

ALLERGEN & INTOLERANCES INFORMATION BOOKLET

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

This document contains all of 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

SPECIALS

We are very proud of the talent within our Kitchen team and as such allow them the opportunity to express themselves within our daily specials by creating exciting fresh dishes taking advantage of our suppliers 'catch of the day' or seasonal produce.

Due to the evolving nature of the specials, our chefs may take a lead from customer feedback and react during service to improve a dish and amend ingredients.

You are welcome to discuss a dish from our specials with a manager on duty in regards to any allergens or intolerances you may have, however due to the nature of how these dishes are created it is likely that you will be advised to choose from our main menu.



Allergen Matrix

Updated 22.11.17

Category	Dish Name	Cereals	Contains Gluten?	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery & Celeriac	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Small Plates	Salt & pepper wings, honey & coriander dip	W	YES					✓			✓					
Small Plates	Jerk chicken strips, coconut rice and peas	B	YES			✓					✓	✓		✓		
Small Plates	Duck spring rolls, hoisin sauce	W	YES		✓			✓					✓			
Small Plates	Baby chorizo and halloumi skewers, tzatziki dip								✓			✓		✓		
Small Plates	Crispy beef strips, sticky sauce	W	YES					✓	✓				✓			
Small Plates	Honey and soy belly pork, pickled shallots	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 & salmon cakes, lime dip	W	YES	✓	✓	✓			✓				✓	✓		
Small Plates	Mackerel pate with pitta bread	W	YES			✓			✓							
Small Plates	Steamed mussels, thai broth							✓						✓		✓
Small Plates	Sweet potato wedges, sour cream	W	YES						✓							
Small Plates	Breaded tinker bell peppers, sweet chilli dip	W	YES		✓				✓							
Small Plates	Wild mushroom & truffle bake, breads	W,B,R	YES						✓					✓		
Small Plates	Fried camembert, onion jam	W	YES		✓				✓			✓		✓		
Small Plates	Feta, herb and courgette cakes, tomato chutney	W	YES		✓							✓		✓		
Small Plates	Homemade soup of the day	W, B, R	YES					✓	✓	✓	✓	✓		✓		
Small Plates	Hot breads and olive tapenades	W,B,R	YES			✓										
Small Plates	Mixed olives with herbs													✓		
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	Slow roasted belly pork	W,B	YES		✓			✓	✓	Chestnuts				✓		
Large Plates	Cod, prawn and mixed seafood curry			✓		✓					✓					✓
Large Plates	Mediterranean vegetable gratin								✓					✓		
Large Plates	Tempura battered sea bass, lobster sauce	W	YES	✓		✓		✓	✓		✓					✓
Skewers	Plaice stuffed with salmon mousse			✓	✓	✓			✓					✓		✓
Salads	House salad								✓			✓		✓		
Salads	Caesar salad	W,B	YES		✓	✓			✓							

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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	Christmas sponge pudding	W	YES		✓				✓					✓		
Desserts	Sticky toffee pudding	W	YES		✓				✓							
Desserts	Winterberry eton mess				✓				✓							
Desserts	Sorbet with popping candy								✓							
Desserts	Homemade marshmallows				✓			✓	✓							
Desserts	Six rum & hazlenut chocolate truffles							✓	✓	Hazelnuts						
Desserts	Cheshire farm ice cream selection	W	YES						✓							
Desserts	Affogato	W	YES		✓			✓	✓	Almonds						
Desserts	Trio of fudge							✓	✓	Almonds						
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				✓				✓							
Lunch	Skinny Hummus	W	YES										✓			

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Lunch	Shoulder of lamb baguette	W	YES					✓						✓		
Lunch	Roasted salmon fillet				✓	✓			✓				✓	✓		
Lunch	Piri Piri marinated chicken	W, B, R	YES		✓	✓		✓				✓		✓		
Lunch	Char grilled steak & bell pepper melt	W, B, R	YES					✓	✓		✓	✓		✓		
Lunch	Tempura plaice fillet	W	YES		✓	✓			✓			✓				
Lunch	Chargrilled miso chicken salad	W	Yes		✓			✓					✓			
Lunch	Roasted pumpkin salad								✓							
Lunch	Pan roasted sea bass salad (Lunch menu)				✓	✓		✓								
Breakfast & Brunch	Toasted Focaccia	W,B	Yes						✓							
Breakfast & Brunch	Full english breakfast	W,B,O	Yes		✓				✓					✓		
Breakfast & Brunch	Mini english breakfast	W,B,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,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	Yes					✓	✓		✓	✓		✓		

