

ALLERGEN INFORMATION

Mylahore 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
Chicken Tortilla Strips														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										WHEAT
Veg Samosa		MAY CONTAIN												WHEAT
Cheesy Keema Samosa		MAY CONTAIN												WHEAT
Meat Samosa Chaat		MAY CONTAIN		MAY CONTAIN										WHEAT
Veg Samosa Chaat		MAY CONTAIN		MAY CONTAIN										WHEAT
Papri Chaat														WHEAT
Dynamite Prawns														WHEAT
Dynamite Chicken														WHEAT
Chicken Seekh kebab Roll Puff														WHEAT
Stuffed Mushrooms			_							_				WHEAT

SIDES Dish name	(Peanuts) Ground Nut	Tree Nuts	Molluscs	Sesame Seeds	Fish	Eggs	Soya	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													
Sweet Chilli Chips		MAY CONTAIN											WHEAT
Potato Wedges		MAY CONTAIN											WHEAT
Mash Potato													
Salad Bowl													
Onion Rings		MAY CONTAIN											WHEAT
Noodles													WHEAT
Mixed Vegetables													
Sweet Chilli Pops													WHEAT
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.

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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
Chicken Burger				MAY CONTAIN										WHEAT
	i e		i											
Grilled Fish Burger														WHEAT

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 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														
Methi Malai														

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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														

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VEGETARIAN CURRIES														
Channa Karahi											MAY CONTAIN			
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	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

Creamy Chicken Mushroom Pasta

Cheesy Keema & Chips

MAY CONTAIN

MAY CONTAIN

WHEAT

WHEAT

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PANINIS, WRAPS & SALADS														
Pepper Chicken Panini														WHEAT
Chicken Tortilla Panini														WHEAT
Chicken Baguette														WHEAT
Grilled Fish Salad														WHEAT
Grilled Chicken Salad														WHEAT
Chicken and Mango Avocado Salad														
STIR-FRY														
Chicken Stir-Fry														WHEAT

KIDS MEALS Dish name	(Peanuts) Ground Nut	Tree Nuts	Molluscs	Sesame Seeds	Crustacea	Fish	Eggs	Soya	Milk	Celery	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

ALLERGEN MATRIX KEY

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DESSERTS Dish name	(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													
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													
Tiramisu	MAY CONTAIN													
Cookie Dough														

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

Food & Drink Allergen Matrix: 29

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







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