# 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



# STARTER DISHES AND THEIR ALLERGEN CONTENT - JAFLONG TANDOORI

DISHES						Lupin	Milk		MUSTARD			Risk of the control o		Beer
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Mixed Platter (yoghurt, Samosa: egg wash, Filo pastry: wheat)		<b>/</b>		<b>√</b>			<b>√</b>							
Poppadom ( <b>wheat</b> )		<b>/</b>												
Mint Sauce (yoghurt)							<b>/</b>							
Mango Chutney (may contain traces of peanuts or Tree nut)										<b>√</b>	1			
Mixed Pickle (mustard powder and seeds and may contain traces of peanuts and nuts)									1	1	1			
Onion Salad														
Plain / Mixed Raita (yoghurt)							<b>\</b>							
Green Salad														
Onion Bhajis (eggs)				1										

# STARTER DISHES AND THEIR ALLERGEN CONTENT CONTD. - JAFLONG TANDOORI

DISHES						Lupin	Milk		MUSTARD			SEAM! O.		Boor
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Vegetable Samosa ( <b>egg</b> wash, Filo pastry: <b>wheat</b> )		<b>_</b>		<b>\</b>										
Tuna Samosa (egg wash, pastry: wheat, tuna)		<b>/</b>		1	1									
Chicken Samosa (egg wash, pastry: wheat)		<b>/</b>		<b>√</b>										
Meat Samosa (egg wash, pastry: wheat)		<b>/</b>		<b>√</b>										
Chicken Shamee Kebab ( <b>egg</b> )				1										
Chicken Tikka (yoghurt, Tikka paste: mustard, may contain nuts and peanuts)							<b>/</b>		1	1	<b>√</b>			
Tandoori Chicken (yoghurt, Tikka paste: mustard, may contain nuts and peanuts)							<b>/</b>		<b>√</b>	<b>\</b>	<b>√</b>			
Seekh Kebab (egg)				<b>√</b>										
Chot Poti PLEASE ENQUIRE														

### STARTER DISHES AND THEIR ALLERGEN CONTENT CONTD. - JAFLONG TANDOORI

DISHES						Lupin Flour	Milk		MUSTARD			MEANN O.		Boor
	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)	✓	✓					<b>√</b>		1	<b>√</b>	1			
Seekh Kebab Wrap (egg, chapatti: wheat, optional ketchup may contain celery)	1	1		<b>√</b>										
Chicken Pathia Puri (puri: <b>wheat</b> )		1												
Prawn Puri ( <b>prawns</b> , puri: <b>wheat</b> )		1	<b>/</b>											
King Prawn Puri (prawns, puri: wheat)		<b>/</b>	<b>/</b>											
Paneer Shashlik (cheese: milk, yoghurt, Tikka paste: mustard, may contain nuts and peanuts)							1		1	<b>√</b>	1			
Lamb Tikka (yoghurt, Tikka paste: mustard, may contain nuts and peanuts)							<b>\</b>		<b>\</b>	<b>\</b>	<b>\</b>			

### STARTER DISHES AND THEIR ALLERGEN CONTENT CONTD. - JAFLONG TANDOORI

DISHES						Lupin	Milk		MUSTARD			III.		Boor
	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)					1		1		<b>√</b>	<b>√</b>	1			
Lamb Chops (yoghurt, Tikka paste: mustard, may contain nuts and peanuts)							1		<b>√</b>	<b>\</b>	1			

# CHEF'S SPECIALS AND THEIR ALLERGEN CONTENT - JAFLONG TANDOORI

DISHES						Lupin	Milk		MUSTARD			SEAM		Beer
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Chicken Achanak (yoghurt, almonds, cocktail sauce: egg, mustard, celery)	<b>/</b>			<b>√</b>			1		/	<b>\</b>				
King Prawn Lajabab (prawns, mustard seeds)			<b>/</b>						1					
Jaflong Special														
Mughlai Fish (cream, almonds, cocktail sauce: egg, mustard, celery)	1			1			1			<b>\</b>				
Tandoori Chops Bhuna PLEASE ENQUIRE														
Lamb Chops Bhuna PLEASE ENQUIRE														

