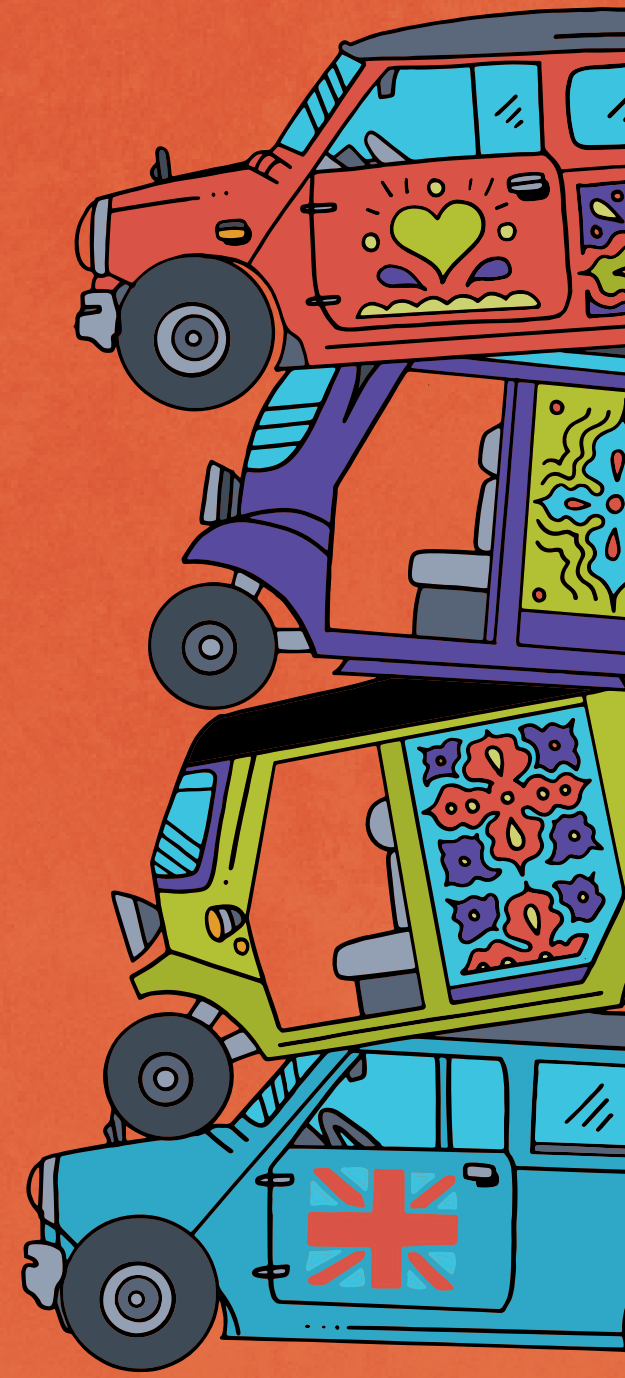


# ALLERGEN INFORMATION

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*my*lahore  
BRITISH ASIAN KITCHEN

RESTAURANTS / EVENTS / ONLINE



## Food & Drink Allergen Matrix: 01/10/23

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.

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

### ALLERGEN MATRIX KEY

 - CONTAINS FULL ALLERGEN

 - MAY CONTAIN















## Food & Drink Allergen Matrix: 01/10/23















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<b>SIDES</b> Dish name	 (Peanuts) Ground Nut	 Tree Nuts	 Molluscs	 Sesame Seeds	 Crustacea	 Fish	 Eggs	 Soya	 Milk	 Celery	 Mustard	 Sulphur Dioxide	 Lupin	 Gluten
<b>SAUCES</b>														
BBQ Sauce		MAY CONTAIN												BARLEY
MyLahore House Sauce		MAY CONTAIN												
Creamy Pepper Sauce							MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN			
Sweet Chilli Sauce														
Garlic Mayo														
Mint Sauce														MAY CONTAIN
Chilli Sauce														
House Mayonnaise														
Tomato Ketchup														

<b>FLAME GRILLS, BURGERS &amp; STEAKS</b> Dish name	 (Peanuts) Ground Nut	 Tree Nuts	 Molluscs	 Sesame Seeds	 Crustacea	 Fish	 Eggs	 Soya	 Milk	 Celery	 Mustard	 Sulphur Dioxide	 Lupin	 Gluten
<b>HEALTHY BITES</b>														
Fresh Salmon with Avo														WHEAT
<b>ULTIMATE FLAME GRILLS</b>														
Chicken Fillet Steak														WHEAT
Special Mixed Grill														
<b>CLASSIC BURGERS</b>														
Gourmet Beef Burger														WHEAT
Chicken Burger														WHEAT
Grilled Fish Burger														WHEAT
Vegetable Burger														WHEAT

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

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[illegible][illegible]

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

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

## Food & Drink Allergen Matrix: 01/10/23















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GLOBAL FLAVOURS & LIGHTER BITES Dish name	 (Peanuts) Ground Nut	 Tree Nuts	 Molluscs	 Sesame Seeds	 Crustacea	 Fish	 Eggs	 Soya	 Milk	 Celery	 Mustard	 Sulphur Dioxide	 Lupin	 Gluten
<b>PANINIS, WRAPS &amp; SALADS</b>														
Pepper Chicken Panini														WHEAT
Chicken Tortilla Panini														WHEAT
Chicken Baguette														WHEAT
Grilled Fish Salad														WHEAT
Grilled Chicken Salad														WHEAT
<b>STIR-FRY</b>														
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	 Celery	 Mustard	 Sulphur 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														WHEAT
Kids Spagetti														WHEAT

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