ALLERGEN INFORMATION

Mylohore BRITISH ASIAN KITCHEN

RESTAURANTS / EVENTS / ONLINE





APPETISERS Dish name	(Peanuts) Ground Nut	Tree Nuts	Molluscs	Sesame Seeds	Crustacea	Fish	Eggs	Soya	Milk	Celery	Mustard	Sulpher Dioxide	Lupin	Gluten
Cheesy Garlic Naan														WHEAT
Chilli Cheesy Nuggets		MAY CONTAIN												WHEAT
Cheesy Garlic Bread														WHEAT
Breaded King Prawns		MAY CONTAIN		MAY CONTAIN										WHEAT
Combo Platter		MAY CONTAIN		MAY CONTAIN										WHEAT
Sweet & Crispy Chicken		MAY CONTAIN		MAY CONTAIN										WHEAT
Meat Seekh Kebab														
Chicken Seekh Kebab														
Onion Pakora		MAY CONTAIN												WHEAT
Fish Pakora		MAY CONTAIN		MAY CONTAIN										WHEAT
Plain Paratha								MAY CONTAIN						WHEAT
Potato Paratha								MAY CONTAIN						WHEAT
Meat Samosa					MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN					WHEAT
Veg Samosa							MAY CONTAIN		MAY CONTAIN					WHEAT
Cheesy Keema Samosa		MAY CONTAIN												WHEAT
Meat Samosa Chaat					MAY CONTAIN	MAY CONTAIN	MAY CONTAIN							WHEAT
Veg Samosa Chaat					MAY CONTAIN	MAY CONTAIN	MAY CONTAIN							WHEAT
Papri Chaat														WHEAT
Dynamite Prawns									MAY CONTAIN					WHEAT
Dynamite Chicken									MAY CONTAIN					WHEAT
Chicken Seekh Kebab Roll Puff														WHEAT

SIDES Dish name	(Peanuts) Ground Nut	Tree Nuts	Molluscs	Sesame Seeds	Crustacea	Fish	Eggs	Soya	Milk Milk	Celery	Mustard	Sulpher Dioxide	Lupin	Gluten
RICE														
Seasoned Rice														
Steamed White Rice														
Pilau Rice														
Egg Rice with Peppers														
DESI BREAD														
Naan Bread														WHEAT
Garlic Naan														WHEAT
Tandoori Roti														WHEAT
Chappati														WHEAT
Popadom														WHEAT
POTATO, VEG & FRIES														
Fries		MAY CONTAIN												WHEAT
Piri Piri Fries	MAY CONTAIN	MAY CONTAIN												WHEAT
Steak Cut Chips		MAY CONTAIN												
Sweet Chilli Chips		MAY CONTAIN												WHEAT
Potato Wedges		MAY CONTAIN												WHEAT
Mash Potato														
Salad Bowl														
Onion Rings		MAY CONTAIN												WHEAT
Noodles														WHEAT
Mixed Vegetables														
SAUCES														
Curry Sauce														
Raita														
Red Onion Dip														
Mango Chutney														

Whilst we seek to control cross-contamination, our ingredients and dishes are prepared in environments where allergens are present. Therefore, we cannot guarantee that any item on our menu is allergen free. If you have any food allergies or intolerances, please let your server know before ordering.

SIDES Dish name	(Peanuts) Ground Nut	Tree Nuts	Molluscs	Sesame Seeds	Crustacea	Fish	Eggs	Soya	Milk Milk	Celery	Mustard	Sulpher Dioxide	Lupin	Gluten
SAUCES														
BBQ Sauce		MAY CONTAIN												BARLEY
MyLahore House Sauce		MAY CONTAIN												
Creamy Pepper Sauce														
Sweet Chilli Sauce														
Garlic Mayo														
Mint Sauce														MAY CONTAIN
Chilli Sauce														
House Mayonnaise														
Tomato Ketchup														
FLAME GRILLS, BURGERS & STEAKS Dish name	(Peanuts) Ground Nut	Tree Nuts	Molluscs	Sesame Seeds	Crustacea	Fish	Eggs	Soya	Milk	Celery	Mustard	Sulpher Dioxide	Lupin	Gluten
HEALTHY BITES														
Baked Salmon with Avo							MAY CONTAIN							WHEAT
ULTIMATE FLAME GRILLS														
Chicken Fillet Steak														WHEAT
Special Mixed Grill														
CLASSIC BURGERS														
Smash Burger				MAY CONTAIN										WHEAT
Smash Barger													1	WHEAT
Chicken Burger				MAY CONTAIN										WHEAT
														WHEAT
Chicken Burger				MAY CONTAIN MAY CONTAIN		MAY CONTAIN								

