

# ALLERGEN INFORMATION – MAINS

Any allergens contained in a Curry Pack are marked with an 'X'.

|                        | EU LISTED ALLERGENS |         |             |      |      |         |           |      |                    |        |        |                         |       |          | ALLERGENS NOT LISTED ON EU REGS                                  |            |        |        |                       |                      |            |         |            |       |   |
|------------------------|---------------------|---------|-------------|------|------|---------|-----------|------|--------------------|--------|--------|-------------------------|-------|----------|--|------------|--------|--------|-----------------------|----------------------|------------|---------|------------|-------|---|
|                        | Gluten<br>*(Wheat)  | Mustard | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts<br>*(Almonds) | Celery | Sesame | Sulphites<br>*(Jaggery) | Lupin | Molluscs | Able to be made<br>with non gluten<br>containing<br>ingredients? | Onion      | Garlic | Tomato | Capsicum<br>(Paprika) | Capsicum<br>(Chilli) | Ginger     | Coconut | Vegetarian | Vegan |   |
| BALTI                  | X                   |         |             |      |      |         |           |      |                    |        |        |                         |       |          | YES  | X          | X      | X      | X                     |                      | X          | X       | X          | X     | X |
| BHUNA                  | X                   | X       |             |      |      |         |           |      |                    |        |        |                         |       |          | YES  | X          | X      |        | X                     | X                    | X          |         | X          | X     | X |
| BIRYANI                | X                   |         |             |      |      |         |           |      |                    |        |        |                         |       |          | YES  | X          | X      |        | X                     | X                    | X          |         | X          | X     | X |
| CHRISTMAS<br>LEFTOVERS | X                   |         |             |      |      |         |           |      |                    |        |        |                         |       |          | YES  | X          | X      | X      | X                     | X                    | X          |         | X          | X     | X |
| DHANSAK                | X                   |         |             |      |      |         |           |      |                    |        |        |                         |       |          | YES  | X          | X      | X      | X                     |                      | X          | X       | X          | X     | X |
| DO PIYAZA              | X                   | X       |             |      |      |         |           |      |                    |        |        |                         |       |          | YES  | X          | X      | X      | X                     | X                    | X          |         | X          | X     | X |
| GOAN GREEN             | X                   |         |             |      |      |         |           |      |                    |        |        |                         |       |          | YES  | X          | X      |        | X                     | X                    | X          |         | X          | X     | X |
| HOMESTYLE CURRY        | X                   | X       |             |      |      |         |           |      |                    |        |        |                         |       |          | YES  | X          | X      | X      |                       |                      | X          |         | X          | X     | X |
| JALFREZI               | X                   | X       |             |      |      |         |           |      |                    |        |        |                         |       |          | YES  | X          | X      | X      | X                     |                      | X          |         | X          | X     | X |
| KASHMIRI               | X                   |         |             |      |      |         |           |      |                    |        |        |                         |       |          | YES  | X          | X      |        | X                     | X                    | X          |         | X          | X     | X |
| KORMA                  | X                   |         |             |      |      |         |           |      |                    |        |        |                         |       |          | YES  | X          | X      |        | X                     | X                    | X          |         | X          | X     | X |
| MADRAS                 | X                   | X       |             |      |      |         |           |      |                    |        |        |                         |       |          | YES  | X          | X      |        | X                     | X                    | X          |         | X          | X     | X |
| MALAY RENDANG          | X                   |         | X           |      |      |         |           |      |                    |        |        |                         |       |          | YES  | X SHALLOTS | X      |        |                       | X                    | X GALANGAL |         |            |       |   |
| MA'S PARETAL           | X                   | X       |             |      |      |         |           |      |                    |        |        |                         |       |          | YES  | X          | X      |        | X                     | X                    | X          |         | X          | X     | X |
| MOGHLAI                | X                   |         |             |      |      |         |           | X    |                    |        |        |                         |       |          | YES  | X          | X      |        | X                     | X                    | X          |         | X          | X     | X |
| MULLIGATANNI           | X                   |         |             |      |      |         |           |      |                    |        |        |                         |       |          | YES  | X          | X      | X      | X                     |                      | X          | X       | X          | X     | X |
| PASANDA                | X                   |         |             |      |      |         |           | X    |                    |        |        |                         |       |          | YES  | X          | X      |        | X                     | X                    | X          |         | X          | X     | X |
| PATIA                  | X                   |         |             |      |      |         |           |      |                    |        | X      |                         |       |          | YES  | X          | X      |        | X                     | X                    | X          |         | X          | X     | X |
| PHAAL                  | X                   |         |             |      |      |         |           |      |                    |        |        |                         |       |          | YES  | X          | X      |        | X                     | X                    | X          |         | X          | X     | X |
| ROGAN JOSH             | X                   |         |             |      |      |         |           |      |                    |        |        |                         |       |          | YES  | X          | X      |        | X                     | X                    | X          |         | X          | X     | X |
| SAAG GOSHT             | X                   | X       |             |      |      |         |           |      |                    |        |        |                         |       |          | YES  | X          | X      |        | X                     | X                    | X          |         | X          | X     | X |
| SABZI SHAKH            | X                   |         |             |      |      |         |           |      |                    |        |        |                         |       |          | YES  | X          | X      |        | X                     | X                    | X          |         | X          | X     | X |
| THAI GREEN             | X                   |         | X           |      |      |         |           |      |                    |        |        |                         |       |          | YES  | X          | X      |        | X                     | X                    | X GALANGAL |         |            |       |   |
| THAI RED               | X                   |         | X           |      |      |         |           |      |                    |        |        |                         |       |          | YES  | X SHALLOTS | X      |        |                       | X                    | X GALANGAL |         |            |       |   |
| THAI YELLOW            | X                   |         |             |      |      |         |           |      |                    |        |        |                         |       |          | YES  | X SHALLOTS | X      |        |                       | X                    | X GALANGAL |         | X          | X     | X |
| TIKKA                  | X                   | X       |             |      |      |         |           |      |                    |        |        |                         |       |          | YES  | X          | X      | X      | X                     |                      | X          | X       | X          | X     | X |
| VINDALOO               | X                   | X       |             |      |      |         |           |      |                    |        |        |                         |       |          | YES  | X          | X      |        | X                     | X                    |            |         | X          | X     | X |
| XACUTTI                | X                   | X       |             |      |      |         |           |      |                    |        |        |                         |       |          | YES  | X          | X      |        | X                     | X                    | X          |         | X          | X     | X |

\*ALMONDS AND JAGGERY can be omitted, but there is always a risk of traces being in any pack.

\*CONTAINS GALANGAL which may cause similar allergic reactions as ginger.

\*ALSO CONTAINS SHALLOTS which may cause similar allergic reactions as onions.

This information is based on all the ingredients in complete packs (including onions), and assuming packs are mild (no added chillies/chilli powder)

Due to the handmade nature of our products, each Curry Pack may contain:  
**PEANUTS, NUTS, SESAME SEEDS, CRUSTACEANS, SOYA, MUSTARD, CELERY, SULPHITES, MILK** and other **CEREALS** containing **GLUTEN** due to cross-contamination.

Please check individual Curry Pack pages for complete allergen information for each pack.  
**If the customer is unsure or has a severe allergy, we would recommend that they do NOT buy our packs.**