

# ALLERGEN INFORMATION

Mylahore BRITISH ASIAN KITCHEN

RESTAURANTS / EVENTS / ONLINE





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.

APPETISERS Dish name	(Peanuts) Ground Nut	Tree Nuts	Molluscs	Sesame Seeds	Crustacea	Fish	Eggs	Soya	Milk Milk	Celery	Mustard	Sulpher 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

OIDEO	<u> </u>				1					- I				
SIDES Dish name	(Peanuts) Ground Nut	Tree Nuts	Molluscs	Sesame Seeds	Crustacea	Fish	Eggs	Soya	Milk Milk	Celery	Mustard	Sulpher	Lupin	Gluten
DIOF												Dioxide		
RICE														
Boiled 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
Sweet Chilli Crispers		MAY CONTAIN												WHEAT
Cheesy Chips		MAY CONTAIN												WHEAT
Potato Wedges		MAY CONTAIN												WHEAT
Mash Potato														
Salad Bowl														
Onion Rings		MAY CONTAIN												WHEAT
Noodles														WHEAT
Mixed Vegetables														
McCains Cripsers		MAY CONTAIN												WHEAT
SAUCES														
Curry Sauce														
Raita														
Red Onion Dip														
Mango Chutney								-						
Coleslaw														

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				000	() ()	2		A	R	488Pe	(3) <sup>3</sup>	I	0	עלג
Dish name	(Peanuts) Ground Nut	Tree Nuts	Molluscs	Sesame Seeds	Crustacea	Fish	Eggs	Soya	Milk	Celery	Mustard	Sulpher Dioxide	Lupin	Gluten
SAUCES														
BBQ Sauce		MAY CONTAIN												BARLEY
MyLahore House Sauce		MAY CONTAIN												
Creamy Pepper Sauce							MAY CONTAIN							
Sweet Chilli Sauce														
Garlic Mayo														
Mint Sauce														MAY CONTAIN
Chilli Sauce														
House Mayonnaise														
Tomato Ketchup														
FLAME GRILLS, BURGERS & STEAKS	(Peanuts)			00				Ø.	MILK	W	(3)		0	
Dish name	Ground Nut	Tree Nuts	Molluscs	Sesame Seeds	Crustacea	Fish	Eggs	Soya	Milk	Celery	Mustard	Sulpher Dioxide	Lupin	Gluten
HEALTHY BITES	Ground Nut	Tree Nuts	Molluscs	Sesame	Crustacea		Eggs					Sulpher	Lupin	Gluten
	Ground Nut	Tree Nuts	Molluscs	Sesame	Crustacea		Eggs					Sulpher	Lupin	Gluten
HEALTHY BITES	Ground Nut	Tree Nuts	Molluscs	Sesame	Crustacea		Eggs					Sulpher	Lupin	Gluten
HEALTHY BITES Fresh Salmon with Avo	Ground Nut	Tree Nuts	Molluscs	Sesame	Crustacea		Eggs					Sulpher	Lupin	Gluten
HEALTHY BITES Fresh Salmon with Avo ULTIMATE FLAME GRILLS	Ground Nut	Tree Nuts	Molluscs	Sesame	Crustacea		Eggs					Sulpher	Lupin	Gluten
HEALTHY BITES Fresh Salmon with Avo ULTIMATE FLAME GRILLS Chicken Fillet Steak	Ground Nut	Tree Nuts	Molluscs	Sesame	Crustacea		Eggs					Sulpher	Lupin	Gluten
HEALTHY BITES Fresh Salmon with Avo ULTIMATE FLAME GRILLS Chicken Fillet Steak Special Mixed Grill	Ground Nut	Tree Nuts	Molluscs	Sesame	Crustacea		Eggs					Sulpher	Lupin	Gluten
HEALTHY BITES Fresh Salmon with Avo ULTIMATE FLAME GRILLS Chicken Fillet Steak Special Mixed Grill CLASSIC BURGERS	Ground Nut	Tree Nuts	Molluscs	Sesame	Crustacea		Eggs					Sulpher	Lupin	WHEAT WHEAT
HEALTHY BITES Fresh Salmon with Avo ULTIMATE FLAME GRILLS Chicken Fillet Steak Special Mixed Grill CLASSIC BURGERS Gourmet Beef Burger	Ground Nut	Tree Nuts	Molluscs	Sesame	Crustacea		Eggs					Sulpher	Lupin	WHEAT WHEAT WHEAT