ALLERGEN MATRIX KEY

- CONTAINS FULL ALLERGEN

- MAY CONTAIN

FLAME GRILLS, BURGERS & STEAKS Dish name	(Peanuts) Ground Nut	Tree Nuts	Molluscs	Sesame Seeds	Crustacea	Fish	Eggs	Soya	Milk Milk	Celery	Mustard	Sulpher Dioxide	Lupin	Gluten
FLAME GRILLS														
Chicken Breast Grill														WHEAT
Flaming Mutton Chops														WHEAT
Chicken Wings														WHEAT
Grilled Paneer Tikka														WHEAT
Malai Tikka														
SEAFOOD														
Grilled Sea Bass														WHEAT
Fish Grill														WHEAT

CURRIES & SPICE Dish name	(Peanuts) Ground Nut	Tree Nuts	Molluscs	Sesame Seeds	Crustacea	Fish	Eggs	Soya	Milk	Celery	Mustard	Sulpher Dioxide	Lupin	Gluten
BIRYANI														
Dum Biryani														
Chicken Biryani														
Vegetable Biryani														
Meat/Keema Biryani														
Prawn Biryani														
HOME FAVOURITE CURRIES														
Butter Chicken														
Chicken Tikka Masala														
Lamb Handi														
Chicken Achari Karahi														
Meat/Keema Achari Karahi														
Flaming Chops Masala														WHEAT

Whilst we seek to control cross-contamination, our ingredients and dishes are prepared in environments where allergens are present. Therefore, we cannot guarantee that any item on our menu is allergen free. If you have any food allergies or intolerances, please let your server know before ordering.

				ı	1	1	1	 	ı	1	ı		1	1
CURRIES & SPICE Dish name	(Peanuts) Ground Nut	Tree Nuts	Molluscs	Sesame Seeds	Crustacea	Fish	Eggs	Soya	Milk	Celery	Mustard	Sulpher Dioxide	Lupin	Gluten
CLASSIC CURRIES														
Chicken Korma														
Meat,Keema or Fish Korma														
Prawn Korma														
Chicken Dopiaza														
Meat, Keema or Fish Dopiaza														
Prawn Dopiaza		MAY CONTAIN												
Chicken Karahi														
Meat, Keema or Fish Karahi														
Prawn Karahi		MAY CONTAIN												
Chicken Jalfrezi														
Meat, Keema or Fish Jalfrezi														
Prawn Jalfrezi		MAY CONTAIN												
Chicken Masala														
Meat, Keema or Fish Masala														
Prawn Masala		MAY CONTAIN												
Lamb Nihari														WHEAT
Lahori Chicken Karahi														
Veg Karahi / Achari / Dopiaza / Masala / Jalfrezi														
Veg Korma														

ALLERGEN MATRIX KEY

- CONTAINS FULL ALLERGEN

CURRIES & SPICE Dish name	Ø			00	() () () ()		\bigcirc	Ø.	MILK		(3) ³		00	- 1
	(Peanuts) Ground Nut	Tree Nuts	Molluscs	Sesame Seeds	Crustacea	Fish	Eggs	Soya	Milk	Celery	Mustard	Sulpher Dioxide	Lupin	Gluten
VEGETARIAN CURRIES														
Channa Karahi														
Daal Tarka										MAY CONTAIN				
Aloo Palak														
Palak Paneer		MAY CONTAIN												WHEAT
Vegan Karahi									MAY CONTAIN					WHEAT
GLOBAL FLAVOURS & LIGHTER BITES Dish name	(Peanuts) Ground Nut	Tree Nuts	Molluscs	Sesame Seeds	Crustacea	Fish	Eggs	Soya	Milk Milk	Celery	Mustard	Sulpher Dioxide	Lupin	Gluten
PLANT BASED														
Vegan Stir Fry														WHEAT
HOME FAVOURITES														
Chicken Manchurian		MAY CONTAIN												WHEAT
Chicken Szechuan		MAY CONTAIN												WHEAT
PASTA, LASANGE & MORE														
Baked Parmesan														WHEAT
Chicken Pasta							MAY CONTAIN							WHEAT
Keema Pasta							MAY CONTAIN							WHEAT
Vegetable Pasta							MAY CONTAIN							WHEAT
Chicken Crispers		MAY CONTAIN												WHEAT
Meat Lasagne							MAY CONTAIN							WHEAT
Chicken Lasagne							MAY CONTAIN							WHEAT
Cheesy Keema & Chips		MAY CONTAIN		MAY CONTAIN										WHEAT
Creamy Chicken Mushroom Pasta							MAY CONTAIN							WHEAT
Chicken Pot Pie														
Grilled Chicken Tikka Steak & Chips						MAY CONTAIN	MAY CONTAIN		MAY CONTAIN					WHEAT
BBQ Grilled Chicken Steak & Chips						MAY CONTAIN	MAY CONTAIN		MAY CONTAIN					WHEAT