### TANDOORI DISHES AND THEIR ALLERGEN CONTENT - JAFLONG TANDOORI

DISHES						Jupin Flour	Milk		MUSTARD			SSLAM		Beer
	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)		1		<b>√</b>										
Half Tandoori Chicken (yoghurt, Tikka paste: mustard, may contain nuts and peanuts)		1		<b>√</b>	<b>/</b>									
Chicken Shashlik (yoghurt, Tikka paste: mustard, may contain nuts and peanuts)		<b>√</b>		<b>√</b>										
Paneer Shashlik (cheese: milk, yoghurt, Tikka paste: mustard, may contain nuts and peanuts)		<b>√</b>		<b>√</b>										
Lamb Shashlik (yoghurt, Tikka paste: mustard, may contain nuts and peanuts)				<b>√</b>										
King Prawn Shashlik (prawns, yoghurt, Tikka paste: mustard, may contain nuts and peanuts)			<b>√</b>				<b>√</b>			<b>√</b>	<b>√</b>			
Lamb Chops Main (yoghurt, Tikka paste: mustard, may contain nuts and peanuts)							<b>√</b>			<b>√</b>	<b>√</b>			
Mixed Grill (prawns, yoghurt, Tikka paste: mustard, may contain nuts and peanuts)			<b>√</b>				1		<b>\</b>	<b>√</b>	<b>\</b>			

# **VEGETARIAN DISHES AND THEIR ALLERGEN CONTENT - JAFLONG TANDOORI**

DISHES						Lupin Flour	Milk		MUSTARD			HAM!		Beer WNE
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Paneer Tikka Masala (cheese: milk, cream, yoghurt, almonds, Kashmiri paste: traces of mustard and nuts)	<b>√</b>	✓					<b>√</b>		<b>√</b>	<b>√</b>				
Vegetable Masala Main (cream, yoghurt, almonds, Kashmiri paste: traces of mustard and nuts)							<b>√</b>		<b>√</b>	<b>√</b>				
Egg Bhuna				<b>√</b>										
Vegetable Curry Main														
Vegetable Korma Main ( <b>cream</b> )							<b>√</b>							
Vegetable Bhuna Main														
Vegetable Dhansak Main (lentils: <b>wheat</b> )		<b>/</b>												

# VEGETARIAN DISHES AND THEIR ALLERGEN CONTENT CONTD.- JAFLONG TANDOORI

DISHES						Lupin	Milk		MUSTARD			SISAM O.	6	Beer WINE
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Vegetable Jalfrezi Main ( <b>yoghurt</b> )							1							
Vegetable Madras Main														
Vegetable Vindaloo Main														
Vegetable Balti Main (Balti paste: may contain mustard, nuts and peanuts)									<b>√</b>	<b>/</b>	<b>/</b>			

### CHICKEN DISHES AND THEIR ALLERGEN CONTENT - JAFLONG TANDOORI

DISHES					D.	Lupin Flour	Milk		MUSTARD			SCLAM		Boor
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Chicken Curry														
Chicken Korma (cream)							<b>√</b>							
Chicken Bhuna														
Chicken Dupiaza														
Chicken Dhansak (lentils: wheat)		<b>/</b>												
Chicken Rogan Josh														
Chicken Jalfrezi (yoghurt)							1							
Chicken Madras														
Chicken Vindaloo														
Chicken Balti (Balti paste: may contain mustard, nuts and peanuts)									<b>√</b>	<b>√</b>	<b>√</b>			

### LAMB DISHES AND THEIR ALLERGEN CONTENT - JAFLONG TANDOORI

DISHES						Lupin Flour	Milk		MUSTARD			ISSAM OIL		Beer
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Lamb Curry														
Lamb Korma ( <b>cream</b> )							1							
Lamb Bhuna														
Lamb Dupiaza														
Lamb Dhansak (lentils: <b>wheat</b> )		<b>/</b>												
Lamb Rogan Josh														
Lamb Jalfrezi ( <b>yoghurt</b> )							<b>√</b>							
Lamb Madras														
Lamb Vindaloo														
Lamb Balti (Balti paste: may contain mustard, nuts and peanuts)									<b>√</b>	<b>\</b>	<b>\</b>			
Lamb Sag														

