

FOOD ALLERGIES and INTOLERANCES

Please speak to our staff about the ingredients in your meal, when making your order*.
Thank you.

The majority of our dishes can be altered by our Chef to cater for Vegan/ Vegetarian/ Dairy and Gluten Free needs and allergies.

Contact: jaflongtandoori@outlook.com OR 0208 332 1339 (during opening hours).

*Please note that the information in this Allergen Chart is subject to change, due to a change of recipe, suppliers, dishes etc. We recommend that you contact us in the first instance should you have any queries about the ingredients in your meal.

Review date:
27 Dec 2018

Reviewed by:
Syed Bashar



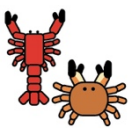

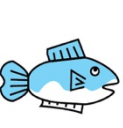
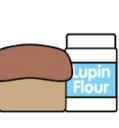










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www.food.gov.uk/allergy



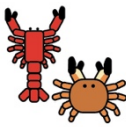

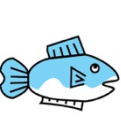







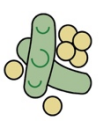

STARTER DISHES AND THEIR ALLERGEN CONTENT CONTD. - JAFLONG TANDOORI

[illegible]

STARTER DISHES AND THEIR ALLERGEN CONTENT CONTD. - JAF LONG TANDOORI

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Chicken Tikka Wrap (yoghurt , Tikka paste: mustard , may contain nuts and peanuts , chapatti: wheat , optional ketchup may contain celery)	✓	✓					✓		✓	✓	✓			
Seekh Kebab Wrap (egg , chapatti: wheat , optional ketchup may contain celery)	✓	✓		✓										
Chicken Pathia Puri (puri: wheat)		✓												
Prawn Puri (prawns , puri: wheat)		✓	✓											
King Prawn Puri (prawns , puri: wheat)		✓	✓											
Paneer Shashlik (cheese: milk , yoghurt , Tikka paste: mustard , may contain nuts and peanuts)							✓		✓	✓	✓			
Lamb Tikka (yoghurt , Tikka paste: mustard , may contain nuts and peanuts)							✓		✓	✓	✓			



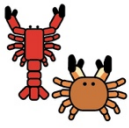
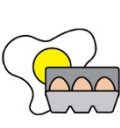
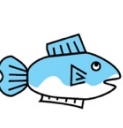
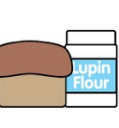








STARTER DISHES AND THEIR ALLERGEN CONTENT CONTD. - JAF LONG TANDOORI

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Salmon Tikka (salmon, yoghurt, Tikka paste: mustard, may contain nuts and peanuts)					✓		✓		✓	✓	✓			
Lamb Chops (yoghurt, Tikka paste: mustard, may contain nuts and peanuts)							✓		✓	✓	✓			



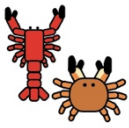
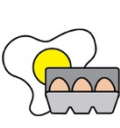
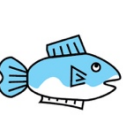









TANDOORI DISHES AND THEIR ALLERGEN CONTENT - JAF LONG TANDOORI

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Chicken Tikka Main (yoghurt, Tikka paste: mustard , may contain nuts and peanuts)		✓		✓										
Half Tandoori Chicken (yoghurt, Tikka paste: mustard , may contain nuts and peanuts)		✓		✓	✓									
Chicken Shashlik (yoghurt, Tikka paste: mustard , may contain nuts and peanuts)		✓		✓										
Paneer Shashlik (cheese: milk , yoghurt, Tikka paste: mustard , may contain nuts and peanuts)		✓		✓										
Lamb Shashlik (yoghurt, Tikka paste: mustard , may contain nuts and peanuts)				✓										
King Prawn Shashlik (prawns , yoghurt, Tikka paste: mustard , may contain nuts and peanuts)			✓				✓		✓	✓	✓			
Lamb Chops Main (yoghurt, Tikka paste: mustard , may contain nuts and peanuts)							✓		✓	✓	✓			
Mixed Grill (prawns , yoghurt, Tikka paste: mustard , may contain nuts and peanuts)			✓				✓		✓	✓	✓			

VEGETARIAN DISHES AND THEIR ALLERGEN CONTENT CONTD.- JAF LONG TANDOORI

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Vegetable Jalfrezi Main (yoghurt)							✓							
Vegetable Madras Main														
Vegetable Vindaloo Main														
Vegetable Balti Main (Balti paste: may contain mustard , nuts and peanuts)									✓	✓	✓			

CHICKEN DISHES AND THEIR ALLERGEN CONTENT - JAF LONG TANDOORI

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Chicken Curry														
Chicken Korma (cream)							✓							
Chicken Bhuna														
Chicken Dupiaza														
Chicken Dhansak (lentils: wheat)		✓												
Chicken Rogan Josh														
Chicken Jalfrezi (yoghurt)							✓							
Chicken Madras														
Chicken Vindaloo														
Chicken Balti (Balti paste: may contain mustard, nuts and peanuts)									✓	✓	✓			

LAMB DISHES AND THEIR ALLERGEN CONTENT - JAFLONG TANDOORI

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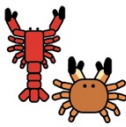

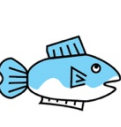









SEAFOOD DISHES AND THEIR ALLERGEN CONTENT CONTD. - JAFLONG TANDOORI

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HOUSE DISHES AND THEIR ALLERGEN CONTENT CONTD. - JAFLONG TANDOORI

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HOUSE DISHES AND THEIR ALLERGEN CONTENT CONTD. - JAFLONG TANDOORI

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Chicken Tikka Sag (yoghurt , Tikka paste: mustard , may contain nuts and peanuts)			✓				✓		✓	✓	✓			
Achari Chicken (mixed pickle: mustard powder and seeds and may contain traces of peanuts and nuts)									✓	✓	✓			
Lamb/ Chicken Pasanda (cream and almonds)							✓			✓				
Lamb Tikka Bhuna (yoghurt , Tikka paste: mustard , may contain nuts and peanuts)							✓		✓	✓	✓			
Lamb Tikka Sag (yoghurt , Tikka paste: mustard , may contain nuts and peanuts)							✓		✓	✓	✓			
Lamb/ Chicken Karahi														
Tropical (prawns , Balti paste: may contain mustard , nuts and peanuts)			✓						✓	✓	✓			

BIRYANI'S AND THEIR ALLERGEN CONTENT - JAFLONG TANDOORI

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VEGETABLE SIDES AND THEIR ALLERGEN CONTENT CONTD. - JAF LONG TANDOORI

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BREADS AND THEIR ALLERGEN CONTENT CONTD. - JAF LONG TANDOORI

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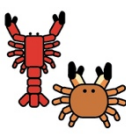
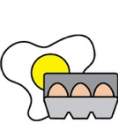
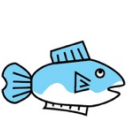









RICE AND THEIR ALLERGEN CONTENT CONTD. - JAFLONG TANDOORI

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RICE AND THEIR ALLERGEN CONTENT CONTD. - JAFLONG TANDOORI

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DESSERTS, DRINKS AND THEIR ALLERGEN CONTENT. - JAFLONG TANDOORI

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Kulfi Ice Cream Mango/ Pistachio (milk, nuts)							✓			✓				
Lassi Plain/ Mango (yoghurt, cream)							✓							

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