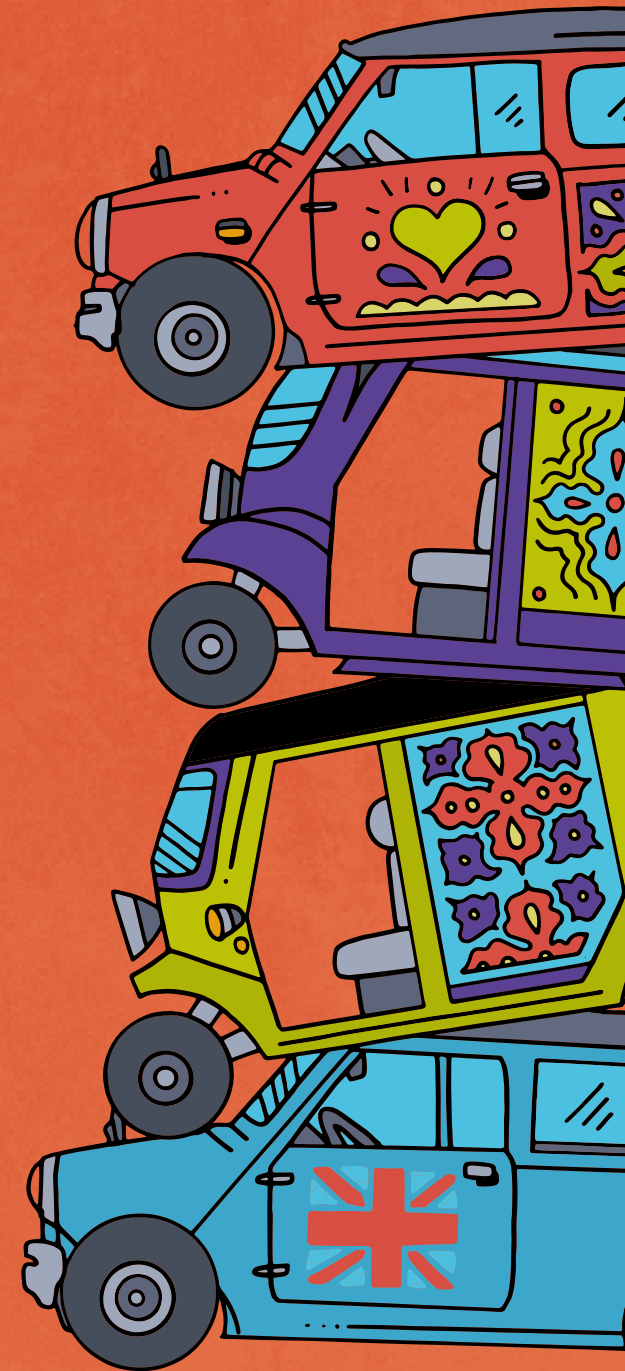


ALLERGEN INFORMATION















*my*lahore
BRITISH ASIAN KITCHEN

RESTAURANTS / EVENTS / ONLINE



Food & Drink Allergen Matrix: 13/06/25

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	 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		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

ALLERGEN MATRIX KEY  - MAY CONTAIN  - CONTAINS FULL















Food & Drink Allergen Matrix: 13/06/25















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[illegible]

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SIDES Dish name	 (Peanuts) Ground Nut	 Tree Nuts	 Molluscs	 Sesame Seeds	 Crustacea	 Fish	 Eggs	 Soya	 Milk	 Celery	 Mustard	 Sulphur 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	 Sulphur 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
Grilled Fish Burger														WHEAT
Thai Vegetable Burger				MAY CONTAIN										WHEAT

ALLERGEN MATRIX KEY

 - CONTAINS FULL ALLERGEN

 - MAY CONTAIN















Food & Drink Allergen Matrix: 13/06/25

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[illegible][illegible]

Food & Drink Allergen Matrix: 13/06/25

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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
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

- MAY CONTAIN

Food & Drink Allergen Matrix: 13/06/25















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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
VEGETARIAN CURRIES														
Channa Karahi											MAY CONTAIN			
Daal Tarka										MAY CONTAIN				
Aloo Palak														
Palak Paneer		MAY CONTAIN												WHEAT
Vegan Karahi									MAY CONTAIN					WHEAT

[illegible]

Food & Drink Allergen Matrix: 13/06/25

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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
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
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							MAY CONTAIN							WHEAT

ALLERGEN MATRIX KEY

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[illegible]



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