GLOBAL FLAVOURS & LIGHTER BITES Dish name	(Peanuts) Ground Nut	Tree Nuts	Molluscs	Sesame Seeds	Crustacea	Fish	Eggs	Soya	Milk Milk	Celery	Mustard	Sulpher Dioxide	Lupin	Gluten
PANINIS, WRAPS & SALADS														
Pepper Chicken Panini														WHEAT
Chicken Tortilla Panini														WHEAT
Chicken Baguette														WHEAT
Grilled Fish Salad														WHEAT
Grilled Chicken Salad														WHEAT
Chicken Grill Naan Wrap														WHEAT
Chicken Malai Naan Wrap														WHEAT
Meat Seekh Naan Wrap														WHEAT
Chicken Seekh Naan Wrap														WHEAT
Flaming Chops Naan Wrap						MAY CONTAIN								WHEAT
Fish Pakora Naan Wrap														WHEAT
STIR-FRY														
Chicken Stir-Fry														WHEAT
Desi Chicken Stir-Fry														WHEAT
King Prawn Stir-Fry		MAY CONTAIN												WHEAT

KIDS MEALS Dish name	(Peanuts) Ground Nut	Tree Nuts	Molluscs	Sesame Seeds	Crustacea	Fish	Eggs	Soya	Milk Milk	Celery	(3) Mustard	Sulpher Dioxide	Lupin	Gluten
Mini Chicken Burger		MAY CONTAIN												WHEAT
Kids Pizza Baguette		MAY CONTAIN												WHEAT
Fish Fingers		MAY CONTAIN												WHEAT
Chicken Nuggets		MAY CONTAIN												WHEAT
Kids Mac 'n' Cheese							MAY CONTAIN							WHEAT

DESSERTS Dish name	(Peanuts) Ground Nut	Tree Nuts	Molluscs	Sesame Seeds	Crustacea	Fish	Eggs	Soya	Milk Milk	Celery	Mustard	Sulpher Dioxide	Lupin	Gluten
OLD SCHOOL PUDDINGS														
Cornflake Tart	MAY CONTAIN	MAY CONTAIN												WHEAT
Jam Roly Poly	MAY CONTAIN													WHEAT
Chocolate Sponge Pudding	MAY CONTAIN	MAY CONTAIN												
Jam Coconut Sponge	MAY CONTAIN													
Gainbourgh Tart	MAY CONTAIN													
HOME FLAVOURITES														
Fresh Waffles	MAY CONTAIN	MAY CONTAIN												
Red Velvet Cake	MAY CONTAIN	MAY CONTAIN												
Molten Cake	MAY CONTAIN	MAY CONTAIN												
Chocolate Fudge Cake	MAY CONTAIN													
Chocolate Fudge Brownie	MAY CONTAIN													
Peanut Caramel Sensation														
San, Sebastian cheesecake														
Cheesecake	MAY CONTAIN	MAY CONTAIN												
Chocolate Ganache	MAY CONTAIN													
Cake														
Dream Cake	MAY CONTAIN	MAY CONTAIN												
Tiramisu	MAY CONTAIN	MAY CONTAIN												
Cookie Dough	MAY CONTAIN	MAY CONTAIN												
Milk Cake	MAY CONTAIN	MAY CONTAIN												

DESSERTS Dish name	(Peanuts) Ground Nut	Tree Nuts	Molluscs	OO Sesame Seeds	Crustacea	Fish	Eggs	Soya	Milk Milk	Celery	Mustard	Sulpher Dioxide	Lupin	Gluten
DESI CLASSICS														
Falooda	MAY CONTAIN													
Gajrela with Ice Cream	MAY CONTAIN													
SUNDAES & ICE CREAM														
Daddy Crunch	MAY CONTAIN													
Oreo Cookie	MAY CONTAIN													
Chocolate & Vanilla Fudge Brownie	MAY CONTAIN													
Strawberry Delight	MAY CONTAIN													
Ice Cream (All)	MAY CONTAIN		·							·				
Raspberry Sorbet	MAY CONTAIN	MAY CONTAIN												

DRINKS Dish name	(Peanuts) Ground Nut	Tree Nuts	Molluscs	Sesame Seeds	Crustacea	Fish	Eggs	Soya	Milk	Celery	Mustard	Sulpher Dioxide	Lupin	Gluten
MOCKTAILS														
Strawberry Heaven														
Passiontastic														
Virgin Mojito														
Mango Mist														
LASSI														
Mango Lassi														

DRINKS Dish name	(Peanuts) Ground Nut	Tree Nuts	Molluscs	Sesame Seeds	Crustacea	Fish	Eggs	Soya	Milk Milk	Celery	Mustard	Sulpher Dioxide	Lupin	Gluten
MILKSHAKES														
Hazelnut Treat (Ferrero Rocher)														
Vanilla														
Chocolate														
Mango														
Daddy Crunch (Oreo)														
Creamy Hazelnut (Kinder Bueno)														
Bubblegum														
Strawberry														
Kulfi														
HOT DRINKS														
Cappuccino														
Espresso														
Latte														
Americano Coffee														
Fresh Mint Tea														
English Tea														
Green Tea														
Dood Patti Chai														
Hot Chocolate														

FIND US

BRADFORD FLAGSHIP

BRADFORD DELIVERY

LEEDS

MANCHESTER

BIRMINGHAM

BLACKBURN

MYLAHORE EVENTS

MYLAHORE MARQUEE

MYLAHORE GLASS MARQUEE







MYLAHORE.CO.UK