

# ALLERGEN INFORMATION FOR MENU SEPTEMBER 2016

PLEASE NOTE: Allergens are used openly in our kitchens and despite our best efforts trace amounts may be present.

**\*NB: Samosa, Bhajia, Batada Vada and Poppadoms are fried in the same oil so there is a small risk of cross contamination with wheat (gluten), cashew nuts and mustard.**

MENU ITEM / ALLERGENS	No Allergens	Gluten	Milk	Tree Nuts	Mustard	Crustaceans	Eggs	Fish
<b>Bombay Bites*</b>								
Chicken Tikka Frankie Roll		Wheat Flour	Milk, Yoghurt		Dijon Mustard		Eggs	
Paneer Frankie Roll		Wheat Flour	Milk, Cheese				Eggs	
Chicken Tikka & Slaw			Yoghurt		Dijon Mustard			
Batata Vada <sup>1</sup> & Slaw (tamarind dip)				Cashew Nuts	Mustard Seeds			
Subz Bhajia <sup>1</sup> & Slaw (mint dip*)	✓							
Samosa (tamarind dip)		Wheat Flour		Cashew Nuts				
Tiffin Box		Wheat Flour		Cashew Nuts	Mustard Seeds			

\*Mint dip contains yoghurt.

Small Plates / Sides	No Allergens	Gluten	Milk	Tree Nuts	Mustard	Crustaceans	Eggs	Fish
Jhinga Chaat						Prawns		
Bombay Shaslik			Yoghurt, Cream, Butter		Dijon Mustard			
Sauteed Broccoli	✓							
Bombay Ribs					Dijon Mustard			
Dahl Palak	✓							
Saag Aloo			Cream					
Chana Masala	✓							
Aloo Jeera	✓							
Kale & Chickpea	✓							
Smokey Cauliflower	✓							

Salads	No Allergens	Gluten	Milk	Tree Nuts	Mustard	Crustaceans	Eggs	Fish
Healthy Box					Dijon Mustard			
Healthy Box + Chicken Tikka			Yoghurt		Dijon Mustard			
Healthy Box + Paneer			Cheese		Dijon Mustard			
Kachumber Salad	✓							

Vegetable Dishes	No Allergens	Gluten	Milk	Tree Nuts	Mustard	Crustaceans	Eggs	Fish
Kofta Curry <sup>1</sup>			Cream	Cashew Nuts	Mustard Seeds			
Saag Paneer			Cheese, Cream					
Anjuna Curry				Cashew Nuts	Mustard Seeds			
Karahi Paneer			Cheese					
Kerala Veg				Cashew Nuts	Mustard Seeds			
Sweet Potato Dahl	✓							

Prawns	No Allergens	Gluten	Milk	Tree Nuts	Mustard	Crustaceans	Eggs	Fish
Tandoori Masala			Cream, Butter			Prawns		
Bhuna						Prawns		

## MENU ITEM / ALLERGENS

Chicken	No Allergens	Gluten	Milk	Tree Nuts	Mustard	Crustaceans	Eggs	Fish
Korma			Yoghurt, Cream, Butter	Cashew Nuts, Almonds				
Tikka Masala			Yoghurt, Cream, Butter		Dijon Mustard			
Housewives' Choice			Cream	Cashew Nuts				
Butter Masala			Yoghurt, Cream, Butter		Dijon Mustard			
Curry				Cashew Nuts	Mustard Seeds			
Achari (may contain peanuts & nuts)					Mustard Seeds			
Goan Hunters Chicken Curry	✓							
Karahi	✓							
Tikka Mirchi			Yoghurt, Cream, Butter		Dijon Mustard			
Saag			Cream, Yoghurt		Dijon Mustard			
Asian Green Curry						Shrimp		Anchovies
Cauliflower Chicken	✓							
Chicken Biryani (raita contains yoghurt)	✓							

Lamb	No Allergens	Gluten	Milk	Tree Nuts	Mustard	Crustaceans	Eggs	Fish
Roganjosh	✓							
Saag			Cream					
Goan Fire House				Cashew Nuts	Mustard Seeds			
Achari (may contain peanuts & nuts)					Mustard Seeds			
Lamb Seekh Korma			Yoghurt, Cream, Butter	Cashew Nuts, Almonds				
Lamb Biryani (raita contains yoghurt)	✓							

Handmade Dips	No Allergens	Gluten	Milk	Tree Nuts	Mustard	Crustaceans	Eggs	Fish
Spicy Mint Dip			Yoghurt					
Tamarind Dip	✓							
Raita			Yoghurt					

Bread & Rice	No Allergens	Gluten	Milk	Tree Nuts	Mustard	Crustaceans	Eggs	Fish
Plain Naan		Wheat Flour	Milk				Eggs	
Garlic Naan		Wheat Flour	Milk				Eggs	
Coriander Naan		Wheat Flour	Milk				Eggs	
Garlic Coriander Naan		Wheat Flour	Milk				Eggs	
Garlic Chilli Naan		Wheat Flour	Milk				Eggs	
Peshwari Naan		Wheat Flour	Milk	Almonds			Eggs	
Basmati Rice	✓							
Pulao Rice	✓							
Brown Basmati	✓							
Poppadoms <sup>1</sup>	✓							