# SEAFOOD DISHES AND THEIR ALLERGEN CONTENT - JAFLONG TANDOORI

DISHES						Lupin Flour	Milk		MUSTARD			SSSAM ON		Beer
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Prawn Curry ( <b>prawns</b> )			<b>/</b>											
Prawn Korma (prawns, cream)			<b>/</b>				<b>\</b>							
Prawn Bhuna (prawns)			<b>/</b>											
Prawn Sag ( <b>prawns</b> )			<b>/</b>											
Prawn Jalfrezi (prawns, yoghurt)			<b>/</b>				<b>√</b>							
Prawn Madras ( <b>prawns</b> )			<b>/</b>											
Prawn Vindaloo ( <b>prawns</b> )			<b>/</b>											
Prawn Masala (prawns, cream, yoghurt, almonds, Kashmiri paste: traces of mustard and nuts			<b>√</b>				<b>√</b>		1	<b>√</b>				
Prawn Makhani (prawns, butter, cream, almonds)			<b>/</b>				<b>√</b>			<b>√</b>				
Fish Bhuna					<b>√</b>									

# SEAFOOD 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
Fish Achari (mixed pickle: (mustard powder and seeds and may contain traces of peanuts and nuts)					1				<b>√</b>	<b>√</b>	1			
Prawn Puri Main (prawns, puri: wheat)		1	1											

# HOUSE DISHES AND THEIR ALLERGEN CONTENT CONTD. - JAFLONG TANDOORI

DISHES						Lupin	Milk		MUSTARD			SSAM		WNE Beer
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Chicken Tikka Masala (cream, yoghurt, almonds, Kashmiri paste: traces of mustard and nuts)							1		1	1				
Lamb Tikka Masala (cream, yoghurt, almonds, Kashmiri paste: traces of mustard and nuts)							<b>√</b>		1	1				
Butter Chicken (butter, cream and almonds)							1			1				
Garlic Chilli Chicken														
Chicken Tikka Methi (yoghurt, Tikka paste: mustard, may contain nuts and peanuts)							1		1	1	<b>√</b>			
Chicken Rezalla														
Chicken Rezoti			<b>/</b>											

# HOUSE DISHES AND THEIR ALLERGEN CONTENT CONTD. - JAFLONG TANDOORI

DISHES						Lupin Flour	Milk		MUSTARD			SISIAM O.		Beer WNS
	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)			1				1		<b>√</b>	<b>√</b>	1			
Achari Chicken (mixed pickle: mustard powder and seeds and may contain traces of peanuts and nuts)									<b>√</b>	<b>√</b>	<b>√</b>			
Lamb/ Chicken Pasanda (cream and almonds)							<b>\</b>			1				
Lamb Tikka Bhuna (yoghurt, Tikka paste: mustard, may contain nuts and peanuts)							<b>√</b>		<b>√</b>	<b>√</b>	1			
Lamb Tikka Sag (yoghurt, Tikka paste: mustard, may contain nuts and peanuts)							<b>√</b>		<b>√</b>	<b>√</b>	<b>√</b>			
Lamb/ Chicken Karahi														
Tropical (prawns, Balti paste: may contain mustard, nuts and peanuts)			<b>√</b>						<b>√</b>	1	<b>√</b>			

# HOUSE DISHES AND THEIR ALLERGEN CONTENT CONTD. - JAFLONG TANDOORI

DISHES						Lupin Flour	Milk		MUSTARD			SSAM		Boer WNE
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Tandoori King Prawn Masala (prawns, cream, yoghurt, almonds, Kashmiri paste: traces of mustard and nuts)			<b>√</b>				<b>√</b>		1	1				
Tandoori King Prawn Makhani (prawns, butter, cream, almonds)			<b>√</b>				1			1				
Tandoori King Prawn Rezalla ( <b>prawns</b> )			<b>✓</b>											
Tandoori King Prawn Dhansak (prawns, lentils: wheat)		<b>/</b>												
Tandoori King Prawn Jalfrezi ( <b>prawns</b> and <b>yoghur</b> t)					1									
Tandoori King Prawn Bhuna ( <b>prawns</b> )		1												
Tandoori King Prawn Sag ( <b>prawns</b> )		<b>/</b>												