### **ALLERGEN MATRIX KEY**

- CONTAINS FULL ALLERGEN
- MAY CONTAIN

FLAME GRILLS, BURGERS & STEAKS Dish name	(Peanuts) Ground Nut	Tree Nuts	Molluscs	O O 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														
Sea Bass														WHEAT
Fish Grill														WHEAT

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

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.

CURRIES & SPICE Dish name	(Peanuts) Ground Nut	Tree Nuts	Molluscs	Sesame Seeds	Crustacea	Fish	Eggs	Soya	Milk Milk	Celery	Mustard	Sulpher Dioxide	Lupin	Gluten
CLASSIC CURRIES														
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

#### **ALLERGEN MATRIX KEY**

- CONTAINS FULL ALLERGEN

_										-	i kilow bell			
CURRIES & SPICE Dish name	(Peanuts) Ground Nut	Tree Nuts	Molluscs	Sesame Seeds	Crustacea	Fish	Eggs	Soya	Milk Milk	Celery	Mustard	Sulpher Dioxide	Lupin	Gluten
VEGETARIAN CURRIES														
Channa Karahi														
Daal Tarka														
Aloo Palak														
Palak Paneer		MAY CONTAIN												WHEAT
Vegan Karahi														WHEAT
	•			•			•			•				
GLOBAL FLAVOURS & LIGHTER BITES Dish name	(Peanuts) Ground Nut	Tree Nuts	Molluscs	OO Sesame Seeds	Crustacea	Fish	Eggs	Soya	Milk Milk	Celery	Mustard	Sulpher Dioxide	Lupin	Gluten
PLANT BASED														
Vegan Wrap														WHEAT
Vegan Stir Fry														WHEAT
HOME FAVOURITES														
Chicken Manchurian		MAY CONTAIN												WHEAT
Chicken Szechuan		MAY CONTAIN												WHEAT
PASTA, LASANGE & MORE														
Baked Parmesan														WHEAT
Chicken Pasta														WHEAT
Keema Pasta														WHEAT
Vegetable Pasta														WHEAT
Chicken Crispers		MAY CONTAIN												WHEAT
Meat Lasagne														WHEAT
Chicken Lasagne														WHEAT
Keema & Chips		MAY CONTAIN												WHEAT
Spaghetti Bolognese														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.

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
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	O O O O 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														WHEAT
Kids Spagetti														WHEAT

# **ALLERGEN MATRIX KEY**

- CONTAINS FULL ALLERGEN

- MAY CONTAIN

<b>DESSERTS</b> Dish name				000	V.V			Ø.	MILK	<b>****</b>	(3) <sup>3</sup>		00	
	(Peanuts) Ground Nut	Tree Nuts	Molluscs	Sesame Seeds	Crustacea	Fish	Eggs	Soya	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													
Apple Crumble														
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														
Cheesecake	MAY CONTAIN	MAY CONTAIN												
DESI CLASSICS														
Falooda	MAY CONTAIN													
Mini Kheer	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												

		any ream or	_			1		·				,		
<b>DRINKS</b> 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														
LASSI														
Mango Lassi														
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														

# FIND US

**BRADFORD FLAGSHIP** 

**BRADFORD DELIVERY** 

LEEDS

MANCHESTER

**BIRMINGHAM** 

BLACKBURN

**MYLAHORE EVENTS** 

**MYLAHORE MARQUEE** 

**MYLAHORE GLASS MARQUEE** 







MYLAHORE.CO.UK