

# ALLERGEN INFORMATION – SIDES

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

	EU LISTED ALLERGENS													
	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
BEETROOT RAITA										X				
BHAJIA														
BOMBAY POTATO										X				
BROCCOLI UPKARI										X				
CABBAGE & AJWAIN														
CARROT SALAD										X				
CHAI												X JAGGERY		
CHANA MASALA														
COCONUT VEG										X				
CORN ON THE COB	X													
CUCUMBER, MOONG DHAL & COCONUT SALAD										X				
CUMIN POTATOES														
CUMIN RICE										X				
DUM ALOO	X													
GARLIC & COCONUT PICKLE														
GOBHI MATTAR														
GOLDEN PUMPKIN										X				
GUJARATI DHAL										X				
GUJARATI GREENS														
KASHMIRI ROASTS														
KEBAB MASALA	X													
LEE'S RED CABBAGE SLAW														
LEE'S SAMBHAR										X				
LEE'S TOMATO GOJU										X		X JAGGERY		
MATTAR PANEER														
MULLED SPICES												X JAGGERY		
MUSHROOM BHAJEE	X													
OKRA FRY										X				
PALAK PANEER	X													
PILAU RICE														
PIYAZ GOBHI										X				
SAAG ALOO										X				
SPRING ONION & MINT CHUTNEY										X				
TANDOORI MASALA														
TANGY GREENS														
TARKA DHAL										X				
TARKA YOGHURT SPICES										X				

	ALLERGENS NOT LISTED ON EU REGS								
	Onion	Tomato	Garlic	Capsicum (Paprika)	Capsicum (Chilli)	Ginger	Coconut	Vegetarian	Vegan
	X								
	X		X		X		X		
					X				
						X			
			X	X					
	X		X			X			
					X		X		
					X				
			X						
					X				
			X		X	X			
	X		X	X	X	X			
					X				
			X				X		
					X				
			X	X	X	X			
					X				
					X				
			X	X	X	X			
					X				
					X				