

# 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 29.05.18

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	Breaded Chicken breast	W	YES		✓			✓	✓							
Large Plates	Herb crusted Lamb rump	W	YES					✓		PISTACHIOS				✓		
Large Plates	Wild mushroom risotto								✓		✓			✓		
Large Plates	Pan seared gressingham duck breast							✓	✓					✓		
Large Plates	Slow roasted belly pork	W,B	YES		✓			✓	✓	Chestnuts				✓		
Large Plates	Slow braised Squid	W	Yes	✓		✓								✓		✓
Large Plates	Mediterranean vegetable gratin								✓					✓		
Large Plates	Tempura battered sea bass, lobster sauce	W	YES	✓		✓		✓	✓		✓					✓
Large Plates	Pan fried Hake			✓		✓			✓					✓		✓
Salads	House salad								✓			✓		✓		
Salads	Caesar salad	W,B	YES		✓	✓			✓							



The Orange Tree Bar Grill

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Desserts	Passionfruit posset with blueberry compote	W	YES						✓							
Desserts	Raspberry bakewell with amaretto crumb	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	W	YES		✓				✓							
Desserts	Warm cookie dough pie	W	Yes		✓			✓	✓							
Desserts	Sorbet with popping candy								✓							
Desserts	Homemade marshmallows				✓			✓	✓							
Desserts	White chocolate truffles							✓	✓							
Desserts	Affogato	W	YES		✓			✓	✓	Almonds						
Desserts	Cheshire farm ice cream selection	W	YES						✓							
Desserts	Trio of fudge							✓	✓	Pistachio						
Desserts	Chocolate ice cream								✓							
Desserts	Cookie dough ice cream	W	YES		✓			✓	✓							
Desserts	Raspberry ripple 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	Passionfruit sorbet															
Desserts	Brandy snap basket	W	Yes						✓							
Desserts	Cheese Board	W, B	YES						✓							
Desserts	Custard				✓				✓							

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Lunch	<b>Skinny Hummus</b>	W	YES										✓			
Lunch	<b>Shoulder of lamb baguette</b>	W	YES					✓						✓		
Lunch	<b>Roasted salmon fillet</b>				✓	✓			✓				✓	✓		
Lunch	<b>Piri Piri marinated chicken</b>	W, B, R	YES		✓	✓		✓				✓		✓		
Lunch	<b>Char grilled steak &amp; bell pepper melt</b>	W, B, R	YES					✓	✓		✓	✓		✓		
Lunch	<b>Tempura haddock fillet</b>	W	YES		✓	✓			✓			✓				
Lunch	<b>Chargrilled miso chicken salad</b>	W	Yes		✓			✓					✓			
Lunch	<b>Roasted pumpkin salad</b>								✓							
Lunch	<b>Pan roasted sea bass salad (Lunch menu)</b>				✓	✓		✓								
Breakfast & Brunch	<b>Toasted Focaccia</b>	W,B	Yes						✓				✓			
Breakfast & Brunch	<b>Full english breakfast</b>	W,B,O	Yes		✓				✓				✓	✓		
Breakfast & Brunch	<b>Mini english breakfast</b>	W,B,O	Yes		✓				✓				✓	✓		
Breakfast & Brunch	<b>Belgian waffles</b>	W	Yes		✓				✓							
Breakfast & Brunch	<b>Vegetarian hash</b>				✓				✓							
Breakfast & Brunch	<b>Eggs benedict</b>	W, R	Yes		✓			✓	✓					✓		
Breakfast & Brunch	<b>Eggs florentine</b>	W, R	Yes		✓			✓	✓					✓		
Breakfast & Brunch	<b>Scrambled eggs royale</b>	W, R	Yes		✓	✓			✓							
Breakfast & Brunch	<b>Classic three egg omelette</b>	W, B, R	Yes		✓				✓							
Breakfast & Brunch	<b>Two north staffordshire oatcakes</b>	W	Yes													
Breakfast & Brunch	<b>Granola</b>	W, B, R, O, S	Yes						✓	Almonds, Hazlenuts						
Breakfast & Brunch	<b>Sausage sandwich</b>	W	Yes		✓			✓	✓					✓		
Breakfast & Brunch	<b>Bacon sandwich</b>	W	Yes		✓			✓	✓					✓		
Breakfast fillings	<b>Grated cheddar</b>								✓							
Breakfast fillings	<b>Smoked crispy bacon</b>															
Breakfast fillings	<b>Pan fried mushrooms</b>								✓							
Breakfast fillings	<b>Emmental cheese</b>								✓							
Breakfast fillings	<b>Crème Fraiche</b>								✓							
Breakfast fillings	<b>Smoked Salmon</b>					✓										
Breakfast fillings	<b>Pork &amp; Leek Sausage</b>	W	Yes											✓		



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