

## ALLERGY SHEET

Name of dish	Peanuts	Nuts*	Mollusk	Sesame seeds	Crustacean	Fish	Eggs	Soya	Milk	Celery	Mustard	Sulphur dioxide	Lupin	Gluten
PAPPADUMS		M		X										X
KACHORI CHAAT		M		X					YOGHURT			x		X
CRISPY BHAIYA		M										x		
SAMOSA		M										x		X
CASSAVA CHIPS		M										x		
MURG MALAI TIKKA		M							CHEESE/ CREAM/ BUTTER		CRESS	x		
MAKALI FRY		M					MAYONNAISE					x		
GOSHT KI SEEKH		M							YOGHURT / BUTTER		CRESS	x		
VENISON GILAFI		M							YOGHURT / BUTTER		CRESS	x		
CHARGA MURG		M							YOGHURT BUTTER		CRESS	X		
CHATPATE SOOLE		M							YOGHURT / BUTTER		CRESS	x		
KASOONDI FISH		M				SALMON			YOGHURT / BUTTER		MICRO MIX SALAD	x		
TANDOORI JHINGA		M			PRAWNS				YOGHURT / BUTTER		CRESS	X		



ROTI														WHEAT FLOUR
NAAN							x		MILK					SELF RAISING FLOUR
GARLIC NAAN							x		MIK, BUTTER			X		SELF RAISING FLOUR PLAIN
PESWARI NAAN		PISTA/ CASHEW NUT/ ALMOND					x		BUTTER					SELF RAISING FLOUR
CUCUMBER RAITA		M							YOGHURT					
ONION SALAD		M												
CORIANDER CHUTNEY		M							YOGHURT					
MINT SAUCE		M							YOGHURT					

Add ✓ if the allergen is present in the ingredients or 'M' supplier says it may contain it

\* Almond, Brazil nut, cashew, hazelnut, macadamia or Queensland nut, pecan, pistachio, walnut

\*\* cereals containing gluten (including wheat, rye, barley and oats)

This form is available in Excel format  
Alternatively, log allergens on **FACT**