# BIRYANI'S AND THEIR ALLERGEN CONTENT - JAFLONG TANDOORI

DISHES						Lupin	Milk		MUSTARD			MAM (S.		Beer WNE
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Vegetable Biryani														
Chicken Biryani														
Chicken Tikka Biryani (yoghurt, Tikka paste: mustard, may contain nuts and peanuts)							1		1	<b>√</b>	1			
Lamb Biryani														
Lamb Tikka Biryani (yoghurt, Tikka paste: mustard, may contain nuts and peanuts)							1		<b>√</b>	1	1			
King Prawn Biryani ( <b>prawns</b> )			<b>/</b>											
Mixed Biryani (prawns)			<b>/</b>											

# **VEGETABLE SIDES AND THEIR ALLERGEN CONTENT - JAFLONG TANDOORI**

DISHES						Lupin Flour	Milk		MUSTARD			SESAM ON		Beer
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Vegetable Curry														
Vegetable Jalfrezi (yoghurt)							<b>\</b>							
Bombay Aloo														
Aloo Gobi														
Brinjal Bhaji														
Bindi Bhaji														
Chana Bhaji														
Mushroom Bhaji														
Sag Bhaji														
Tarka Daal														

# **VEGETABLE SIDES AND THEIR ALLERGEN CONTENT CONTD. - JAFLONG TANDOOR!**

DISHES	Celery	Cereals containing	Crustaceans	Eggs	Fish	Lupin Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Sag Paneer (cream)		gluten					<b>√</b>							
Mutter Paneer (cheese: milk)							<b>/</b>							
Garlic Mushroom														

# BREADS AND THEIR ALLERGEN CONTENT CONTD. - JAFLONG TANDOORI

DISHES						Lupin	Milk		MUSTARD			Staat		Beer
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Plain Naan (wheat, milk)		<b>/</b>					1							
Peshwari Naan (wheat, milk, sesame seeds)		<b>/</b>					1					<b>\</b>		
Keema Naan (wheat, milk)		<b>/</b>					1							
Cheese Naan (wheat, milk, cheese: milk)		<b>/</b>					1							
Garlic Naan (wheat, milk)		<b>/</b>					<b>√</b>							
Chilli Naan (wheat, milk)		<b>/</b>					<b>/</b>							
Paratha/ Vegetable Paratha Naan (wheat)		<b>/</b>												
Chapatti/ Puri ( <b>wheat)</b>		<b>/</b>												
Tandoori Roti (wheat)		1												

# RICE AND THEIR ALLERGEN CONTENT CONTD. - JAFLONG TANDOORI

DISHES						Lupin Flour	Milk		MUSTARD			SISTEMATICAL STATEMENT OF THE PARTY OF THE P		Beer
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Plain Rice														
Pilau Rice														
Mushroom Rice														
Coconut Rice														
Lemon Rice														
Keema Rice														
Egg Fried Rice (eggs)				1										
Vegetable Rice														

# RICE AND THEIR ALLERGEN CONTENT CONTD. - JAFLONG TANDOORI

DISHES						Lupin Flour	Milk		MUSTARD			FIGAM C.		Beer WNE
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Chips														
Masala Chips														
Chicken Burger and Chips PLEASE ENQUIRE														
Beef Burger and Chips PLEASE ENQUIRE														
Chicken Nuggets and Chips PLEASE ENQUIRE														
Chicken Wings and Chips PLEASE ENQUIRE														

### DESSERTS, DRINKS AND THEIR ALLERGEN CONTENT. - JAFLONG TANDOORI

DISHES						Lupin Flour	Milk		MUSTARD			SEAM		Boor
	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)							<b>/</b>			<b>\</b>				
Lassi Plain/ Mango (yoghurt, cream)							<b>\</b>							

# 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)

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