✓				✓					✓		
Breakfast & Brunch	Belgian waffles	W	Yes		✓				✓							
Breakfast & Brunch	Vegetarian hash				✓				✓							
Breakfast & Brunch	Eggs benedict	W, R	Yes		✓			✓	✓					✓		
Breakfast & Brunch	Eggs florentine	W, R	Yes		✓			✓	✓					✓		
Breakfast & Brunch	Scrambled eggs royale	W, R	Yes		✓	✓			✓							
Breakfast & Brunch	Classic three egg omelette	W, B, R	Yes		✓				✓							
Breakfast & Brunch	Two north staffordshire oatcakes	W	Yes													
Breakfast & Brunch	Granola	W, B, R, O, S	Yes						✓	Almonds, Hazlenuts						
Breakfast & Brunch	Sausage sandwich	W	Yes		✓			✓	✓					✓		
Breakfast & Brunch	Bacon sandwich	W	Yes		✓			✓	✓					✓		
Breakfast fillings	Grated cheddar								✓							
Breakfast fillings	Smoked crispy bacon															
Breakfast fillings	Pan fried mushrooms								✓							
Breakfast fillings	Emmental cheese								✓							
Breakfast fillings	Crème Fraiche								✓							
Breakfast fillings	Smoked Salmon					✓										
Breakfast fillings	Pork & Leek Sausage	W	Yes											✓		
Sunday Brunch	Full english breakfast	W, B, R, O	Yes		✓				✓					✓		
Sunday Brunch	Eggs Benedict (Brunch)	W, R	Yes		✓			✓	✓					✓		
Sunday Brunch	Steak & egg hash	W, B, R	Yes		✓				✓		✓			✓		
Sunday Brunch	Mackerel arnold bennett				✓	✓			✓					✓		
Sunday Brunch	Char grilled gammon				✓									✓		
Sunday Brunch	Homemade cauliflower cheese	W, B, R	Yes					✓	✓		✓	✓		✓		

